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

Under Five Mortality Rate

Neonatal MR

DHS 88, 93, 98, 03, 08
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.

3 out of 4 newborn deaths occur in the week of life

NDHS 2003, special tabulations
What
Immediate Newborn Care Practices will save lives?
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.
Time Band: Within 90 minutes
Non-separation of Newborn from Mother for Early Breastfeeding

- Weighing, bathing, eye care, examinations, injections should be done after the first full breastfeed is completed

- Postpone washing until at least 6 hours
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
Delaying Initiation of breastfeeding increases risk of infection-related death, 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.
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
Essential Newborn Care Protocol was guideline developed to address these issues.
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.