

Hypothermia in Newborns

What is hypothermia?

Hypothermia is defined when baby's body temperature falls below 36.5°C

You can measure temperature of a baby by keeping thermometer in roof of axilla for three minutes

Why it is important ?

1. Hypothermia decreases chances of survival of a low birth weight baby
2. Hypothermia aggravates the illness severity in a sick baby
3. Hypothermia decreases growth of a low birth weight baby

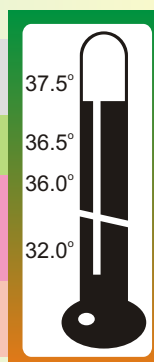
Severity of hypothermia

Normal range (36.5°C to 37.5°C)

Cold stress (36.1°C to 36.4°C)

Moderate hypothermia (32.0°C to 36.0°C)

Severe hypothermia (<32.0°C)



Why does it occur?

1. When delivery room is too cold
2. Baby is not dried immediately after birth
3. Baby is kept away from mother
4. Baby has inadequate clothing
5. Exposure during bathing

Which babies are at highest risk?

1. Low birth weight babies
2. Sick babies
3. Babies immediately after birth

Prevent heat loss: The warm chain

Prevent heat loss at birth

- ◆ Keep delivery room temperature at least 25°C
- ◆ Dry immediately; wrap in a warm towel
- ◆ Provide skin-to-skin contact, initiate breastfeeding

Bathing the infant

- ◆ Postpone till next day
- ◆ Do not bathe a sick baby
- ◆ Avoid till cord falls in LBW baby
- ◆ Bathe using warm water in a warm room. Dry immediately. Wrap in dry warm towel, cover head. Place near mother.

Dress newborns with several layers of loose clothing and monitor temperature

Keep mother and newborn together in a warm room

How to keep a LBW baby warm at home



Keep the room warm



Keep baby wrapped in warm clothes



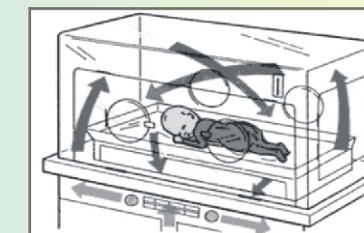
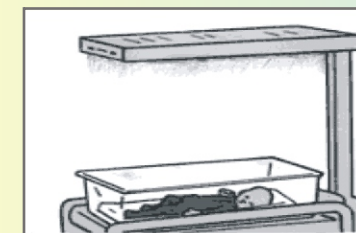
Keep baby on exclusive breast feeding



Provide Kangaroo Mother Care

How to keep a sick/LBW baby warm in facility

1. Keep baby under radiant warmer or inside an incubator



2. Provide Kangaroo Mother Care



3. If radiant warmer/incubator not available keep the nursery warm

Birth weight (kg)	Ideal nursery temperature
1.0-1.5	30-33°C
1.5-2.0	28-30°C
2.0-2.5	26-28°C

How to rewarm a hypothermic baby

- Ensure a warm room
- Remove wet cold clothes, replace with warm clothes
- Rewarm quickly by skin-to-skin contact and/or a heating device such as radiant heater or incubator
- Continue breast-feeding
- Monitor temperature at regular intervals
- Assess for infection if hypothermia persists