

Baystate Health

Scholarly Commons @ Baystate Health

Holistic & Nursing Scholarship Symposium

Presentations and Posters

9-2024

Hyperbilirubinemia Treatment of the Newborn with Rooming-In

Becky Cabrera RN

Follow this and additional works at: https://scholarlycommons.libraryinfo.bhs.org/nurs_presentations2024

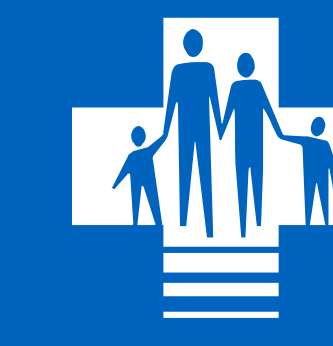


Part of the [Medicine and Health Sciences Commons](#)

Hyperbilirubinemia Treatment of the Newborn with Rooming-In

Becky Cabrera, RN

Baystate Medical Center, Springfield, MA



Baystate
Health

ADVANCING CARE.
ENHANCING LIVES.

Background

- Studies have shown that infants treated for hyperbilirubinemia with phototherapy have improved outcomes as a result of proper thermoregulation, maximized immune function through breastfeeding, minimized stress, and increased bonding opportunities with parents
- Wesson 2 is a 38-bed postpartum unit which provides care for new parents and their newborns. At the beginning of the COVID-19 Pandemic, the practice of cohorting newborns for care in the nursery was quickly discontinued for the safety of the newborns and their families.
- The new standard of care became that newborns would room-in with parents.
- As a result, many of the nurses on the postpartum unit reported lack of knowledge and confidence in the care of a newborn under phototherapy treatment while rooming in with parents.

Purpose

- The purpose of this project is to enhance postpartum nurses' knowledge and confidence in caring for newborns with hyperbilirubinemia through a standardized workflow for phototherapy and rooming-in.

Goals/Objectives

1) Develop & Implement a Comprehensive Educational and Training Program

- Create and deploy a standardized educational module on hyperbilirubinemia and phototherapy.
- Conduct interactive and hands-on training sessions to all postpartum nurses.

2) Facilitate Ongoing Validation, Support, and Professional Development

- Use “teach-back” methodology for nurses to demonstrate their understanding and application of phototherapy treatment.
- Empower the nurses with enhanced nursing practice with further education.
- Evaluate the effectiveness of the educational program and standardized workflow in increasing nurses' confidence and improving their practice in treating hyperbilirubinemia.

Methodology

- Teaching topics were obtained from a needs assessment which identified knowledge gaps of thermoregulation, feeding, infant's ability to cope, safety during treatment, care, monitoring and documentation according to BMC guidelines, supply lists, use of equipment with hands-on opportunities and visual aids.
- Small group and individualized face-to-face competency was conducted for 44 postpartum nurses on Wesson 2.
- The postpartum nurse's skills and understanding were validated through teach-back, verbalization of the topics taught and return demonstration.

Outcomes

- 100% of the postpartum nurses participated in the education and competency validation.
- Nurses demonstrated stronger skill sets when caring for newborns rooming-in with parents.
- The nurses verbalized feeling more confident in their capacity to care for newborns needing phototherapy.



Conclusions

- Performing a needs assessment identified the learning gaps and allowed shared decision-making about the teaching topics that were chosen.
- Nurses' confidence increased once they better understood the standards of care.
- The rooming-in model of care for newborns and parents was implemented with a caring and organized method.

References

- Kemper, A. R., Newman, T. B., Slaughter, J. L., Maisels, M. J., Watchko, J. F., Downs, S. M., Grout, R. W., Bundy, D. G., Stark, A. R., Bogen, D. L., Holmes, A. V., Feldman-Winter, L. B., Bhutani, V. K., Brown, S. R., Maradiaga Panayotti, G. M., Okechukwu, K., Rappo, P. D., & Russell, T. L. (2022). Clinical practice guideline revision: Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. *Pediatrics*, *150*(3), e2022058859. <https://doi.org/10.1542/peds.2022-058859>
- Feldman-Winter, L., Goldsmith, J. P., Committee on Fetus and Newborn & Task Force on Sudden Infant Death Syndrome (2016). Safe sleep and skin-to-skin care in the neonatal period for healthy term newborns. *Pediatrics*, *138*(3), e20161889. <https://doi.org/10.1542/peds.2016-1889>