



Essential Newborn Care: The DOH/WHO Protocol

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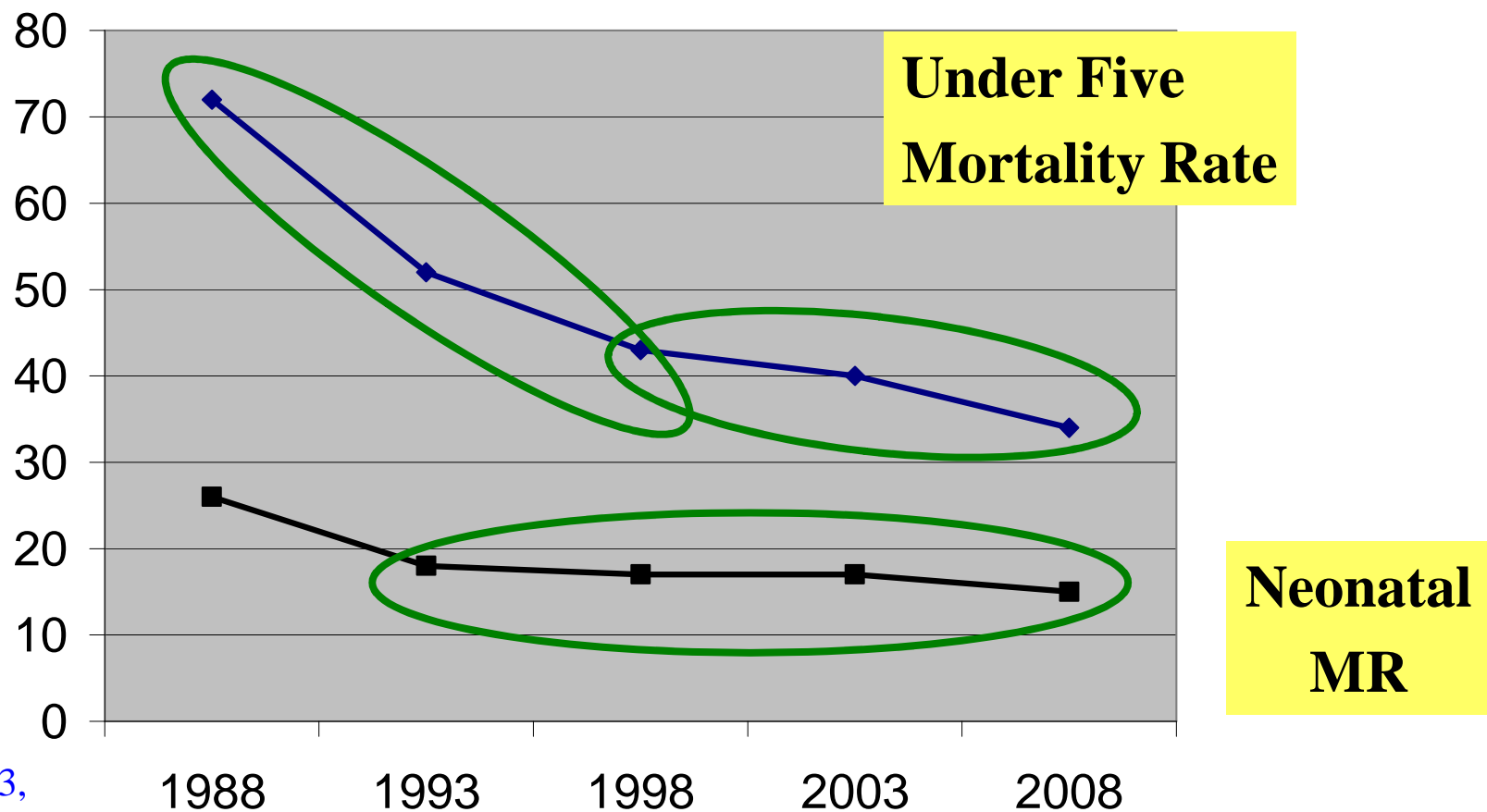
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OUTLINE

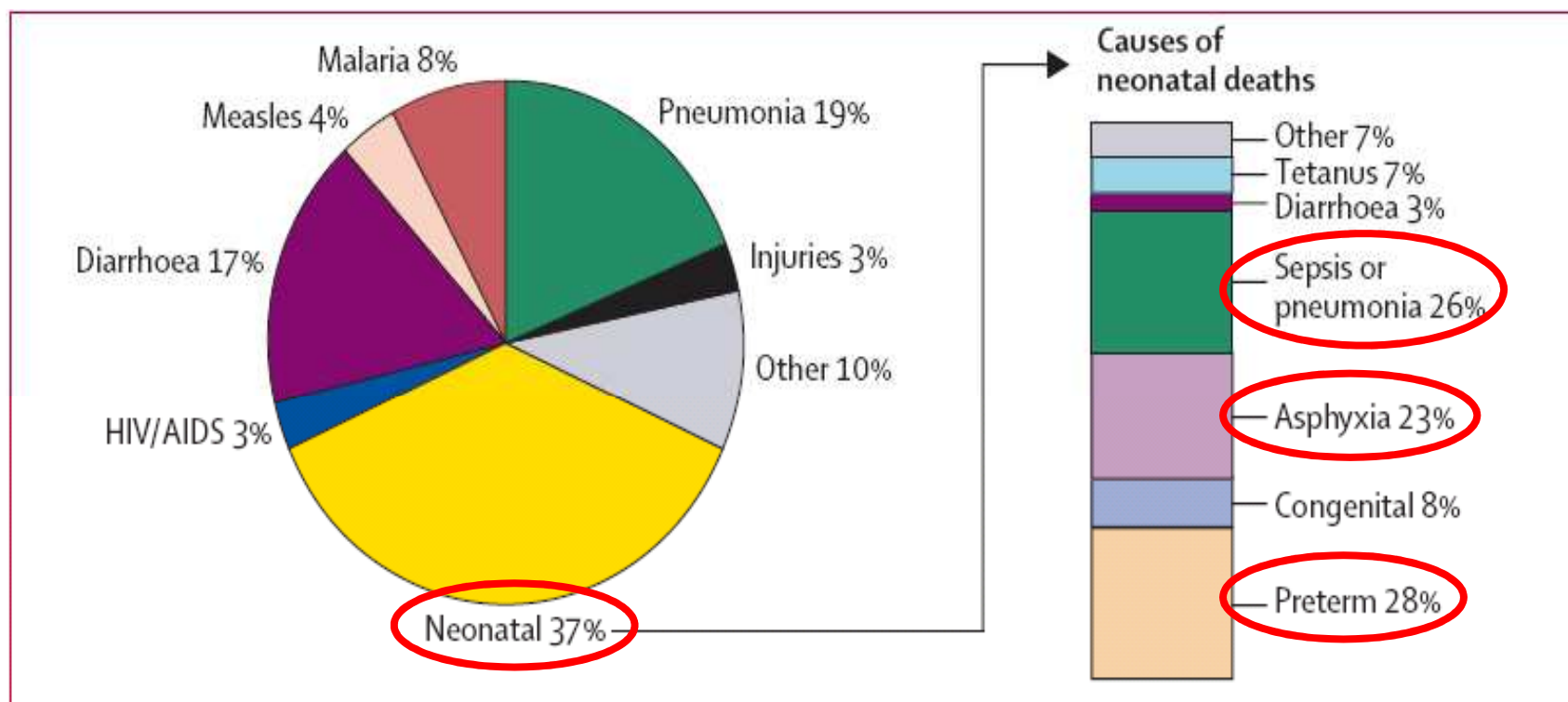
- **Why do we need this Protocol?**
- **What are the four core, time-bound steps of Essential Newborn Care?**
- **How are these steps performed?**
- **What can I do to implement the Protocol in my area of practice?**

<5 year old and Neonatal Mortality, 1988 to 2008

- <5 Yr Old mortality decreased 40% (1988-1998)
- Past 10 years, declined by 20%
- Slow decline since neonatal mortality hasn't improved



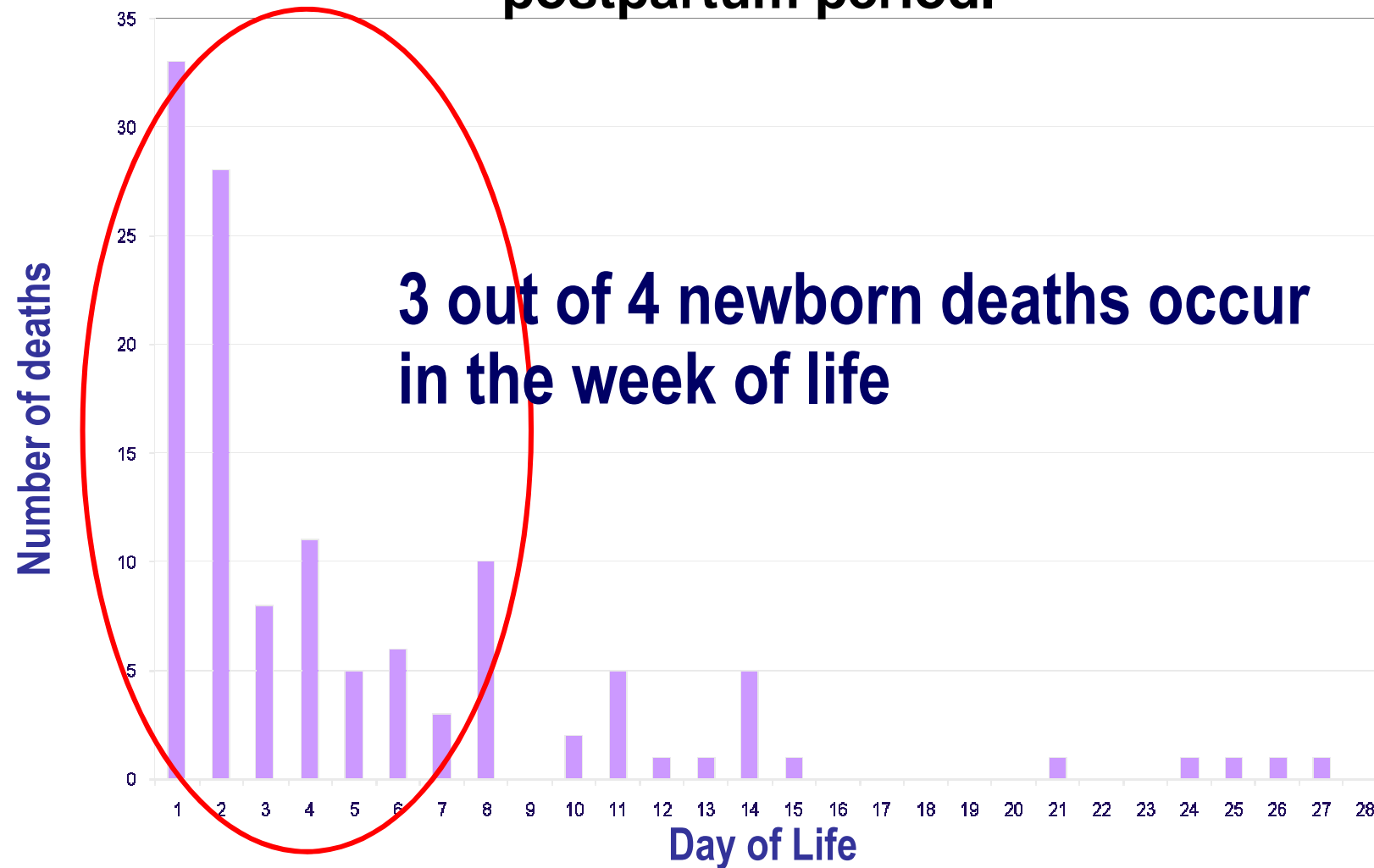
82,000 Filipino children die annually, most could have been prevented



Source: CHERG estimates of under-five deaths, 2000-03

**The Philippines is one of the 42 countries that
account for 90% of global under-five mortality**

Majority of newborns die due to stressful events or conditions during labor, delivery and the immediate postpartum period.



NDHS 2003, special tabulations

**What
Immediate Newborn Care
Practices will save lives?**



Time Band: At perineal bulging Prepare for the Delivery

- Check temperature of the delivery room
 - 25 - 28 ° C
 - Free of air drafts
- Notify appropriate staff
- Arrange needed supplies in linear fashion
- Check resuscitation equipment
- Wash hands with clean water and soap
- Double glove just before delivery

Four Core Steps of Essential Newborn Care

- Immediate and thorough drying
- Early skin-to-skin contact
- Properly timed cord clamping
- Non-separation of the newborn and mother for early initiation of breastfeeding

Time Band: Within 1st 30 secs

Immediate Thorough Drying

- Call out the time of birth
- Dry the newborn thoroughly for at least 30 seconds
 - Wipe the eyes, face, head, front and back, arms and legs
- Remove the wet cloth

Time Band: Within 1st 30 secs

Immediate and Thorough Drying

- Do a quick check of breathing while drying
- Notes:
 - During the 1st secs:
 - Do not ventilate unless the baby is floppy/limp and not breathing
 - Do not suction unless the mouth/nose are blocked with secretions or other material

Time Band 0 - 3 mins: Immediate, Thorough Drying

- Notes:
 - Do not wipe off vernix
 - Do not bathe the newborn
 - Do not do footprinting
 - No slapping
 - No hanging upside - down
 - No squeezing of chest

Time Band: After 30 secs of drying Early Skin-to-Skin Contact

- If newborn is breathing or crying:
 - Position the newborn prone on the mother's abdomen or chest
 - Cover the newborn's back with a dry blanket
 - Cover the newborn's head with a bonnet

Time Band: After 30 secs of drying Early Skin-to-Skin Contact

- Notes:
 - Avoid any manipulation, e.g. routine suctioning that may cause trauma or infection
 - Place identification band on ankle (not wrist)
 - Skin to skin contact is doable even for cesarean section newborns

Time Band: 1 - 3 mins

Properly - timed cord clamping

- Remove the first set of gloves
- After the umbilical pulsations have stopped, clamp the cord using a sterile plastic clamp or tie at 2 cm from the umbilical base
- Clamp again at 5 cm from the base
- Cut the cord close to the plastic clamp

Time Band: 1 - 3 mins

Properly - timed cord clamping

- Notes:
 - Do not milk the cord towards the baby
 - After the 1st clamp, you may “strip” the cord of blood before applying the 2nd clamp
 - Cut the cord close to the plastic clamp so that there is no need for a 2nd “trim”
 - Do not apply any substance onto the cord

Time Band: Within 90 mins Non-separation of Newborn from Mother for Early Breastfeeding

- Leave the newborn in skin-to-skin contact
- Observe for feeding cues, including tonguing, licking, rooting
- Point these out to the mother and encourage her to nudge the newborn towards the breast

Time Band: Within 90 mins Non-separation of Newborn from Mother for Early Breastfeeding

- Counsel on positioning
 - Newborn's neck is not flexed nor twisted
 - Newborn is facing the breast
 - Newborn's body is close to mother's body
 - Newborn's whole body is supported

Time Band: Within 90 mins Non-separation of Newborn from Mother for Early Breastfeeding

- Counsel on attachment and suckling
 - Mouth wide open
 - Lower lip turned outwards
 - Baby's chin touching breast
 - Suckling is slow, deep with some pauses

Time Band: Within 90 mins Non-separation of Newborn from Mother for Early Breastfeeding

- Notes:
 - Minimize handling by health workers
 - Do not give sugar water, formula or other prelacteals
 - Do not give bottles or pacifiers
 - Do not throw away colostrum

Time Band: Within 90 minutes Non-separation of Newborn from Mother for Early Breastfeeding

- Weighing, bathing, eye care, examinations, injections (hepatitis B, BCG) should be done after the first full breastfeed is completed
- Postpone washing until at least 6 hours

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The evidence is solid:

The following Newborn Care Practices will save lives:

Immediate and

Thorough Drying

**Early Skin-to-Skin
Contact**

**Properly Timed Cord
Clamping**

**Non-separation of
Newborn from Mother
for Early Breastfeeding**

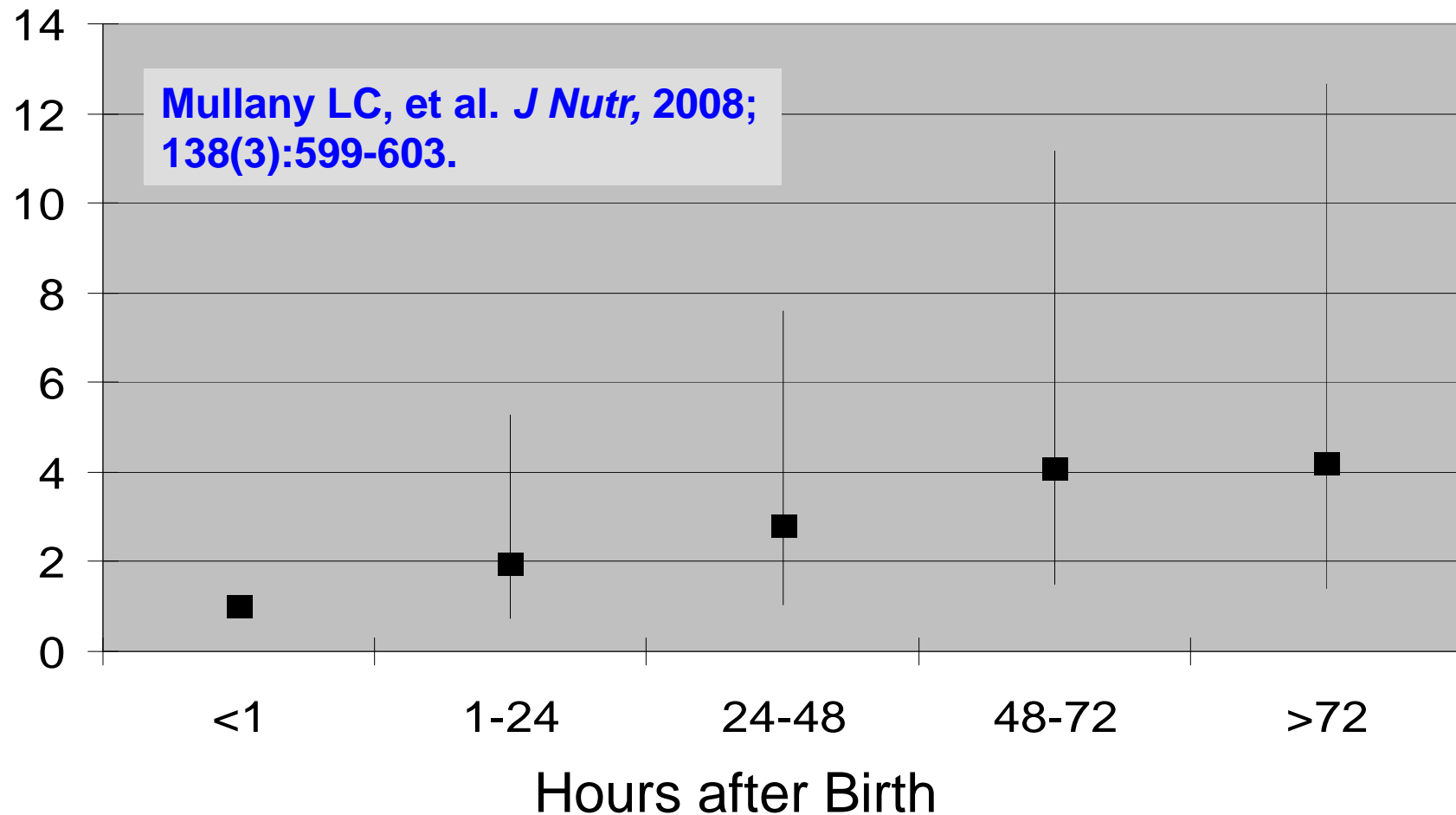


ESSENTIAL NEWBORN CARE
Unang Yakap, Yakap ng Ina, Yakap ng Buhay.

Delaying Initiation of breastfeeding increases risk of infection-related death,

RR

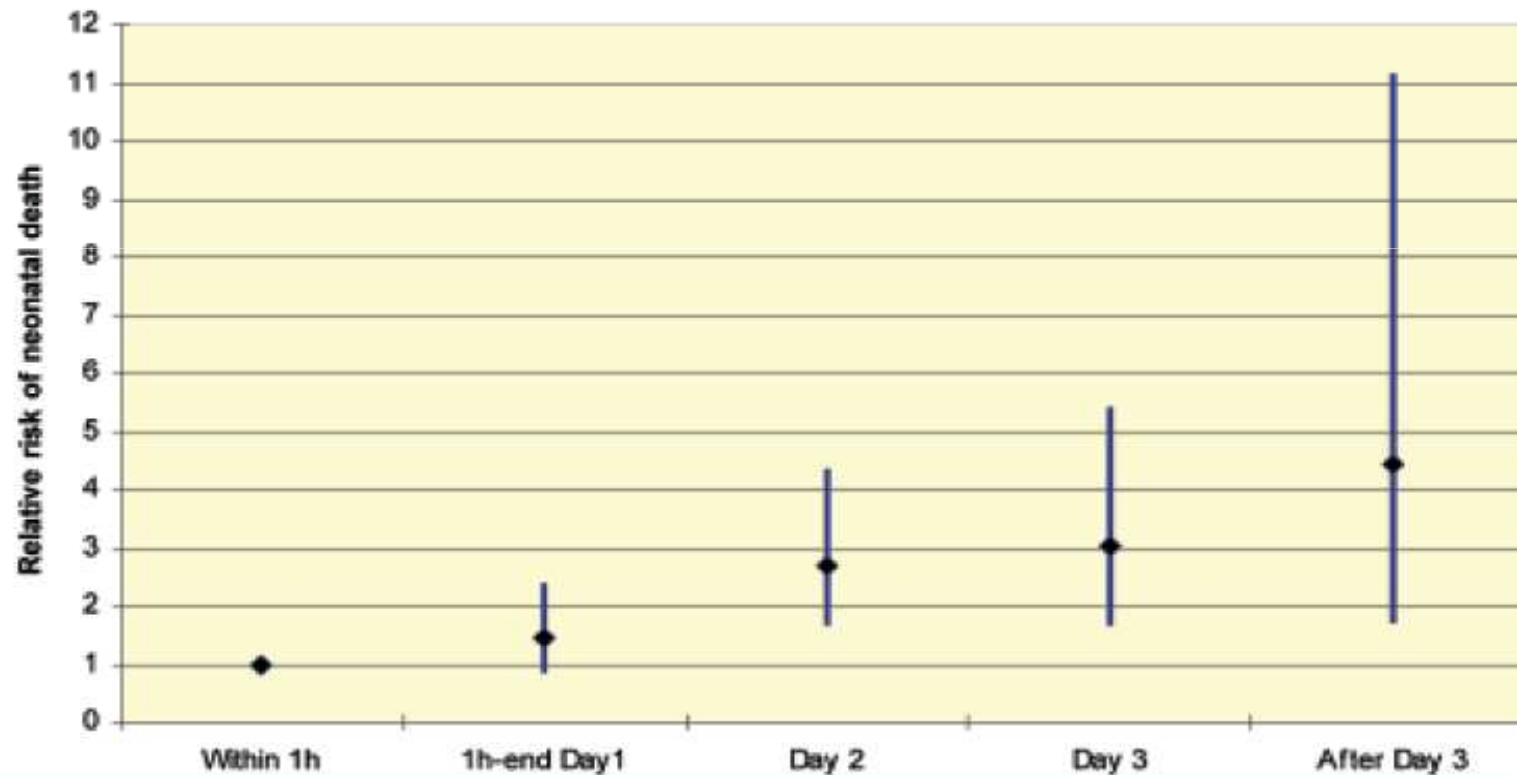
Nepal 2008, 22,838 breastfed babies



Delaying Initiation of breastfeeding increases risk of infection-related death, Ghana 2004, 10,947 breastfed infants

Figure 1. The increasing risk of neonatal death with increasing delay in starting breastfeeding*.

*Note that the analysis accounts for the fact that ill babies are less likely to breastfeed.



Source: Edmond et al 2006, London School of Hygiene and Tropical Medicine.

ENC Time-Bound Interventions

Within 30 Seconds

Objective:

- To stimulate breathing, provide warmth

- Put on double gloves
- Dry thoroughly
- Remove wet cloth
- Quick check of NB's breathing
- Suction only if needed

After thorough drying

Objective:

- To provide warmth, bonding, prevent infection & hypoglycemia

- Put prone on chest/ abdomen skin to skin
- Cover w/ blanket, bonnet
- Place identification on ankle
- Do not remove vernix

Up to 3 minutes Post-delivery

Objective:

- To reduce anemia in term & preterm; IVH & transfusions in preterm

- Remove 1st set of gloves
- Clamp and cut cord after cord pulsations stop (1-3 mins)
- Do not milk cord
- Give oxytocin 10mg IM to mother

Within 90 minutes Of age

Objective:

- To facilitate initiation of breastfeeding through sustained contact

- Uninterrupted skin to skin contact
- Observe NB for feeding cues
- Counsel on positioning & attachment
- Do eye care, injections etc after 1st breastfeed



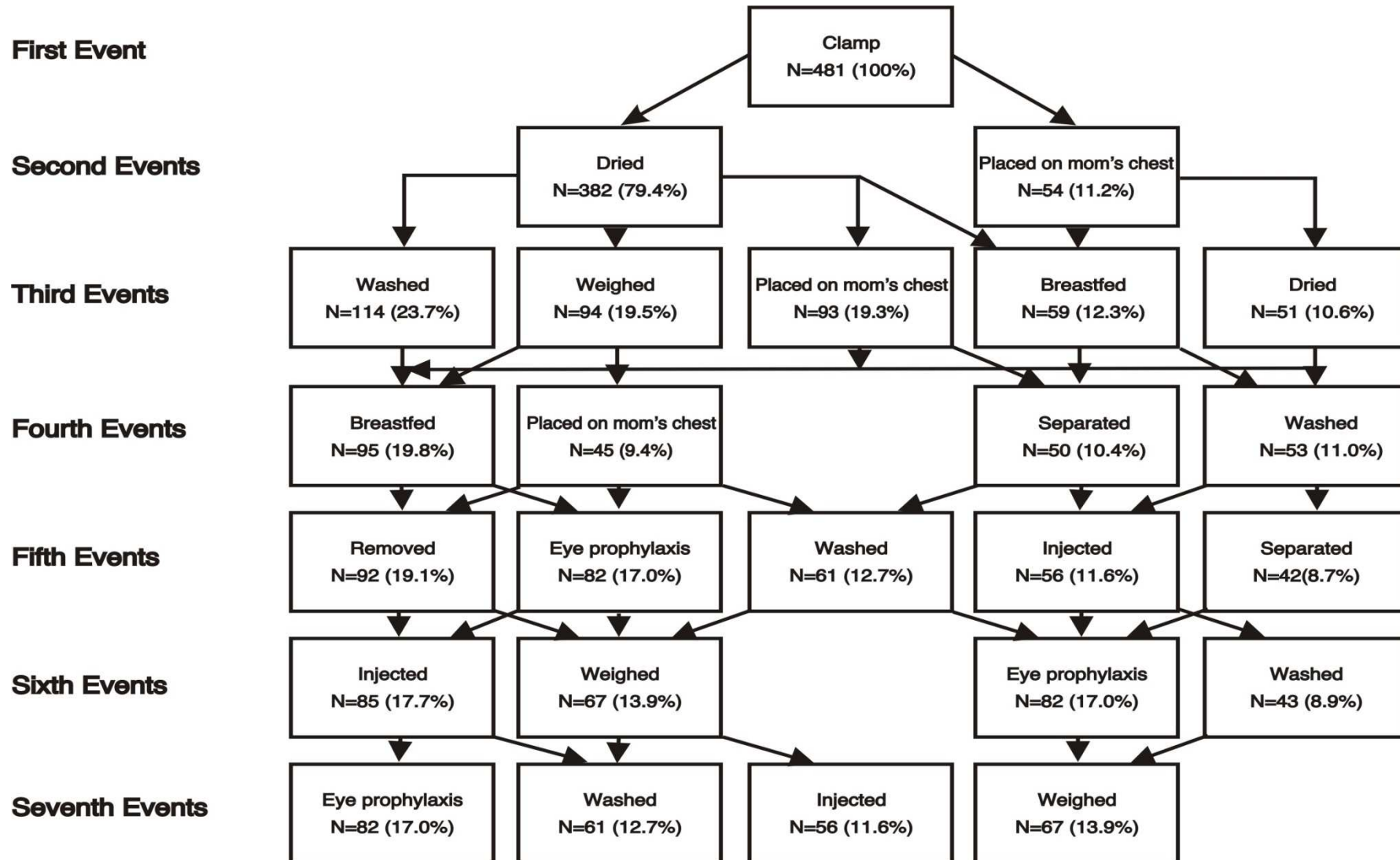
Unang Yakap

Training Video



Current State of Newborn Care Practices in Philippine Hospitals

Variation in Sequence of Interventions



Sobel, Silvestre, Mantaring, Oliveros, 2009

Newborn Care until the First Week of Life



Clinical Practice Pocket Guide

Essential
Newborn Care
Protocol was
guideline
developed to
address these
issues

Newborn Care until the First Week of Life



Clinical Practice Pocket Guide

Next Steps

- Dissemination
 - DOH Administrative Order 2009-0025 on ENC signed
 - Unang Yakap campaign launched Dec 9, 2009
- Implementation
- Monitoring



Scope of Application



- Whole hierarchy of the DOH and its attached agencies
- Public and private providers
- Development partners involved in the MNCHN strategy
- All health practitioners involved in maternal and newborn care

ENC Implementation

- The current state of maternal and newborn care needs urgent action
 - Evidence-based interventions are not practiced sufficiently.
 - ENC Protocol provides an evidence-based, low cost, low technology package of interventions that will save tens of thousands of lives.
- Each of us, as individuals and as organizations, have to look inward to find ways to implement ENC
- Join us to bring Unang Yakap to your membership and every person they can influence.

How can I contribute to implementing ENC?

- **Organize a multidisciplinary ENC Working Group**
 - **MDs: Obs, Pediatricians, Anesthesiologists**
 - **Nurses, nursing assistants**
 - **Midwives**
 - **Administrators**
 - **Infection control committee**
- **Conduct a “situational analysis” of your facility**
- **Revise hospital policies and standard operating procedures, forms, order sheets etc**

How can I contribute to implementing ENC?

- **Enable the environment for ENC**
- **Disable the environment that hinders ENC**
- **Join us to bring Unang Yakap to your membership and every mother, father that they can influence.**



Unang Yakap