HYPOTHERMIA IN PRETERM AND LOW BIRTH WEIGHT NEONATES

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Background:
- Hypothermia is a major factor in the morbidity and mortality of low birth weight and premature infants.
- For every 1°C decrease in admission temperature the risk of death increases by 28%.
- Moderate and severe hypothermia is associated with a higher risk of grade 3–4 intraventricular hemorrhage in infants weighing less than 1500g.
- Hypothermia is also associated with increased risk of respiratory distress syndrome and hypoglycaemia.

Results:
- Admission weight range: 0.81kg to 2.29kg.
- Median gestational age: 34/40.
- Admission temperature range: 32.1-37.2. Mean of 35.5
- 82% of babies had an admission temperature of less than 36.5.
- 80% had a normal temperature one hour after admission to NICU.
- 100% of babies with a low blood sugar on admission were also hypothermic and 100% of hypothermic babies also had a low blood sugar.

Method:
Retrospective audit of 50 consecutive premature or low birth weight babies admitted to the neonatal unit at Kiwoko hospital, Uganda.

Action points:
1) DRY DOWN. WRAP UP. HAT ON.
2) Eliminate transfer delays to NICU
3) Warm towels prior to delivery
4) Keep skin-skin or under Resuscitaire

References: