NEONATAL CARE: ON THE WARD

NEONATAL OBSERVATIONS

Keywords: Meconium obs, GBS obs, preterm obs, neonatal measurements, newborn observations, neonatal vital signs, baby obs

AIM

- To ensure appropriate and timely neonatal observations (Routine care [T, HR, RR]; Additional obs [for operative birth, MSL, GBS, preterm/LBW, antenatal corticosteroids]) and measurements (W, HC, L) are performed and recorded.

VITAL SIGNS

NORMAL RANGE FOR A NEWBORN\(^1\)

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature</td>
<td>36.5 – 37.4ºC</td>
</tr>
<tr>
<td>Apex beat</td>
<td>110-160 beats per minute (bpm)</td>
</tr>
<tr>
<td>Respirations</td>
<td>30-60 breaths per minute</td>
</tr>
</tbody>
</table>

TEMPERATURE

- On admission record axillary temperature hourly until three consecutive readings of 36.5 – 37.4ºC have been recorded since birth. If normal, cease measurements unless the clinical situation indicates further monitoring is required.

  See Neonatology Clinical Guidelines, Section 4 Neonatal Temperature Ranges.

- All babies on antibiotics have their temperature recorded prior to feeds. Once the antibiotics have ceased, record the temperature once per shift for a further 24 hours.

- Instruct the mother on how to take the neonatal temperature. Inform her to report to midwifery staff any abnormal findings.

- Any recordings below 36.5ºC or above 37.4ºC are recorded in red. If >37.4ºC, the Paediatric Registrar or Resident is to be notified immediately. If <36.5ºC see KEMH Clinical Guideline, O&M, Neonatal Hypothermia.

HEART RATE

- On admission record the neonatal heart rate hourly until three consecutive readings have been recorded since birth. If the heart rate recordings are within normal limits, observations may be ceased unless the clinical situation indicates further monitoring is required.

RESPIRATIONS

- On admission record neonatal respirations hourly until three consecutive recordings have been recorded since birth. If the respirations are within normal limits, recording may cease unless the clinical situation indicates further monitoring is required.
ADDITIONAL OBSERVATIONS

- **Operative Birth**
  -  **Vacuum Assisted Birth**
    - Hats and bonnets should not be used
    - Observation for subgaleal haemorrhage (SGH) at 2, 4 and 8 hours of age as follows: Palpate the scalp to assess for resolution of the chignon
    - Palpate the scalp to note any ballotable mass or movement of fluid (gravity dependent), note the colour and head shape including displacement of the ears or pitting oedema.
    - Document all observations on the neonatal care plan.
  - **Additional Midwifery Observation is required following:**
    - Total vacuum extraction time > 20 minutes and / or 3 pulls and / or 2 cup detachments.
    - 5 minute Apgar score < 7
    - At clinician request
    - Routine surveillance observations are causing concern
    - When additional observations for SGH are required, they are to continue for at least the first 12 hours of life.
      - Hourly for the first 2 hours and then 2 hourly for a further 6 hours.
  - **When there is clinical suspicion of SGH immediately following birth or abnormalities are noted on increased surveillance:**
    - Prompt review by a paediatrician

- **Meconium Stained Amniotic Fluid (MSAF)**—as for all neonates, PLUS at least 2 hourly until 12 hours of age:
  - Temperature, heart rate, respiratory rate, (also observe/document any abnormalities in chest wall movements, pattern & effort), tone, colour, feeding, general wellbeing. SpO₂ (at least at 1, 2 & 4 hours of age).³ If observations outside normal parameters, report to the Neonatal Medical Officer for review. See guideline: O&M: Intrapartum: Meconium Stained Amniotic Fluid

- **Babies at Risk of Early Onset Sepsis-**
  1. All neonates ≥35 weeks (irrespective of mode of birth): Assess using the Neonatal Sepsis Calculator, and manage as per NCCU Clinical Guideline: Infection, Septic Screening and Management: Neonatal Sepsis Calculator
  2. Previous infant with invasive GBS disease- septic screen and treat (See NCCU Sepsis flowchart)
  3. If calculator unavailable (e.g. IT failure) or <35 weeks: Positive Group B Streptococcal (GBS) culture, GBS bacteriuria, or unknown GBS status with risks (ruptured membranes ≥ 18 hours, preterm birth,² or intrapartum maternal temperature ≥38°C)⁵ should be observed for ≥48 hours.⁶
    - Where **adequate** intrapartum antibiotics (≥4hours) have been given for
maternal risk factors – temperature, heart and respiratory rates shall be taken as for all neonates PLUS at least before each feed / 3-4 hourly for 48 hours*.

* Observation after 24 hours^ (24-48 hours) can occur at home if the neonate is ≥37 weeks, meets the criteria for discharge, there is suitable access to medical services, an adult able to comply with home observations** will be present and has had medical review /approval. Document the GBS home observation requirement/period in the Visiting Midwifery Service (VMS) section on STORK for VMS to follow-up for passage of stool and urine.

** Inform the parents about the signs/ symptoms of infection, how to assess / document neonatal feeding / general wellbeing / temperature, and what to do if abnormalities or concerns.

^ If requested by the mother, early discharge before 24 hours may only be considered after senior neonatal medical team review.

- Where there has been inadequate maternal antibiotic prophylaxis, continue observations as above in hospital until ≥48 hours of age, and refer to the full neonatal guideline for further tests and assessments NCCU: Infection, Screening and Management of Infection.
- Where intrapartum GBS prophylaxis is not indicated (e.g. GBS negative or booked caesarean with intact membranes) and there are no signs of neonatal sepsis or maternal chorioamnionitis, provide routine neonatal care.
- If a caesarean is performed prior to labour and with intact membranes, GBS antibiotic prophylaxis is not indicated, regardless of GBS status or gestation (this does not affect routine perioperative administration of antibiotics). If ruptured membranes or onset of labour, GBS antibiotics are recommended, and subsequent neonatal observations (as above) are required.

- **Near Term Newborn Infant (35⁴⁰ - 36⁶⁶ weeks) and / or 2.0kg – 2.5kg**
  Temperature as for all neonates then 3-4 hourly before feeds until 24 hours of age. Temperature before feeds until the temperature has been within the normal range for a further 24 hours.

- **Neonate of a mother given corticosteroids >34 weeks**
  If the mother of a neonate was given corticosteroids beyond 34 weeks gestation, the neonate should have two lots of pre-feed plasma glucose levels (PGL) monitored and managed as per the Neonatal Postnatal Wards Guidelines: Hypoglycaemia/IDM.

**Note:** The above section “Additional Observations” contains the minimum extra observations, and further observations may be required dependent on the individual clinical situation. If the neonate fits several categories, attend all relevant observations (as above), or as per documented plan by a Neonatal Medical Officer.
MEASUREMENTS FOR WEIGHT, LENGTH & HEAD CIRCUMFERENCE

WEIGHT

- All neonates are weighed at birth.
- Daily weights and weight on day of discharge should be performed on all neonates who are:
  - Less than 2500g
  - Preterm (<37 weeks)
  - Small for gestational age – less than the 10th percentile of birth weight for gestation at birth (see table below)

<table>
<thead>
<tr>
<th>Gestation (weeks)</th>
<th>Male (g)</th>
<th>Female (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>37</td>
<td>2540</td>
<td>2430</td>
</tr>
<tr>
<td>38</td>
<td>2800</td>
<td>2690</td>
</tr>
<tr>
<td>39</td>
<td>2950</td>
<td>2830</td>
</tr>
<tr>
<td>40</td>
<td>3090</td>
<td>2975</td>
</tr>
<tr>
<td>41</td>
<td>3220</td>
<td>3090</td>
</tr>
<tr>
<td>42</td>
<td>3250</td>
<td>3110</td>
</tr>
</tbody>
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See also KEMH Clinical Guideline Newborn Feeding, Breastfeeding Challenges. Preterm, Low Birth Weight or Small for Gestational Age Baby

- Neonates >2500g shall be weighed at birth, day 3 and day 5 after birth.

HEAD CIRCUMFERENCE (HC)

- Measure HC at birth
- Measure HC on day of discharge if:
  - Any birth trauma has occurred causing alteration of normal expected HC e.g. haematoma or caput

LENGTH

- Measure length at birth
REFERENCES / STANDARDS


National Standards – 1- Care provided by the clinical workforce is guided by current best practice 9- Recognising and Responding to Clinical Deterioration in Acute Health Care

Legislation - Nil

Related Policies – KEMH Clinical Guidelines:
- Obstetrics & Midwifery: Intrapartum: Meconium Stained Amniotic Fluid
- NCCU, Section: 1: Newborn Resuscitation Algorithm; 1- Weight, Length and Head Circumference Measurements; 1- Recognising and Responding to Clinical Deterioration; 8: Infection: Screening and Management; Neonatal Sepsis Calculator: Assessment of Early Onset Sepsis Risk in Infants ≥35 weeks

Other related documents – KEMH: GP letter: Infant managed for risk of sepsis

RESPONSIBILITY

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<thead>
<tr>
<th>Policy Sponsor</th>
<th>Director of Nursing and Midwifery</th>
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<tbody>
<tr>
<td>Initial Endorsement</td>
<td>September 2001</td>
</tr>
<tr>
<td>Last Reviewed</td>
<td>September 2014</td>
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<tr>
<td>Last Amended</td>
<td>November 2014, July 2015; April 2016</td>
</tr>
<tr>
<td>Review date</td>
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