

# Case Study:NORMOTHERMIA



## BACKGROUND

Abnormal temperature in preterm infants is associated with increased morbidity and mortality . Preterm infants are born at risk of abnormal temperatures immediately after birth in the delivery room/ theatre.

The World Health Organisation (WHO) recommends the temperature of new born infants is maintained between 36.5 -37.5 after birth, and the NNAP standard relating to admission temperature for preterm babies states that 90% of babies born less than 32 weeks should have a temperature between 36.5 – 37.5 when first admitted the neonatal unit

## SOLUTION

At Wigan we had already embedded the use of the transwarmer and neo help wraps for the preterm infants that fit the criteria.

We introduced taking babies temperature soon after birth whilst in the delivery room, within 5 minutes and therefore we could make an intervention sooner rather than later if required.

We also introduced regular temperature checks within the 1<sup>st</sup> hour of life whilst on the unit if the babies temperature fell out of range and we added an intervention to make sure by within 60 minutes of life the baby was normothermic.

## CHALLENGES

Delivery suite Theatre / Mains theatre room temperatures wasn't always between the recommend range of 25-28 degrees Celsius . As we are aware decreased delivery room temperatures can induce thermal stress in preterm infants

This has been improved over the last few months with liaising with theatre staff .

## LEARNING

Our thermoregulation guideline was changed in view of taking delivery room temperatures for preterm infants and Normothermia is discussed at our child health Mandatory Study Days so staff are updated and educated regularly.

The monthly optimisation data/ feedback is cascaded to all staff via email and if normothermia hasn't been achieved this is highlighted and a narrative to state why not or ways to which we could of improved.

## CONCLUSION

We were 100% for normothermia in December 2023 and January 2024 and we are achieving more than 75% as a whole for the year !

We are very proud of how far we have come to achieve this & strive to maintain this level of standard going forward into 24/25 .