

ESSENTIAL NEWBORN CARE

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Lecture Outline

1. Why Essential Newborn Care matters
2. The 6 Key Steps of ENC - **THERMAL, CORD, BREAST, EYES, VITK, IMMUNE**
3. Step-by-step practical skills: **Thermal protection, Cord care, Breastfeeding, Resuscitation, Eye care + Vitamin K, Immunization**
4. 9 Newborn Danger Signs - know them, act fast
5. Common mistakes to avoid in PHCs
6. Your role: Quality care from the first minute

Why ENC Matters

- ▶ Problem: 70% of newborn deaths happen in first week. Most in PHCs and homes.
- ▶ Good news: 3/4 of deaths preventable with simple ENC steps costing <\$2/baby.
- ▶ Your role: You're the first contact. What you do in first 60 minutes = life or death.

The 6 Essential Newborn Care Steps

- ▶ WHO/NIENAP “6 steps”: THERMAL + CORD + BREAST + EYES + VITK + IMMUNE
- ▶ 1. Thermal protection
- ▶ 2. Cord care
- ▶ 3. Breastfeeding
- ▶ 4. Eye care
- ▶ 5. Vitamin K injection
- ▶ 6. Immunization - BCG + HepB birth dose

Step 1 - Thermal Protection

- ▶ “Prevent hypothermia. Cold kills.”
- ▶ 1. Dry + Warm: Dry baby immediately with clean towel. Remove wet towel. Skin-to-skin on mother’s chest.
- ▶ 2. Delay bathing: No bath for 24hrs minimum. Vernix protects skin.
- ▶ 3. Room warm: Close windows/doors. No fan on baby.
- ▶ 4. Kangaroo Mother Care: For baby <2.5kg or <37 weeks. Mother’s chest = best incubator.

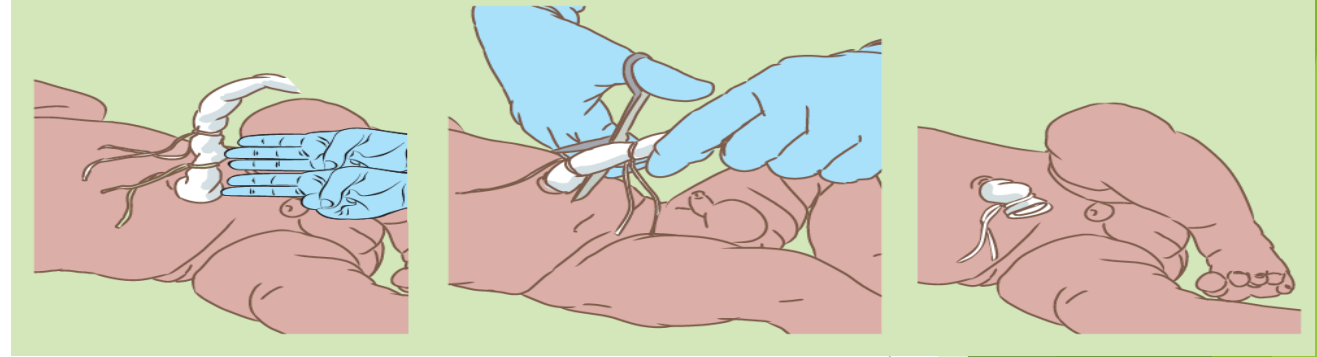


- ▶ **Red flag:** Baby cold to touch, lethargic, not feeding → Warm + refer FAST.



Step 2 - Cord Care

► “Clean cord = no sepsis”



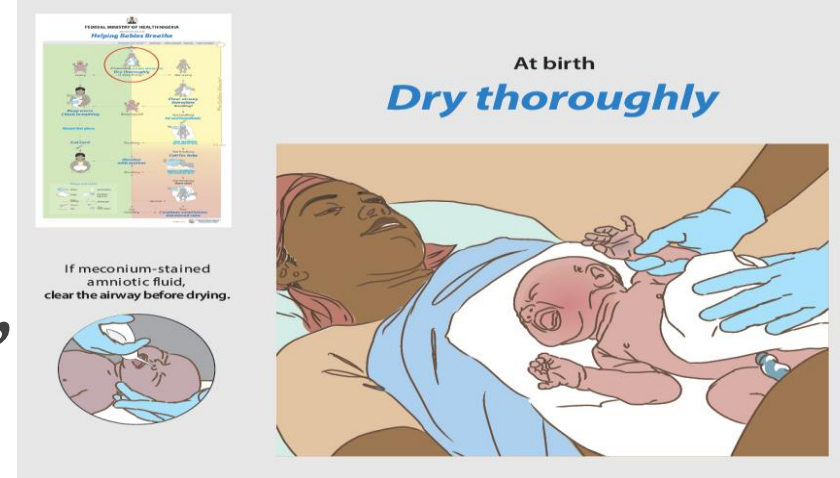
- 1. Cut: Use sterile blade/scissors. Tie with sterile cord clamp/thread.
- 2. Care: With 4% Chlorhexidine gel. Keep dry. No methylated spirit, no herbs, no oil, no ash. Fold diaper below cord.
- 3. Watch: Redness spreading to belly, pus, foul smell, bleeding = danger sign.

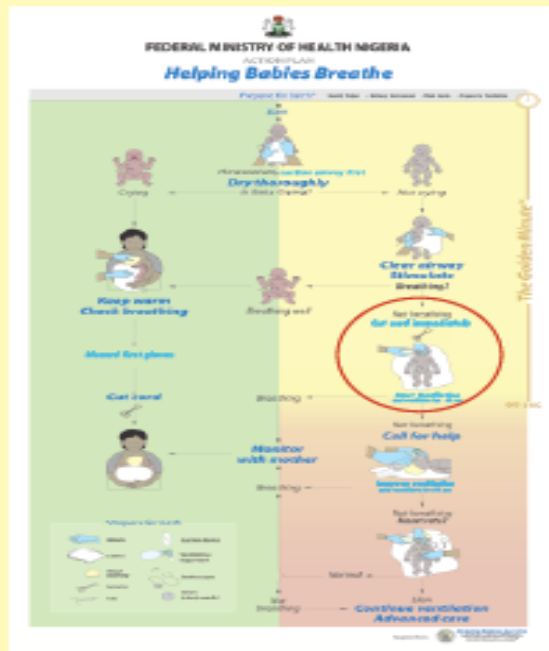
Step 3 - Early Breastfeeding

- ▶ **“Breast milk is first vaccine”**
- ▶ 1. Start within 1 hour of birth, even after CS.
- ▶ 2. Exclusive: Only breastmilk for 6 months. No water, glucose, pap.
- ▶ 3. Colostrum: Yellow milk = antibodies. Don't discard.
- ▶ 4. Position + Attachment: Check 4 signs. Baby's mouth wide, chin touches breast, more areola below mouth.
- ▶ **Common myth to correct: “My breast no get milk yet” → Colostrum is enough first 3 days.**

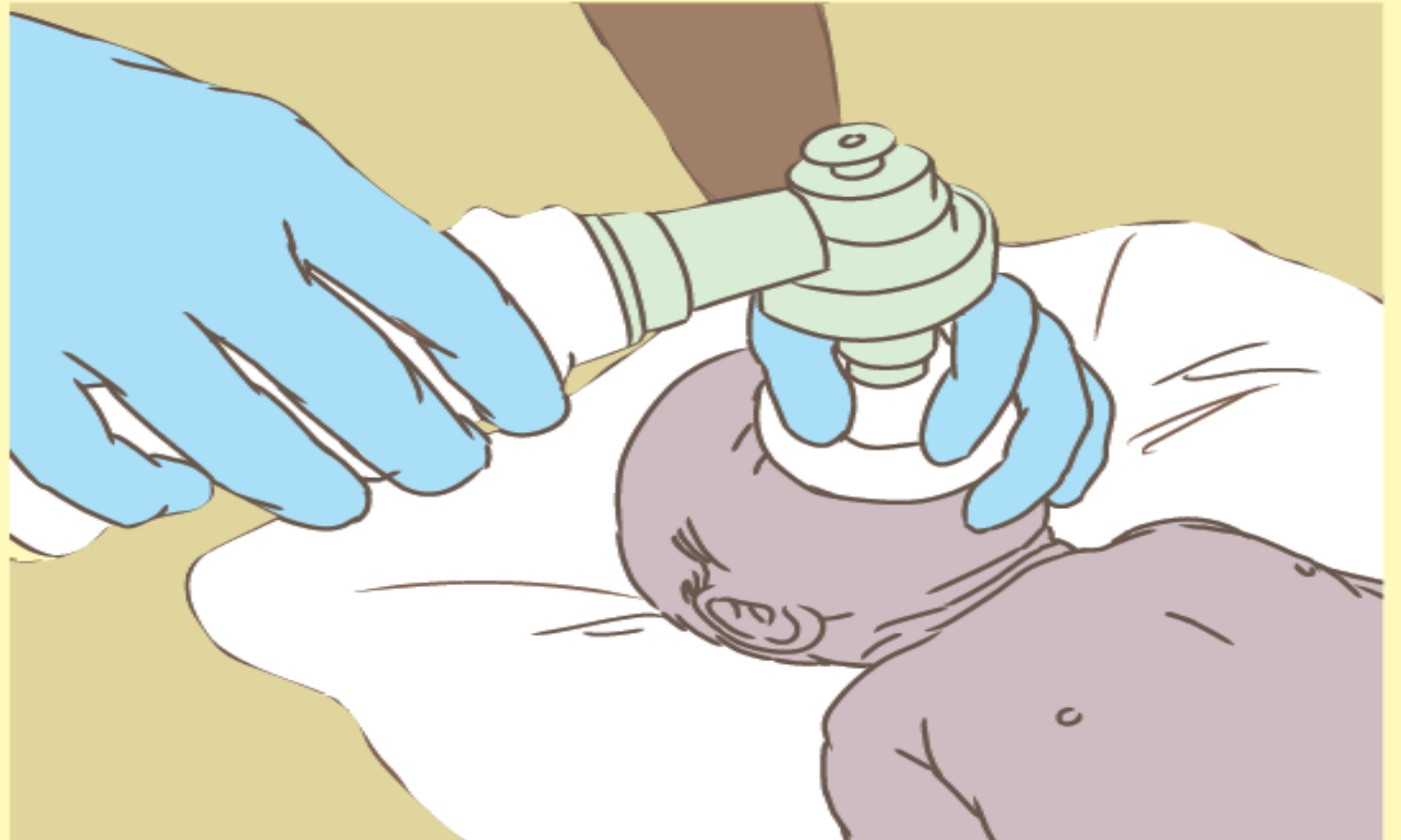
Step 6 - Resuscitation

- ▶ “If baby not crying/breathing after 30 sec”
 - ▶ 1. Dry + Stimulate: Rub back 2-3 times.
 - ▶ 2. Bag-mask: If still no breathing → 5 initial breaths, then 30 breaths/min.
 - ▶ 3. Call for help while you start. PHC must have bag-mask + suction.
- ▶ Key: 90% babies cry after drying. Only 10% need bag-mask. Practice quarterly.





If the baby is still not breathing well, cut cord and
Ventilate with bag and mask



Step 4 + 5 - Eye Care + Vitamin K

- ▶ 1. Eye care: Tetracycline eye ointment 1% within 1hr. Prevents gonorrhea blindness. Wipe eyes from inner to outer corner first.
- ▶ 2. Vitamin K 1mg IM: Prevents bleeding in brain. Give in outer thigh after breastfeeding.
- ▶ Dose: Term = 1mg. Preterm = 0.5mg. Don't give orally at PHC.

Step 7 - Immunization + Weight

- ▶ 1. BCG + HepB birth dose + OPV0: Give before discharge/home. Check vial + use AD syringe.
- ▶ 2. Weigh baby: Use hanging scale. Record. $<2.5\text{kg}$ = Low birth weight → extra care + KMC + review.
- ▶ 3. Record: Fill partograph + newborn register. Data drives NIENAP.

9 Danger Signs - Know + Act Fast

- ▶ Teach mothers + yourself: “If you see any, refer within 2 hours”
- ▶ 1. Not feeding well
- ▶ 2. Convulsions/fits
- ▶ 3. Fast breathing $\geq 60/\text{min}$
- ▶ 4. Severe chest in-drawing
- ▶ 5. Temperature: hot $\geq 37.5^{\circ}\text{C}$ or cold $< 35.5^{\circ}\text{C}$
- ▶ 6. Only moves when stimulated / unconscious
- ▶ 7. Yellow palms/soles
- ▶ 8. Pus in eye/umbilicus/skin
- ▶ 9. Diarrhea/vomiting everything
- ▶
- ▶ Action: Give pre-referral dose of antibiotics if trained + warm baby + refer.

Infection Prevention in PHC

- ▶ 1. Wash hands before touching every baby.
- ▶ 2. Clean delivery surface + sterile instruments.
- ▶ 3. No sharing of towels, cord ties.
- ▶ 4. Isolate sick babies. No visitors with cough/cold.

Common Mistakes to Avoid

- ▶ ✗ Bathing baby immediately
- ▶ ✗ Applying herbs/ash to cord
- ▶ ✗ Giving water/glucose before breastmilk
- ▶ ✗ Not giving Vitamin K “because baby looks fine”
- ▶ ✗ Wrapping baby in many layers but head uncovered
- ▶ ✓ Replace with: Dry, skin-to-skin, breast in 1hr, dry cord, VitK IM

Key Message / Summary

In the first 60 seconds after birth:

- ▶ 1. DRY baby thoroughly + discard wet towel
- ▶ 2. ASSESS breathing + stimulate if not crying
- ▶ 3. KEEP WARM → skin-to-skin on mother's chest + cover head
- ▶ 4. START BREASTFEEDING within 1 hour
- ▶ Cold + delayed breathing + no breastmilk = #1 killers in PHCs
- ▶ Your action in 1 minute saves 3 lives in 10.

The 6 Non-Negotiables

6 Things Every Baby Must Get Before Discharge

1. THERMAL → No bath 24hrs, skin-to-skin, warm room
2. CORD → Keep dry. No spirit, herbs, oil, ash
3. BREAST → Start in 1hr. Colostrum is medicine
4. EYES → Tetracycline ointment 1% once
5. VITK → 1mg IM in thigh after birth
6. IMMUNE → BCG + HepB + OPV0 before discharge

► Plus: Weigh + Check 9 Danger Signs + Record

► “Dry, Warm, Breast in 1hr, Dry cord, VitK, Vaccinate”



► **PRE-TEST ON ENC**



► 1. When do most newborn deaths occur?

► A. Between 1-6 months

► B. First 7 days of life

► C. During delivery only

► D. After 1 month

► Answer: B



► 2. What is the first thing to do immediately after birth according to ENC?

► A. Bathe the baby with warm water

► B. Cut the cord first

► C. Dry the baby and keep warm

► D. Give glucose water

► Answer: C



► 4. When should breastfeeding start?

► A. After 24 hours when milk comes in

► B. Within 1 hour of birth

► C. After bathing the baby

► D. Only if baby cries for milk

► Answer: B



► **POST-TEST FOR ENC**

► 1. What is the correct dose and route for Vitamin K for newborns at birth?

- A. 1mg oral for all babies
- B. 0.5mg IM for term, 1mg IM for preterm
- C. 1mg IM for term, 0.5mg IM for preterm in outer thigh
- D. 2mg IM in buttocks

► Answer: C

►

► 2. For a baby <2.5kg or born <37 weeks, what is the best method of thermal protection?

- A. Wrap in 5 layers of cloth
- B. Place under fan with light
- C. Kangaroo Mother Care - skin-to-skin on mother's chest
- D. Immediate bathing to stimulate

► Answer: C

►

► 3. If a newborn is not crying/breathing after 30 seconds, what is the correct sequence?

- A. Bag-mask immediately → Call for help → Dry
- B. Dry + stimulate → Bag-mask if still no breathing → Call for help
- C. Slap baby's back → Give water → Refer
- D. Wait 5 minutes before acting

► Answer: B

►