INTERGROWTH-21st
International Fetal and Newborn Growth Standards for the 21st Century

The International Fetal and Newborn Growth Consortium

BASIC NEONATAL CARE MANUAL

April 2010
Please read this manual carefully and refer to it throughout the study if any clarification is needed.

This Operations Manual was produced by the INTERGROWTH-21st Neonatal Group, based on the 1st Meeting of the Neonatal Group, Oxford, July 2009. This document reflects the consensus reached by members of the group regarding the definitions of neonatal morbidities and the minimum standards of care to be provided by all centres taking part in the INTERGROWTH-21st study.

INTERGROWTH-21st is a large project involving health institutions from eight geographically diverse countries. It is therefore essential that all participating institutions follow a standardized neonatal care protocol.
Table of Contents

Credits ........................................................................................................................................... 4
Abbreviations ............................................................................................................................. 5

Definitions of Neonatal Morbidities .......................................................................................... 6
  Transient Tachypnea of Newborn (TTN) .................................................................................. 7
  Respiratory Distress Syndrome (RDS) ...................................................................................... 7
  Bronchopulmonary Dysplasia (BPD) ....................................................................................... 8
  Meconium Aspiration Syndrome .............................................................................................. 8
  Retinopathy of Prematurity (ROP) .......................................................................................... 8
  Periventricular Leukomalacia .................................................................................................. 9
  Apnea of Prematurity ............................................................................................................... 9
  Hypoxic Ischemic Encephalopathy (HIE) .............................................................................. 10
  Birth Asphyxia ......................................................................................................................... 10
  Intraventricular Hemorrhage (IVH) ....................................................................................... 11
  Necrotizing Enterocolitis (NEC) ............................................................................................. 11
  Polycythemia ............................................................................................................................ 12
  Anemia requiring transfusion .................................................................................................. 13
  Acute Bilirubin Encephalopathy .............................................................................................. 13
  Chronic Bilirubin Encephalopathy ......................................................................................... 14
  Hypotension in Neonates ....................................................................................................... 14
  Hypoglycemia .......................................................................................................................... 14
  Inborn Error of Metabolism .................................................................................................... 15

Treatment and Management Recommendations for Neonatal Morbidities ...................... 16
  Administration of Antenatal Steroids to Women at Risk of Preterm Delivery ...................... 17
  Feeding the Preterm Infant .................................................................................................... 18
  Thermoregulation in Preterm Newborn Babies ..................................................................... 20
  Administration of Surfactant to Preterm Infants with or at Risk for RDS ............................... 24
  Use of Nasal CPAP for Respiratory Distress Syndrome (RDS) ........................................... 25
  Screening for Intraventricular Hemorrhage (IVH) and Periventricular Leukomalacia (PVL) 26
  Periventricular Leukomalacia (PVL) .................................................................................... 27
  Screening for Retinopathy of Prematurity (ROP). .................................................................. 28
  Hypoxic Ischemic Encephalopathy (HIE) ............................................................................. 33
  Neonatal Hyperbilirubinemia ................................................................................................. 38
  Hypotension in Neonates ...................................................................................................... 42
  Patent Ductus Arteriosus (PDA) in Preterm Neonates: (<34 weeks gestation) ....................... 44
  Sepsis ....................................................................................................................................... 47
Credits

This manual was prepared by members of the INTERGROWTH-21st Neonatal Group and reflects the general consensus reached during the Neonatal Group Meeting, Oxford, 6-7th July 2009, regarding the minimum standards of neonatal care to be provided by all INTERGROWTH-21st centres. We also acknowledge peer review and comments on this manual by Professors Sajid Maqbool (Pakistan), Ranjan Pejawar (India) and Victor Yu (Australia).

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Abbreviations

LBW  Low birth weight infants, defined as <2500g at birth
VLBW Very low birth weight infants, defined as <1500g at birth
ELBW Extremely low birth weight infants, defined as <1000g at birth
Definitions of Neonatal Morbidities
Transient Tachypnea of Newborn (TTN)

TTN is a parenchymal lung disorder characterized by pulmonary edema resulting from delayed resorption and clearance of fetal alveolar fluid.

The onset of TTN is usually at the time of birth and within two hours after delivery with tachypnea being the most prominent clinical feature. Characteristic findings on chest radiograph support the diagnosis and include increased lung volumes, and prominent vascular markings, with fluid in the interlobar fissure. In order to make the diagnosis, other conditions (such as pneumonia, respiratory distress syndrome, pneumothorax, etc) must be ruled out.

Symptoms of TTN usually last for 12 to 24 hours, but may persist as long as 72 hours in severe cases. Infants rarely require supplemental oxygen, but if required they usually respond to oxygen therapy. When oxygen is needed, usually concentrations less than 40 percent are sufficient to achieve adequate oxygenation.

REFERENCE


Respiratory Distress Syndrome (RDS)

An infant is determined to have respiratory distress syndrome if each of the following is true:

- Requires O2 at 6 hours of life continuing to age 24 hours
- Demonstrates clinical features within age 24 hours
- Has need for respiratory support to age 24 hours, AND
- Has an abnormal chest x-ray within age 24 hours consistent with surfactant deficiency
  OR
- Has received surfactant therapy within the first 24 hours of life

REFERENCE

Bronchopulmonary Dysplasia (BPD)

BPD defined as 1) Chronic supplemental oxygen needs for >28 days (28 days oxygen need based BPD)

OR

2) Chronic supplemental oxygen needs at either PMA of 36 weeks or discharge from hospital whichever come first (36 weeks Oxygen need based BPD)

REFERENCE


Meconium Aspiration Syndrome

Meconium Aspiration Syndrome (MAS) is defined as respiratory distress in an infant born through meconium stained amniotic fluid (MSAF), whose symptoms cannot be otherwise explained. This disorder may be life threatening complicated by respiratory failure, pulmonary air leaks and persistent pulmonary hypertension.

REFERENCE


Retinopathy of Prematurity (ROP)

ROP a developmental vascular retinopathy occurs only in the incompletely vascularized retina of premature infants, leading to a wide range of outcomes from normal vision to blindness. For a diagnosis of ROP to be documented we need a confirmed diagnosis by an ophthalmologist in the notes according to the staging criteria below;

Staging of ROP:

Stage 1: Demarcation line separating the avascular retina anteriorly from the vascularized retina posteriorly, with abnormal branching of small vessels immediately posterior.
Stage 2: Intraretinal ridge; the demarcation line has increased in volume, but proliferative tissue remains intraretinal.

Stage 3: Ridge with extraretinal fibrovascular proliferation.

Stage 4: Partial retinal detachment

Stage 5: Total retinal detachment.

REFERENCES


Periventricular Leukomalacia

Damage to the deep white matter (WM) in the centrum semiovale is the main characteristic feature of PVL. The damage may vary from punctuate areas of hemorrhage & necrosis to more extensive injuries including cystic changes, scarring, hypomyelination / demyelination, and even hemorrhagic infarction of the white matter.

REFERENCE


Apnea of Prematurity

Clinically significant apnea in infants is defined as breathing pauses that last for > 20 seconds or for > 10 seconds if associated with bradycardia (e.g. < 80 beats per minute) or oxygen desaturation (e.g. O₂ saturation of < 80-85 %.).

REFERENCE

**Hypoxic Ischemic Encephalopathy (HIE)**

Hypoxic Ischemic Encephalopathy (HIE) of the newborn is “a clinically defined syndrome of disturbed neurological function in the earliest days of life in the term infant, manifested by difficulty with initiating and maintaining respiration, depression of tone and reflexes, sub normal level of consciousness and often seizures.

**REFERENCE**


**Birth Asphyxia**

Infant satisfying at least one of the following criteria:

- Apgar score of 5 or less at 10 minutes
- Mechanical ventilation or resuscitation at 10 minutes
- Cord pH < 7.1, or an arterial pH < 7.1 or base deficit of 12 or more within 60 minutes of birth
- Evidence of encephalopathy according to Sarnat staging (Sarnat 1976; Finer 1981):
  - **Stage 1** (Mild): hyperalertness, hyper-reflexia, dilated pupils, tachycardia, absence of seizures.
  - **Stage 2** (Moderate): lethargy, hyper-reflexia, miosis, bradycardia, seizures, hypotonia with weak suck and Moro.
  - **Stage 3** (Severe): stupor, flaccidity, small to midposition pupils which react poorly to light, decreased stretch reflexes, hypothermia and absent Moro.

**REFERENCE**


**Postnatal Infection (Sepsis)**

Neonatal sepsis is a clinical syndrome of systemic illness accompanied by bacteremia occurring in the first month of life.
Late onset sepsis defined as 1 or more positive blood cultures obtained after 3 days of age from infants with clinical features of sepsis

Since culture positive sepsis is relatively rare, a physician documented episode of sepsis would suffice.

REFERENCES


Intraventricular Hemorrhage (IVH)

A diagnosis of IVH should be based on a documentation of IVH based on Ultrasonographic findings conducted by a qualified ultrasonographer/ultrasonologist.

Intraventricular hemorrhage is graded by the classification of Papile et al on ultrasonographic examination as follows:

Grade1: Blood in the periventricular germinal matrix regions or germinal matrix hemorrhage.

Grade2: Blood within the lateral ventricular system without ventricular dilatation.

Grade3: Blood acutely distends the lateral ventricles.

Grade4: Blood within ventricular system and parenchyma

REFERENCE


Necrotizing Enterocolitis (NEC)

A diagnosis and staging of Necrotizing enterocolitis (NEC) should be based on a clinical documentation by treating clinician based on the following criteria:

Stage1: Suspected
*History of perinatal stress

*Systemic signs of ill health: temperature instability, lethargy, apnea

*Gastrointestinal manifestations: poor feeding, increased volume of gastric aspirates, vomiting, mild abdominal distension, faecal occult blood (no fissure)

Stage 2: Confirmed

*Any of the features of stage 1 plus:

*persistent occult, or gross gastrointestinal bleeding, marked abdominal distension

*abdominal radiograph: intestinal distension, bowel wall oedema, unchanging bowel loops, pneumatosis intestinalis, portal vein gas.

Stage 3: Advanced

*Any of features of stages 1 or 2 plus:

*Deterioration in vital signs, evidence of shock or severe sepsis, or marked gastrointestinal hemorrhage

*Abdominal radiograph shows any of features of stage 2 plus pneumoperitoneum

**REFERENCE**


**Polycythemia**

Polycythemia in term infant is the presence of a venous hematocrit more than 65% or a venous hemoglobin concentration in excess of 22 gm/dl.

**REFERENCE**

Anemia requiring transfusion

There is no consensus on definition of Anemia of Prematurity.

Shown below is the criteria for transfusion taken from US and Canadian collaborative study. Patients are transfused in a volume of 15ml/kg, administered over 2-3 hours.

Table 1 adapted from Donato et al. Pediatrics. 2000;105(5):1066-72.

<table>
<thead>
<tr>
<th>Table 1. Transfusion Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Hct 31%-35% Receiving &gt;35% supplemental hood oxygen</td>
</tr>
<tr>
<td>Intubated on CPAP or mechanical ventilation with mean airway pressure &gt;6-8 cm H₂O</td>
</tr>
<tr>
<td>B) Hct 21%-50% Receiving &lt;35% supplemental hood oxygen</td>
</tr>
<tr>
<td>On CPAP or mechanical ventilation with mean airway pressure &lt;6 cm H₂O</td>
</tr>
<tr>
<td>Significant apnea and bradycardia (&gt;9 episodes in 12 h or 2 episodes in 24 h requiring bag and mask ventilation) while receiving therapeutic doses of methylnaltines</td>
</tr>
<tr>
<td>Heart rate &gt;180 beats/min or respiratory rate &gt;80 breaths/min persisting for 24 h</td>
</tr>
<tr>
<td>Weight gain &lt;10 g/d observed over 4 d while receiving &gt;100 kcal/kg/d</td>
</tr>
<tr>
<td>Undergoing surgery</td>
</tr>
<tr>
<td>C) Hct &lt;21% Asymptomatic with reticulocytes &lt;1%</td>
</tr>
<tr>
<td>D) Transfuse at any hematocrit value if hypovolemic shock develops</td>
</tr>
<tr>
<td>E) Do not transfuse</td>
</tr>
<tr>
<td>To replace blood removed for laboratory tests</td>
</tr>
<tr>
<td>For low Hct alone</td>
</tr>
</tbody>
</table>

CPAP indicates continuous positive airway pressure; Hct, hematocrit.

REFERENCE


Acute Bilirubin Encephalopathy
A clinical syndrome in the presence of severe hyperbilirubinemia, of lethargy, hypotonia, and poor suck, which may progress to hypertonia (with opisthotonus and retrocollis) with a high-pitched cry and fever and eventually to seizures and coma.

**Chronic Bilirubin Encephalopathy**

The clinical sequelae of acute encephalopathy with athetoid cerebral palsy with or without seizures, developmental delay, hearing deficit, occlumotor disturbances, dental dysplasia and mental deficiency.

**REFERENCE**


**Hypotension in Neonates**

Hypotension is a blood pressure (B.P) >2 standard deviations below normal for age. For infants who are <30 weeks gestation, a mnemonic that is helpful in remembering BP is that the mean BP should be at least the same number as gestational age. For example, a 23 week infant should have a mean BP of 23 mmHg.

**REFERENCE**


**Hypoglycemia**

A normal range for neonatal hypoglycemia has not been properly defined, and there is controversy over safe blood glucose concentration. The World Health Organization designates a blood glucose “operational threshold”<2.6 mmol/L or 46.8 mg/dl as requiring treatment and make no distinction between preterm and term infants.

**REFERENCE**

Inborn Error of Metabolism

Inborn errors of metabolism comprise a large class of genetic diseases involving disorders of metabolism. The majority are due to defects of single genes that code for enzymes that facilitate conversion of various substances (substrate) into others (products). In most of the disorders, problems arise due to accumulation of substances which are toxic or interfere with normal function, or to the effects of reduced ability to synthesize essential compounds. Inborn errors of metabolism are now often referred to as congenital metabolic diseases or inherited metabolic diseases, and these terms are considered synonymous.

REFERENCE

Treatment and Management
Recommendations for Neonatal Morbidities
Administration of Antenatal Steroids to Women at Risk of Preterm Delivery

- Single course of corticosteroids for all pregnant women between 24-34 weeks gestation who are at risk of preterm delivery within 7 days
  - Betamethasone 12mg IM x2 doses, 24 hours apart, OR
  - Dexamethasone 6mg IM x4 doses, 12 hours apart
- Single course of corticosteroids should be administered to all women with PROM < 32 weeks gestation
- Repeat courses (“rescue”) should not be used routinely, but may be considered

REFERENCES


Feeding the Preterm Infant

The goal of this guideline is to promote exclusive breast feeding of the preterm infant at the time of hospital discharge.

What to feed in order of preference:
- Mothers own milk from the breast
- Mothers expressed breast milk
- Donor Human Milk if available
- Preterm formula if < 32 weeks gestation

Feed volumes:

Start at around 80ml/kg/day.

Increase fluids by 10-20 ml/kg/day to maximum of around 160 -180ml/kg/day by the end of the first week of life.

Human Milk Supplementation:

Vitamin D 400 IU per day if <1500g

Phosphorus & calcium – some evidence that reduce metabolic bone disease in <1500g

Iron 2mg/kg/d – start by 8 weeks

Multi-component fortifiers – associated with short term increases in weight gain, linear and head growth. There is no evidence of long-term benefits or adverse effects.

Duration of exclusive breast feeding:

6 months in low birth weight infants accompanied with iron supplementation

How to feed:

Orogastric better than nasogastric tube especially if infant has increased work of breathing

No strong evidence for continuous over bolus feeds

Babies should be encouraged to suck at the breast once sucking behaviour is observed
**Feed progression:**

Most babies > 32 weeks tolerate maintenance enteral feeds on day 1.

Babies <32 weeks. Introduce small amounts of trophic feeds (5-10ml/kg/d) on first day of life unless illness severity prevents this.

Babies >32 weeks are likely to tolerate faster increases in volume better than smaller less mature babies.

**Table 2. Recommended daily enteral nutrients for pre-term infants >1000g at birth**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Birth to 7 days</th>
<th>Period after birth Stabilization to Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy, kJ/kg(kcal/kg)</td>
<td>292-334 (70-80)</td>
<td>438-563 (105-135)</td>
</tr>
<tr>
<td>Protein, g/kg</td>
<td>1.0-3.0</td>
<td>3.0-3.6</td>
</tr>
<tr>
<td>Fat, g/kg</td>
<td>0.5-3.6</td>
<td>4.5-6.8</td>
</tr>
<tr>
<td>Carbohydrate, g/kg</td>
<td>5.0-20.0</td>
<td>7.5-15.5</td>
</tr>
</tbody>
</table>

**REFERENCE**

Thermoregulation in Preterm Newborn Babies

At Delivery

The delivery room or operating theatre is always too cold for a VLBW baby. The baby should be thoroughly dried, wrapped, resuscitated and removed to a warmer environment, as soon as possible. Wrapping the baby in a polyethylene film straightaway without prior drying, until after transfer to a warmer or an incubator is an effective way of avoiding hypothermia in the immediate newborn period.

Problems Encountered in Premature newborns

- NICU admission temperatures remain sub optimal despite intervention with polyethylene wrap.
- Polyethylene wrap alone is insufficient to maintain an adequate temp if the delivery suite environment is <25°C

Therefore maintaining adequate thermoregulation for the preterm infant in the immediate newborn period is dependent on

1. Adequate environmental temperature in delivery suite >25°C
2. Use of transwarmers for infants < 29 weeks or where a prolonged resuscitation is required
3. Occlusive plastic wrapping at delivery for all infants <32 weeks

There is no evidence that one type of plastic wrap is superior to another

- Utilize sterile plastic bags
- Unwrap and remove paper insert
- Insert baby directly into bag at delivery or immediately on arrival at resuscitaire. NB ensure that the infant’s head is not inside the bag.
- Baby should not be dried prior to plastic covering
- Baby can be placed into plastic bag by obstetrician at section as the bag is sterile.
- Cling film wrap may be used if sterile plastic bag is not available
- Access through plastic can easily be made for saturation probes or umbilical access

4. Hats and swaddling

5. Maintaining temperature stability during stabilization in NICU

- Leave in occlusive wrap during initial practical procedures
- Transwarmers should be transferred with the babies
- Limit access during line insertion to port holes – sides should not be lowered.

Incubator Care

A closed incubator provides a baby with high ambient temperature while allowing attendants to work at a lower and comfortable temperature. Air mode is considered more satisfactory for nursing most newborn babies. Temperature settings depend on whether the baby is clothed or naked, on the weight and the postnatal age of the baby. Following values are recommended (1)
Table 3: Average incubator air temperature needed to provide a suitable thermal environment for naked, healthy babies

<table>
<thead>
<tr>
<th>Birth weight (Kg)</th>
<th>Environmental temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>35° C</td>
</tr>
<tr>
<td>1.0-1.5</td>
<td>For 10 days</td>
</tr>
<tr>
<td>1.5-2.0</td>
<td>For 10 days</td>
</tr>
<tr>
<td>2.0-2.5</td>
<td>For 2 days</td>
</tr>
<tr>
<td>&gt; 2.5</td>
<td>For 2 days</td>
</tr>
</tbody>
</table>

- In a single-walled incubator, the environmental temperature needs to be increased by 1° C for every 7° C difference between room and incubator temperature
- VLBW infants (< 1 kg) need higher air temperature and a humidified incubator in the first week.

Radiant Warmer:

Table 4: Suggested abdominal skin temperature settings for infants under radiant warmers or Servo-mode incubators (2)

<table>
<thead>
<tr>
<th>Weight (Kg)</th>
<th>Abdominal skin temperature (°C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 1.0</td>
<td>36.9</td>
</tr>
<tr>
<td>1.0-1.5</td>
<td>36.7</td>
</tr>
<tr>
<td>1.5-2.0</td>
<td>36.5</td>
</tr>
<tr>
<td>2.0-2.5</td>
<td>36.3</td>
</tr>
<tr>
<td>&gt; 2.5</td>
<td>36.0</td>
</tr>
</tbody>
</table>
Provision of incubator humidity in premature babies

Evidence and current practice guidelines support the use of humidity in caring for extremely preterm infants \(^{(3, 4)}\). However, the infant's needs for humidity reduce substantially after 7-14 days.

- Humidity should be commenced in all infants born at < 31 weeks gestation.
- Humidity should start at 85% (>85% results in rainout and temperature instability).
- Humidity should be reduced with respect to gestation and temperature stability. The gestation specific parameters are outlined below.
- Humidity should be discontinued in all infants when a level of 40% has been demonstrated to be compatible with thermal stability.

Infants of 28-30 weeks gestation
- If temperature remains stable at 24 hours, start to reduce humidity by 5% daily

Infants of <28 weeks gestation
- Maintain humidity of 85% for first 7 days and then decrease by 5% daily as temperature allows.

Humidity systems
- The water used in the humidity drawer should be sterile water.
- The water in the drawer should never be topped up - a complete exchange of water is necessary if refilling the drawer.
- The drawer should be washed (tap water) and dried thoroughly with hand towels whenever the water is being changed (this should reduce the risk of a bacterial film build up)

Incubator cleaning
- The interior of the incubator should be wiped down daily when in use and kept free of visible particulate matter.
- Incubators should be changed in all but the most unstable babies at weekly intervals.
- All signs of physical contamination should be removed.
- Incubators and parts should be dried thoroughly with hand towels after washing. They should not be switched on to run until dry as this will encourage colonization.
- Incubator parts should not be soaked in detergent solutions but should be cleaned as above.

Weaning to Crib:

When the infant's temperature is maintained within a normal range in low incubator temperatures (i.e. \(<34 ^{\circ}C\) and heater output of less than 50%, then thermal aides can be slowly weaned. Remove them one at a time and assess effectiveness over 6 – 8 hours before making further changes.

What is needed: Overall approval of process, serious concerns (if any), supportive suggestions, agreement that physician order is not required after implementation of the project.
REFERENCES


Administration of Surfactant to Preterm Infants with or at Risk for RDS

- Surfactant should be given to infants with RDS as soon as possible after intubation irrespective of antenatal steroid exposure, or gestational age
- Prophylactic (<30min of life) surfactant replacement should be considered for extremely preterm infants at his risk of RDS especially if they have not been exposed to antenatal steroids

REFERENCES

William A. Engle and the Committee on Fetus and Newborn. “Surfactant-Replacement Therapy for Respiratory Distress in the Preterm and Term Neonate.” Pediatrics 2008; 121;419-432

Use of Nasal CPAP for Respiratory Distress Syndrome (RDS)

a. When possible, infants < 27 weeks gestation should be intubated and given prophylactic surfactant in the delivery room or as soon as possible after intubation.
b. For babies ≥ 27 weeks, use nCPAP for respiratory distress if:
   1. Low risk for significant RDS and/or mild RDS on x-ray.
   2. Infants with a diagnosis of RDS should receive surfactant if they require intubation and supplemental oxygen for respiratory failure.
c. Initial settings: 4-5 (max 7-8) cm H2O, FiO2 0.4-0.5, flow 6-8 lpm.
d. Monitoring:
   2. Blood gas monitoring when available.
   3. Centers employing nCPAP should be able to diagnose and manage air leak syndrome.
e. When using nCPAP, if FiO2 > 0.6, or more than one apneic episode per hour requiring stimulation, or significant work of breathing, the baby should be intubated and mechanical ventilation along with surfactant should be provided.
f. Extubation to CPAP:
   1. After intubation and administration of surfactant, preterm infants with RDS, regardless of birth weight, can be extubated and stabilized on CPAP if the infant is active, exhibits spontaneous respiratory effort, and is not in respiratory failure (FiO2 < 50%, PCO2 < 60 mm Hg on low ventilator settings).
g. Weaning from CPAP: Wean to CPAP of 5 and discontinue when infant is stable with FiO2 < 0.30, and recommence CPAP if apnea or FiO2 increases.

REFERENCES


Welty et al. “Treatment and complications of respiratory distress syndrome in preterm infants.” Up To Date, January 2009
Screening for Intraventricular Hemorrhage (IVH) and Periventricular Leukomalacia (PVL)

In 2001, a committee of prominent neonatologists, neurologists, perinatal epidemiologists, and neonatal radiologists was appointed to review the literature and make recommendations concerning the routine neuro-imaging of the at-risk neonate. Their findings were published as a practice parameter that was published in Neurology (2002); 58:1726-38. Dr. Papile participated on this committee, and summarized in their recommendations:

- Only infants < 30 weeks gestation should undergo routine screening for IVH or PVL.
- The initial brain ultrasound exam should not be done until 7-14 days (unless indicated for clinical reasons).
- A repeat cranial sonography should be done at 36-40 weeks (or just prior to discharge) to screen for periventricular leukomalacia (PVL).
- If the initial screening brain ultrasound (at 7-14 days) is normal or shows a grade 1 or grade 2 IVH, no further screening ultrasound exams need to be done prior to the exam at the time of discharge.

REFERENCES

**Periventricular Leukomalacia (PVL)**

There seems to be no generally accepted classification for PVL and the best suggested one based on ultrasound guidelines proposed by De Vries, Dubowitz et al is reproduced below:

<table>
<thead>
<tr>
<th>Classification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Flare or echodensity</td>
<td>Periventricular echodense area. Loss of normal pattern of alternating echo-reflectant and echo-poor lines.</td>
</tr>
<tr>
<td>2. Fronto parietal cystic PVL</td>
<td>Localised small frontoparietal cysts. Lesions not involving occipital cortex.</td>
</tr>
<tr>
<td>3. Parieto-occipital cystic PVL</td>
<td>Multiple cysts in parieto-occipital WM.</td>
</tr>
<tr>
<td>4. Subcortical cystic PVL</td>
<td>Multiple subcortical cysts in deep WM (Multicystic Leucoencephalomalacia - MCLE).</td>
</tr>
<tr>
<td>5. Porenchephalic cysts</td>
<td>Single large cavity adjoining a ventricle and in communication with it.</td>
</tr>
</tbody>
</table>

**REFERENCE**

De Vries LS, Eken P, Dubowitz LMS. The spectrum of leukomalacia using cranial ultrasound.

Behav Brain Res 1992;49:1-6
Screening for Retinopathy of Prematurity (ROP)

Infants with birth weight of <1500 gm or gestational age < 32 weeks and selected infants with a birth weight of 1500-2000gm or gestational age > 32 weeks with an unstable clinical course, including those require cardio respiratory support, are candidates for screening for ROP.

1) The following table provides the schedule for detecting ROP potentially damaging to retina with 99% confidence.

**Table 5. Timing of First Eye Examination Based on Gestational Age at Birth:**

<table>
<thead>
<tr>
<th>Gestational Age at Birth, wk</th>
<th>Age at Initial Examination, wk</th>
<th>Chronologic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Postmenstrual</td>
<td></td>
</tr>
<tr>
<td>22&lt;sup&gt;a&lt;/sup&gt;</td>
<td>31</td>
<td>9</td>
</tr>
<tr>
<td>23&lt;sup&gt;a&lt;/sup&gt;</td>
<td>31</td>
<td>8</td>
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<td>24</td>
<td>31</td>
<td>7</td>
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<td>25</td>
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<td>27</td>
<td>31</td>
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<td>28</td>
<td>32</td>
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<td>29</td>
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<td>34</td>
<td>4</td>
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<tr>
<td>31&lt;sup&gt;b&lt;/sup&gt;</td>
<td>35</td>
<td>4</td>
</tr>
<tr>
<td>32&lt;sup&gt;b&lt;/sup&gt;</td>
<td>36</td>
<td>4</td>
</tr>
</tbody>
</table>

Shown is a schedule for detecting pre-threshold ROP with 99% confidence, usually well before any required treatment.

This guideline should be considered tentative rather than evidence-based for infants with a gestational age of 22 to 23 weeks because of the small number of survivors in these gestational-age categories.
2) Follow up examination should be recommended by the examining ophthalmologist on the basis of retinal findings classified according to the international classification. (See Figure 1)

![Diagram of retina zones](image)

**Figure 1** (adapted from American Academy of Pediatrics. Screening examination for Preterm Infants for Retinopathy of Prematurity. Pediatrics. 2006; 117:572-576).

Scheme of retina of the right and left eyes showing zone borders and clock hours used to describe the location and extent of retinopathy of prematurity. Diagrammatic representation of the potential total area of the premature retina, with zone I (the most posterior) symmetrically surrounding the optic nerve head (the earliest to develop). A larger retinal area is present temporally (laterally) than nasally (medially) (zone III). Only zones I and II are present nasally. The retinal changes discussed in recommendation 4 are usually recorded on a diagram such as this.

**1 Week or less follow up**
Stage 1 or 2 ROP: Zone I
Stage 3 ROP: Zone II

**1-2 Week follow up**
Immature vascularization: Zone I – no ROP
Stage 2 ROP: zone II
Regressing ROP: Zone I

**2 Week follow up**
Stage 1 ROP: zone II
Regressing ROP: Zone II

2-3 Week follow up
Immature vasularization: Zone II—no ROP
Stage 1 or 2 ROP: Zone III
Regressing ROP: Zone III

One examination is sufficient only if it is unequivocally shows the retina to be fully vascularized in each eye.

REFERENCE
**Apnea of Prematurity:**

It usually occur in infants who are <34 weeks gestation, weight<1800gm, and have no identifiable cause of the apnea of prematurity

1. General measure: include tactile stimulation, correct anemia, maintain normal body temperature, correct electrolyte imbalance if present.
2. Look for IVH, signs or symptoms of Sepsis, PDA, NEC, and gastro-oesophageal reflux, and treat it accordingly.
3. Specific treatment: Theophylline or caffeine: The choice of drugs depends on availability and neonatologist’s preference.

**Aminophylline:**

Dose for apnea of prematurity: 5-6 mg/kg PO or I/V (infused over 15-30 minutes) as a loading dose, followed by a maintenance dose of 2 mg/ kg q 12 h starting 12 hr after the loading dose.

Adverse effects: hyperglycemia, diuresis, dehydration, feeding intolerance, tachycardia, tachycardia arrhythmias, hyperreflexia, jitteriness and seizures.

Therapeutic level for apnea: 6-11 mg/ml

**Caffeine:**

Loading dose: 20mg of caffeine citrate (10 mg of caffeine base) I/V or P/O

Maintenance dose (caffeine base): 2.5-5 mg/kg/day as single dose

Adverse effects: Nausea, vomiting, gastric irritation, agitation, tachycardia and diuresis. Symptoms of over dosage include arrhythmias and tonic clonic seizures

Therapeutic level: 5-25 mcg/ml

a. Therapy can usually be discontinued by postconceptional age (usually 37 weeks), depending on the weight of the infant (usually 1800-2000g), or if the infant has been apnea free for 7 days. More immature infants will require treatment longer.

b. If the above mentioned drug trial fails, use continuous positive air way pressure(CPAP) via nasal prongs at a rate of 2-4 cm H2O and continue administration of drug. An alternative to nasal CPAP is to use high flow nasal cannula at 1-2 L/min.

c) If apnea persists, consider doxapram (not commonly used). Doxapram may be efficacious when theophylline and caffeine have failed.

Dosage: 0.5-1.5mg/kg/hr by continuous I/V infusion, decrease the dose when control of apnea is achieved.
d) **Mechanical Ventilation**: Should be continued if apnea and bradycardia cannot be controlled by drug therapy or nasal CPAP. Low pressures are used to prevent apnea.

**REFERENCE**

### Hypoxic Ischemic Encephalopathy (HIE)

**Table 6.** 3 clinical stages of encephalopathy described are:

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
</table>
| Stage 1 | 1. Duration<24 hrs with hyperalertness  
2. Uninhibited Moro and stretch reflexes  
3. Sympathetic effects  
4. Normal electroencephalogram |
| Stage 2 | 1. Obtundation  
2. Hypotonia  
3. Decreased spontaneous movement with or without seizures |
| Stage 3 | 1. Stupor  
2. Flaccidity  
3. Seizures  
4. Suppressed brain stem and autonomic functions  
5. EEG may be isopotential or have infrequent periodic discharges |

1) Stage 3 or persistence of stage 2 for more than seven days or failure of the EEG to revert to normal is associated with Neurodevelopmental impairment or death.

2) Full-term infants who develop long-term neurologic sequelae from intrapartum.

3) Asphyxia may not have low Apgar scores but will demonstrate neurological dysfunction within 48 hours\(^{(2)}\)

**Postnatal Management:**

Management of every asphyxiated baby is individualized. Below is the broad guideline for management of the asphyxiated baby.

**Systemic management:** The corner stone of management following hypoxia ischemia is supportive care and the careful maintenance of systemic homeostasis\(^{(3)}\)

Transfer the baby to NICU/ special care unit:

A baby who fails to initiate and sustain respiration at birth is at risk of hypoxic brain injury and needs regular monitoring. Infants with moderate hypoxia (APGARS 4-6 at one minute of age) may be transferred to the mother. However, these infants should also be monitored frequently in the first 48-72 hours for features suggestive of HIE. Infants with severe asphyxia (Apgar score 0-3 at 1 minute or need
for prolonged bag and mask ventilation >5 minute) should be transferred to NICU for observation and treatment.

**Thermoregulation:**

Place the baby under radiant warmer after drying the baby. Maintain normal body temperature of the baby.

**Monitoring of vital signs:**

Immediate clinical assessment should be made by recording respiration, heart rate, blood pressure, capillary refill time, temperature and oxygen saturation. Urine output monitoring should be done.

**Start intravenous fluids:**

Give two third of the maintenance fluid due to the possibility of syndrome of inappropriate secretion of anti-diuretic hormone (SIADH).

Check blood sugar, hematocrit and blood gas (if needed).

**Consider infusion of Volume Expanders:**

Volume expanders: Use normal saline, Ringer lactate or if needed blood product to maintain intravascular volume.

If capillary refill is >3 seconds or if there is metabolic acidosis, volume expansion with normal saline (or Ringer lactate) 10mg/kg should be instituted, may repeat if necessary.

**Subsequent management** *(4)*

**Fluid and electrolytes:**

Judicious fluid management is needed and fluid overload should be avoided.

Give 10% Dextrose/water at 40-60ml/kg/day on 1st day of life and increase fluid and electrolytes according to day of life, serum level and neurologic condition of baby.

Maintain normal calcium level: Calcium should be provided in a maintenance dose of 4 ml/kg/day (10% calcium gluconate) for 1-2 days. This can be given in 1:1 dilution under cardiac monitoring.

**Treat metabolic acidosis:**

If metabolic acidosis is severe or persistent then sodium bicarbonate may be used but caution is advised as rapid infusion increases serum osmolality and alkalinisation may decrease cerebral blood flow.

**Avoid hypoglycemia and hyperglycemia:**
**Maintain adequate perfusion:**

Global ischemia may affect the myocardium and cardiovascular support may be needed to improve perfusion. The markers for normal perfusion are normal blood pressure, capillary refill time of <3 seconds, normal urine output and absence of metabolic acidosis. The blood pressure should be maintained to the upper normal range. This can be achieved with the judicious use of volume expanders and vasopressor agents.

**Vasopressors:** Dopamine Is the drug of first choice in the treatment of neonatal hypotension.

Dosage: 4-20 mcg/kg/min

Route: Intravenously

Adverse effects: may cause ectopic heart beats, tachycardia, hypotension, hypertension and excessive diuresis

**Dobutamine:** If dopamine fails to improve BP, dobutamine is recommended as second line drug. In neonates it is usually given together with dopamine infusion.

Dosage: 2-10mcg/kg/min by continuous infusion. Maximum: 20mcg/kg/min

Route: Intravenously

Adverse effects: dose related. Ectopic heart beats, increased heart rate, and blood pressure elevations

**Renal failure management:**

Manage renal failure if urine output is <0.5ml/kg/hr after 48 hours of life.

**Respiratory support** may be necessary for babies with Hypoxic Ischemic Encephalopathy.

**Prevent cerebral edema and avoid fluid overload:**

Restrict maintenance fluids (by up to 70%) if cerebral oedema is suspected on the basis of neurologic signs. Observe for hypertension and SIADH (hyponatremia, volume overload and decreased urine output). Manage SIADH with restriction of maintenance fluids.

**Treat seizures:**

Metabolic disturbances should be excluded before initiating anticonvulsant therapy.

**Phenobarbitone:** Is the initial drug of choice. Initially a 20mg/kg loading dose of phenobarbitone is used (watch breathing if not ventilated). If no effect a further 10-20 mg/kg loading may be given, followed by a maintenance dose of 3-5 mg/kg PO or IV every 12 hours, started 12-24 hours after the loading dose.
Phenytoin is usually added when seizures are not controlled by phenobarbitone. The loading dose is 15-20mg/kg I/V followed by maintenance dose of 4-8 mg/kg/day.

Clonazepam may be useful as a second line 100-200 microgram/kg loading followed by an 100 microgram/kg/day.

Gastrointestinal Care:

Keep NPO. Pass Orogastric tube and attach it with bag on gravity to decompress gut. Look for signs of NEC. If the patient is clinically stable, start feeding gradually according to feeding guideline.

Hematologic Care:

If there is thrombocytopenia and coagulopathy (prolonged PT, APTT) correct it accordingly by platelet and plasma administration.

Nutrition:

Asphyxiated infants are at risk of developing necrotizing enterocolitis. They are at risk also of aspiration if there is pharyngeal incoordination. There may be intolerance to feed because of reduced small intestinal motility, therefore enteral feeding should be commenced cautiously.

Brain or Total Body Cooling:

There are increasing data to support cooling therapy in the treatment of neonatal hypoxic ischaemic encephalopathy. Such treatment will be guided by local or national protocols.

REFERENCES

Neonatal Hyperbilirubinemia

Guideline for Neonatal Hyperbilirubinemia

Hyperbilirubinemia is very common and usually benign in the term newborn infant and the late preterm infant at 35 to 36 completed weeks' gestation. Critical hyperbilirubinemia is uncommon but has the potential for causing long-term neurological impairment.

**Clinical assessment:** Clinicians should ensure that all infants are routinely monitored for the development of jaundice. Clinically jaundice is assessed by blanching the skin with digital pressure revealing the underlying color of the skin and subcutaneous tissue. The assessment of jaundice should be performed in a well lit room, or preferably in day light. Jaundice is seen first in the face and progress caudally to the trunk and extremities⁴.

**Laboratory measurements:** Measurement of total serum bilirubin (TSB) and/or total cutaneous bilirubin (TcB) should be performed in every newborn who develops jaundice in the first 24 hours and repeating of TSB will depend on the first bilirubin value, the age of infant and the evolution of jaundice².

When indicated, infants should be treated with phototherapy or exchange transfusion: recommendation for treatment is given in fig 3 and 4.

**Acute bilirubin encephalopathy:** Immediate exchange transfusion is recommended in any infant who is jaundiced and manifests the signs of moderate to advanced encephalopathy (hypotonia, arching, retrocollis, opisthotonus, fever, high pitched cry) even if the TSB is falling.

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**Fig 3. Guidelines for phototherapy in hospitalized infants of 35 or more weeks' gestation**³

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³: s{fig}

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⁴: s{fig}

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³: s{fig}
Hyperbilirubinemia in preterm and low birth weight babies:

Basic pathophysiology of jaundice is the same in term and preterm babies but lower gestation babies are at higher risk of developing hyperbilirubinemia and require close surveillance and monitoring. TSB for intervention also vary in term, near term, and preterm neonates <35 weeks period of gestation.

Clinicians should ensure that all premature infants are routinely monitored for the development of jaundice. TSB should be measured at 24 hour of age with follow up estimation every 12-24 hours until the level stabilizes. TSB should be repeated within 12-24 hours of stopping phototherapy or sooner if clinical jaundice reappears.

The American Academy of Pediatrics recommends guideline for neonates >35 weeks of gestation, the management of preterm infants are still a grey zone, and most centers have individual treatment guidelines. The following tables provide guidelines for intervention in LBW and/or preterm babies.

Guidelines for the use of phototherapy and exchange transfusion in low birth weight infants based on birth weight

<table>
<thead>
<tr>
<th>Table 7. Total bilirubin level (mg/dl [μmol/l]*)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth weight (g)</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>≤1500</td>
</tr>
<tr>
<td>1500–1999</td>
</tr>
</tbody>
</table>
*Consider initiating treatment at these levels. Range allows discretion based on clinical conditions or other circumstances. Note that bilirubin levels refer to total serum bilirubin concentrations. Direct reacting or conjugated bilirubin levels should not be subtracted from the total.*

Used at these levels and in therapeutic doses, phototherapy should, with few exceptions, eliminate the need for exchange transfusions.

Levels for exchange transfusion assume that bilirubin continues to rise or remains at these levels despite intensive phototherapy.

**Guidelines for use of phototherapy and exchange transfusion in preterm infants based on gestational age**

<table>
<thead>
<tr>
<th>Gestational age (weeks)</th>
<th>Total bilirubin level (mg/dl [µmol/L])</th>
<th>Exchange transfusion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Phototherapy</td>
<td>Sick*</td>
</tr>
<tr>
<td>36</td>
<td>14.6 (250)</td>
<td>17.5 (300)</td>
</tr>
<tr>
<td>32</td>
<td>8.8 (150)</td>
<td>14.6 (250)</td>
</tr>
<tr>
<td>28</td>
<td>5.8 (100)</td>
<td>11.7 (200)</td>
</tr>
<tr>
<td>24</td>
<td>4.7 (80)</td>
<td>8.8 (150)</td>
</tr>
</tbody>
</table>

**Guidelines for initiating phototherapy and exchange transfusion in ELBW infants**

<table>
<thead>
<tr>
<th>Birth weight (g)</th>
<th>Aggressive management</th>
<th>Conservative management</th>
</tr>
</thead>
<tbody>
<tr>
<td>501–750</td>
<td>ASAP after enrollment</td>
<td>=&gt;13.0 mg/dl =&gt;8.0 mg/dl =&gt;13.0 mg/dl</td>
</tr>
<tr>
<td>751–1000</td>
<td>ASAP after enrollment</td>
<td>&gt;=15.0 mg/dl =&gt;10.0 mg/dl =&gt;15.0 mg/dl</td>
</tr>
</tbody>
</table>

**Bilirubine conversion values:**

- >8.0 mg/dl >136.8 µmol/L
- >10.0 mg/dl >171 µmol/L
- >13.0 mg/dl >222.3 µmol/L
- >15.0 mg/dl >256.5 µmol/L
REFERENCES

Hypotension in Neonates

Table 10. Blood pressure ranges

<table>
<thead>
<tr>
<th>Birth weight (g)</th>
<th>Mean pressure</th>
<th>Systolic (mm Hg)</th>
<th>Diastolic (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>501–750</td>
<td>38–49</td>
<td>50–62</td>
<td>26–36</td>
</tr>
<tr>
<td>751–1000</td>
<td>35.5–47.5</td>
<td>48–59</td>
<td>23–36</td>
</tr>
<tr>
<td>1001–1250</td>
<td>37.5–48</td>
<td>49–61</td>
<td>26–35</td>
</tr>
<tr>
<td>1251–1500</td>
<td>34.5–44.5</td>
<td>46–56</td>
<td>23–33</td>
</tr>
<tr>
<td>1501–1750</td>
<td>34.5–45.5</td>
<td>46–58</td>
<td>23–33</td>
</tr>
</tbody>
</table>

Assessment for the cause of hypotension: Assess the baby to find out the cause of hypotension. The basic decision is whether the infant requires volume replacement or administration of inotropic agents.

History: A careful history should be obtained to rule out birth asphyxia, blood loss (antepartum or postpartum), drug infusion, birth trauma (adrenal hemorrhage or liver injury), and cardiac problem.

Physical examination: A careful physical examination will often reveal which organ system is involved.

Chest X-ray: A small heart is seen in volume depletion; a large heart is seen in cardiac disease.

Management:

Empirical volume expansion with crystalloid (normal saline) (10ml/kg intravenously over 30 minutes) should be started if unsure of the cause of hypotension.

If there is a response, continue volume expansion (Volume administration is less effective in the immediate postnatal period, and its extensive use is associated with significant untoward effects, especially in preterm infants).

Provide respiratory support: as needed.

Correct metabolic acidosis: If there is no response,

An inotropic agent should be started:

Dopamine: See Section on HIE (page 36)

Dobutamine: See Section on HIE (page 36)
Refactory hypotension:

During the course of their disease, some of the sickest newborns become unresponsive to volume and pressor administration; this is called as refractory hypotension.

Definition: Refractory hypotension is defined as mean arterial pressure < than the gestational age despite a total inotrope dose of 20 microgram/kg/minute (2). In these cases, stress dose of hydrocortisone 1mg/kg 8 hourly for 5 days rapidly up regulates cardiovascular adrenergic receptor and decreases the requirement for pressor support in the critically ill newborn with volume and pressor resistance hypotension.(3)

REFERENCES

Patent Ductus Arteriosus (PDA) in Preterm Neonates: (<34 weeks gestation)

Preterm infants have a high incidence of persistent PDA, about 40-60%. A clinically symptomatic PDA has been associated with significant morbidity in this high risk population.

**Clinically significant PDA:** PDA diagnosed on the basis of continuous or systolic murmur heard best in the left subclavicular area are associated with hyperactive precordium and a wide pulse pressure or bounding pulses.

Heart failure is assessed on the basis of one or more of the following clinical findings: tachycardia, gallop rhythm, hepatomegaly, cardiomegaly, deteriorating respiratory status, and radiologic evidence of increased pulmonary vascularity or pleural fluid.

Echocardiography: PDA is echocardiographically significant when ductal size > 1.5 mm or the left atrial to aortic root ratio >1.4.

**Management of PDA in newborn <34 weeks gestation:**

1) **The following should be tried initially:**
   a) Fluid restriction: Fluid should be restricted to 2/3 rd of maintenance fluid.
   b) Furosemide: 1 mg/kg intravenously twice a day
   c) Digoxin (if there are signs and symptoms of cardiac failure)

   **If no improvement:**

   Then consider:

2) **Non steroidal anti inflammatory drugs:** Indomethacin or Ibuprufen

Randomized controlled trials have demonstrated similar efficacy in ductus closure with these two agents in infants born at up to 34 weeks of gestation (1)

1) **Indomethacin:**

Dose: 0.2mg/Kg/day, enterally or parenterally, 3 doses. Second and third doses are given 12 and 36 hour after the first dose. The second and third doses are 0.1mg/kg/dose if the infant is <7 days old and the infant is <1250 g birth weight. If the infant is either > days old or >1250 g, then the second and third dose are also 0.2mg/kg (2)
Monitor: urine output, serum creatinine, and platelet count.

Measure serum creatinine and platelets before each dose, hold the drug if serum creatinine is >2 mg/dl, platelet count is <60,000 or urine output is <1.0ml/kg/day, or if there is evidence of NEC or bleeding disorders.\(^{(3)}\)

Feeding should be given cautiously and monitor for aspirates, abdominal distension, and other signs and symptoms of necrotizing enterocolitis.

After a course of indomethacin, assess the baby clinically, and if possible by echocardiography. If there is still a significant PDA consider a second course of indomethacin. In 20-30% of cases, the ductus will reopen after the first course of indomethacin. A significant proportion of these cases will benefit from a second course of indomethacin.

Side effects: Renal dysfunction, gastrointestinal hemorrhage, necrotizing enterocolitis, intraventricular hemorrhage, platelet dysfunction.

2) Ibuprufen: Oral Ibuprufen (as shown in various studies) is as effective as indomethacin in ductal closure\(^{(4)}\)

Dose: 10mg/kg followed by 2 additional doses of 5mg/kg on consecutive days

Clinical improvement after medical treatment: Murmur abolished or decreased in intensity, if on ventilator parameters decreased. Signs and symptoms of heart failure improved.

Surgical Ligation: Failure of ductus to close after one or two courses of drug therapy along with persistence of heart failure and ventilator dependence.

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Algorithm for management of PDA in Preterm Neonates

<table>
<thead>
<tr>
<th>Algorithm for management of PDA in Preterm Neonates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1</strong></td>
</tr>
<tr>
<td>Fluid Restriction</td>
</tr>
<tr>
<td>Furosemide</td>
</tr>
<tr>
<td>Digoxin (If signs and symptoms of cardiac failure Present)</td>
</tr>
</tbody>
</table>
Step 2

NSAIDs: Indomethacin: 0.2mg/kg followed by 0.1mg/kg if <1250gm or >7 days old, the dose is same if weight >1250gm or >7 days old given at, 8 and 36 hours

Or

Ibuprufen: 10mg/kg at 0 hour then at 5mg/kg at 24hr and 48hr

Step 3

Consider surgical ligation if medical treatment fails along with persistence heart failure or ventilator dependency

REFERENCES

**Sepsis**

**Specific Management:**

Give IV antibiotics:

Ampicillin

50 mg/kg/dose every 12 hours (BID) if age is less than or equal to 7 Days; thrice a day if age is more than 7 days.

Gentamicin

5 mg/kg once daily less than one week; 7.5mg/kg once daily if age is more than 7 days.

Consider changing antibiotics if there is no clinical improvement or according to C/S report. In nosocomial sepsis, the flora of NICU must be considered. NB. Local/National use of 1st line antibiotics changes depending on resistance patterns.

**Supportive management:**

- Hand washing
- Provide thermoneutral environment
- Provide supplemental O2 if required, Ventilatory support may be required in some cases.
- Monitor vital signs, peripheral perfusion and urine output.
- Monitor of renal function to look out for aminoglycoside toxicity.
- Fluid resuscitation. If there is poor peripheral perfusion (capillary refill>3 sec, give normal saline 10ml/kg IV bolus. Continue IV fluids. IV bolus can be repeated if necessary.
- Treat convulsions if present.
- Give blood products as assessed clinically and laboratory.
- Monitor and correct electrolyte imbalance if present.

**REFERENCE**