

# Timing of Newborn First Bath to Improve Outcomes and Reduce Preventable Transfers to the NICU

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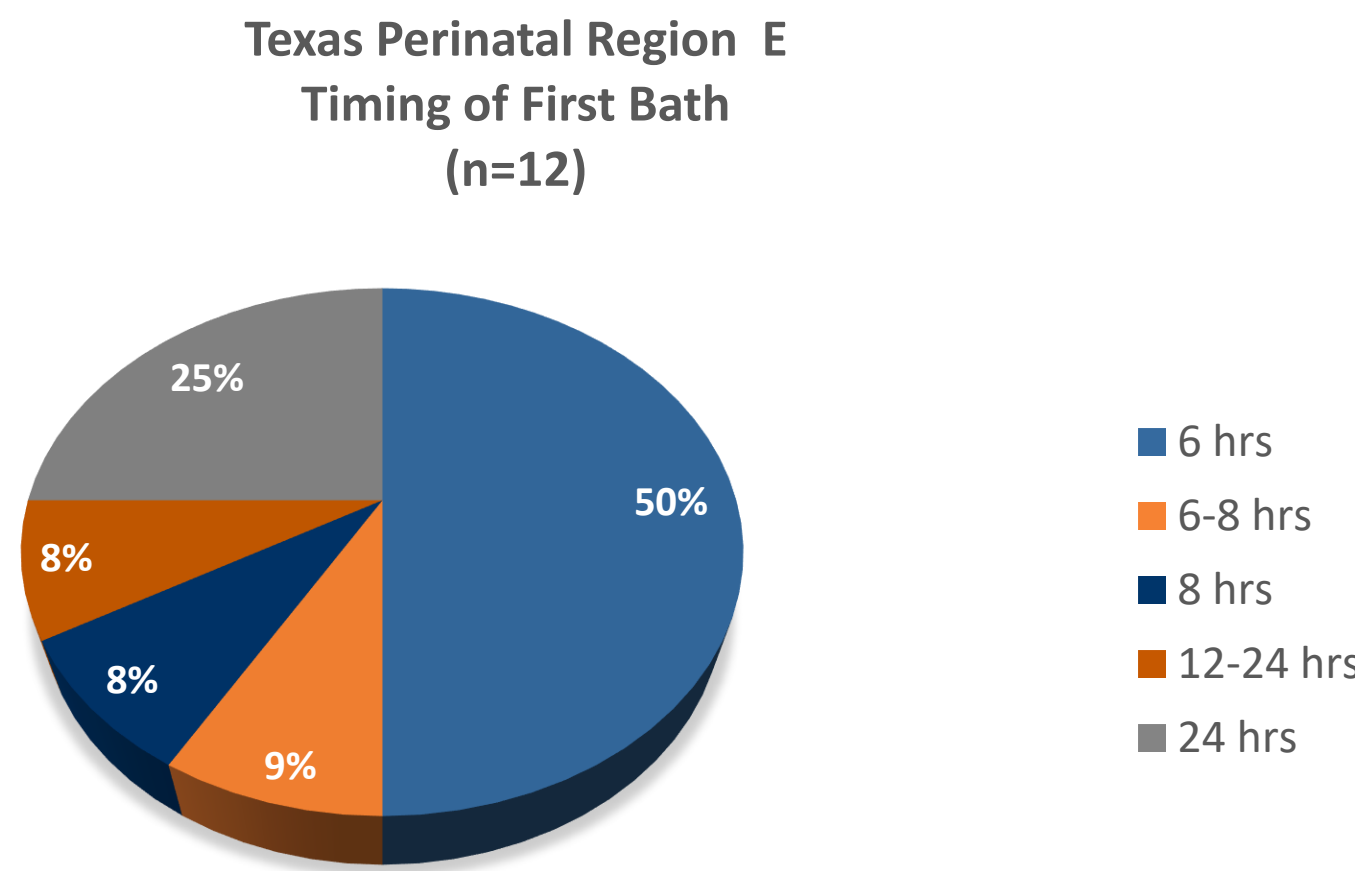
Cizik School of Nursing at UTHealth

## Introduction and Background

- Transition to life:
  - \* Stressful life event
  - \* Dramatic pathophysiologic process
- Baths:
  - \* Stressful event
  - \* Interferes with the transition process
- Unsuccessful transition:
  - \* Hypothermia
  - \* Hypoglycemia
  - \* Respiratory Distress

### Local Problem

- Baths within first 2 hours of life
- 2.7% of infants on Post-Partum transferred to the NICU

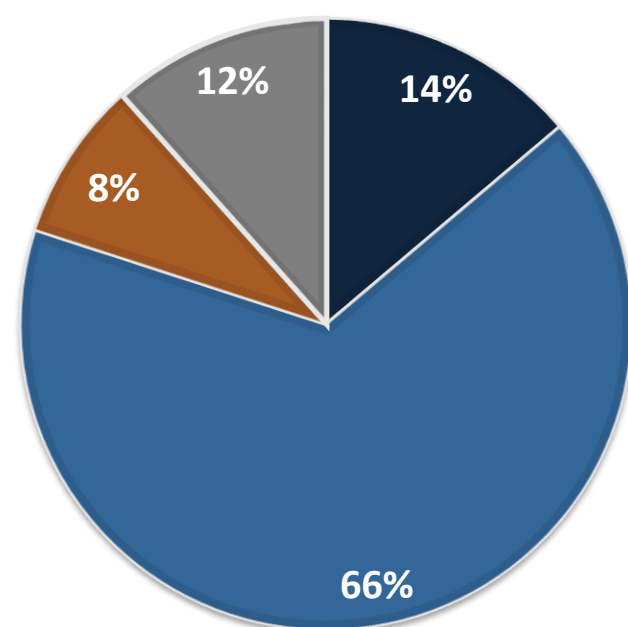


## Aim Statement/Intended Outcomes

Delay the first bath by a minimum of 12 hours to achieve 100% normothermia rates, 15% improvement in breastfeeding rates, and achieve a 25% reduction in transfers to NICU

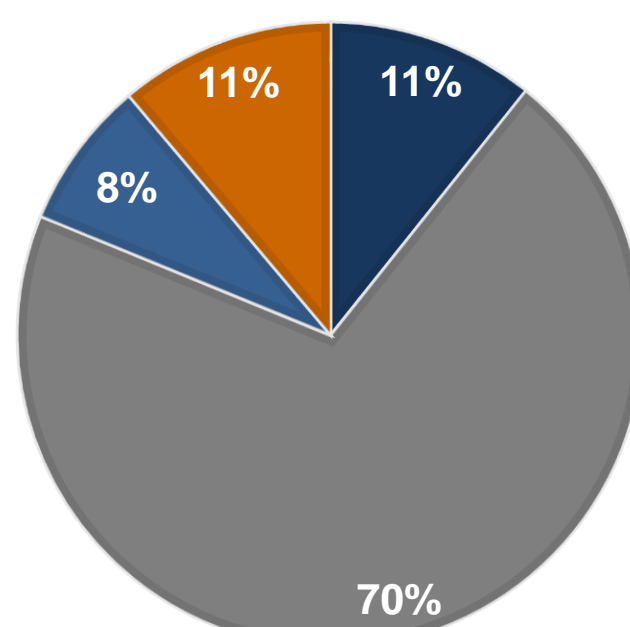
Hours of Life when First Bath  
was given  
January 2018 - April 2018

■ < 1 hr ■ 1 - 2hr ■ 2.1-4 hr ■ > 4 hr.



Hours of Life when First Bath  
was given  
May 2018 - October 2018

■ < 12 hrs. ■ 12-17.9 hrs. ■ 18-23.9 ■ >24



## Methods and Implementation Plan

### Methods

- Retrospective chart reviews on all well born infants from January 1<sup>st</sup> through May 8<sup>th</sup> of 2018. Comparative patient data via EMR reports from change implementation on May 9<sup>th</sup> through September of 2018

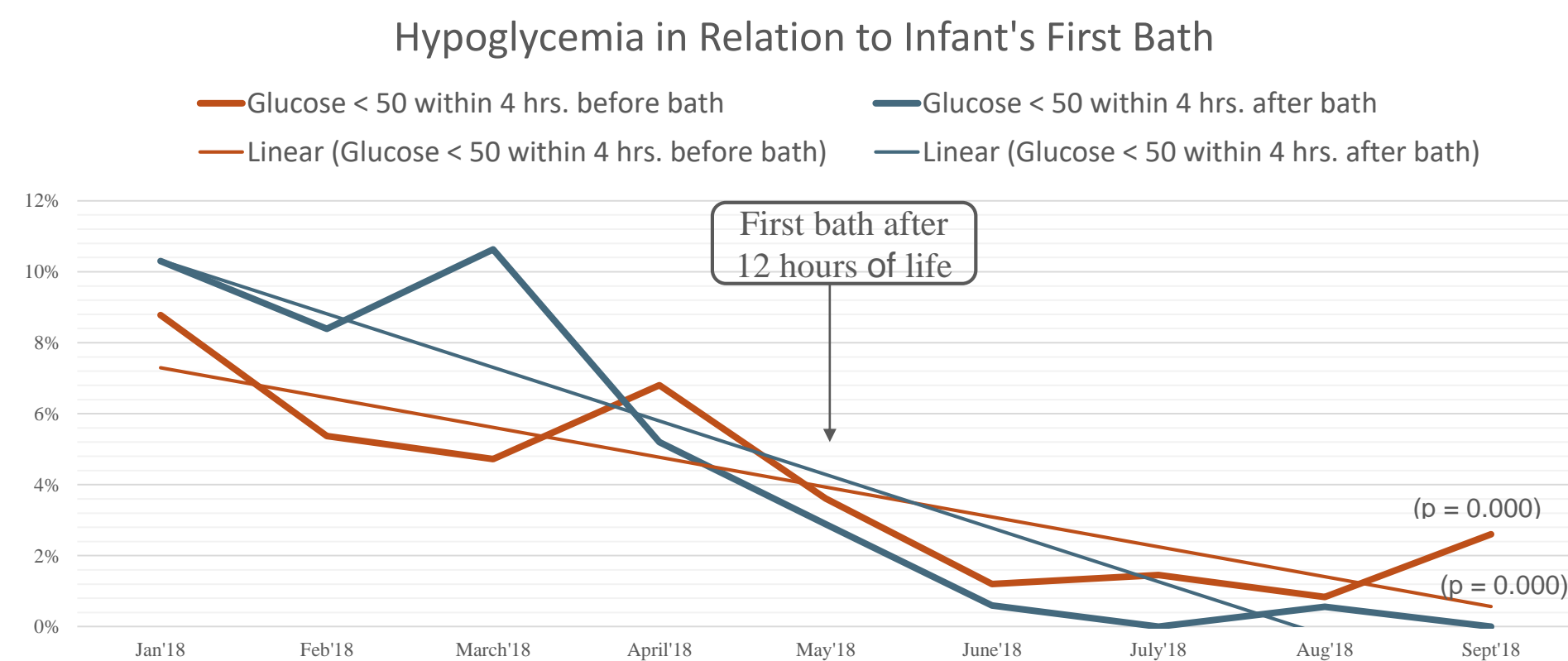
### Interventions

- Shared research with division staff
- Recruited Task Force volunteers
  - Needs assessment & gap analysis completed
  - Developed new workflow process: bath between 12 to 18 hours of life
  - Educated all division staff, validated bath competency
- Created parent education brochure, education committee for accurate literacy, language services translated into Swahili, French, and Spanish

	Pre	Post
Declined - give bath at home		5
Early d/t parent request		8
Given early d/t herpes/hepatitis/HIV		21
Missing bath documentation	153	
Total Excluded	153	36
Total Included in Project	1132	1548

## Results

- 89% of baths received after 12 hours of life
- Hypothermia rate reduction from 16.35% to 9.98% (p=0.000)
- Hypoglycemia rate reduction from 14.69% to 2.33% (p=0.000)
- Tachypnea rate reduction from 4.8% to 0.57% (p=0.000)
- Exclusive breastfeeding rate increased from 40.0% to 45.6% (p=0.391)
- Transfers to NICU increased from 2.7% to 4.3% - unexpected



## Conclusions & Recommendations

- Increase in NICU transfers due to patient condition – transfers occurred prior to bath being given
- Delay of first bath reduced negative sequela
- Later bath should be continued
- Educating parents during the labor process is not the best time
- Bath experience gravitated from the mother's room to the infant care room where parents were unable to participate
- Solutions to engage parents in the bathing experience should be explored

