



Stabilisation of the Preterm Infant

Kelly Harvey
Quality Improvement Lead Nurse
NWNODN

Objectives

- Understand the impact initial stabilisation of the preterm infant can have on outcomes.
- Think about what we can do.
- Identify areas of quality improvement requiring collaboration.

Key Area's

- Antenatal management
- Cord Clamping
- Thermoregulation
- Respiratory Management
- Initiation of breast feeding/expressing breast milk
- Communication

Antenatal Management

- Right Care, Right Place
 - 81% $<27/40$ born in the NWNODN had access to NICU facilities at birth vs national average 74%
 - NNAP 2018
 - IUT guideline
 - Service Specification
- Antenatal Steroids
 - 91% of women within the NWNODN between $23-34+6/40$ received a/n steroids (NNAP 2018)
 - NICE Preterm Labour Guideline (2015)
- Magnesium Sulphate
 - PreCept

Cord Clamping

- Benefits of physiological cord clamping for the well term infant are well understood.
- Why not the preterm?
- Advantages:
 - Improved initial stabilisation
 - Reduced NEC
 - Reduced IVH
- ?ABC – Aeration, Breathing, Clamp – (Knol et al 2018)

Thermoregulation

- Increased risk of morbidity and mortality with temperature $<36.5^{\circ}\text{C}$
 - Perlman 2015
- NNAP 2017 data
 - National average 64% of neonatal admissions achieved target temperature $36.5\text{--}37.5^{\circ}\text{C}$
 - NWNODN = 60%
- What are we missing?

Respiratory Management

- Stabilisation not resuscitation (NLS 2016)
- Delivery room CPAP
- Potential impact on BPD
 - NWNODN have 2nd highest incidence of significant BPD in infants <32/40 (NNAP 2018)

Initiation of breast milk

- BFI standards
- Impact on outcomes:
 - Reduced mortality
 - Reduced NEC
 - Reduced Late onset sepsis
 - Improved neurodevelopmental outcomes
- Early initiation = sustained long term supply
- In your experience does the mum of a preterm infant express within 2 hours of birth?

Communication

- Parental
- Antenatal
- Maternity
- Neonatal
- Working together to provide seamless care for the preterm infant and the family unit will improve outcomes.

What Next?

- Quality Improvement
- Collaboration
- Improving outcomes