

# Book 4: Recommended Routines Survey

Please complete and turn in to your PCEP Coordinator

## Exchange, Reduction, and Direct Transfusions

### Recommended Routines

All the routines listed below are based on the principles of perinatal care presented in the unit you have just finished. They are recommended as part of routine perinatal care.

Read each routine carefully and decide whether it is standard operating procedure in your hospital. Check the appropriate blank next to each routine.

Procedure Standard in My Hospital	Needs Discussion by Our Staff	
_____	_____	1. Establish a policy of obtaining a radiograph for umbilical catheter placement before an elective exchange transfusion.
_____	_____	2. Establish a policy of providing continuous electronic cardiac monitoring for all babies undergoing an exchange transfusion.
_____	_____	3. Establish a policy of monitoring blood pressure at least every 15 minutes during an exchange transfusion.
_____	_____	4. Establish a routine of determining hematocrit, as well as serum glucose, calcium, potassium, sodium, and bilirubin, after every exchange transfusion.
_____	_____	5. Establish a routine of warming blood before an exchange transfusion, using a commercial blood warmer with appropriate temperature control and alarm features.
_____	_____	6. Establish a policy of using phototherapy after any exchange transfusion for hyperbilirubinemia.
_____	_____	7. Establish a policy of checking the hematocrits of all babies at risk for polycythemia.
_____	_____	8. Establish a policy of using only venous or arterial (not capillary) blood to determine the hematocrit of a newborn at risk for polycythemia.
_____	_____	9. Establish a policy of monitoring all babies with hematocrits greater than 65% for signs of polycythemia.
_____	_____	10. Establish a policy for the hematocrit below which a baby who is critically ill (ventilated, unstable) will be transfused.
_____	_____	11. Establish a policy of monitoring the hematocrits of sick babies and stable, growing preterm babies.
_____	_____	12. Establish a policy of monitoring babies with low hematocrits for signs of anemia.

## Continuing Care for At-Risk Babies

### Recommended Routines

All the routines listed below are based on the principles of perinatal care presented in the unit you have just finished. They are recommended as part of routine perinatal care.

Carefully read each routine and decide whether it is standard operating procedure in your hospital. Check the appropriate blank next to each routine.

Procedure Standard in My Hospital	Needs Discussion by Our Staff	
_____	_____	1. Establish the following policies for continuing-care babies:
_____	_____	<ul style="list-style-type: none"> <li>• Maintain in an incubator until the baby weighs approximately 1,600 g (3 lb 8 oz) to 1,700 g (3 lb 12 oz).</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Feed by tube feedings until the baby reaches 32 to 34 weeks' postmenstrual age, demonstrates a gag reflex, and can coordinate sucking, swallowing, and breathing.</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Weigh daily.</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Measure head circumference and length weekly.</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Monitor for apnea until the baby                             <ul style="list-style-type: none"> <li>– Weighs 1,800 g (3 lb 15½ oz)</li> </ul> </li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>– Reaches a postmenstrual age of 35 weeks</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>– Has been apnea-free for 5 to 8 consecutive days (off medication)</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Periodically measure the baby's hematocrit. Discharge the baby on iron-fortified formula or supplemental iron (or both), unless there are contraindications.</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Start assessment of the home environment and begin to teach caregiving skills as soon as a baby is admitted.</li> </ul>
_____	_____	<ul style="list-style-type: none"> <li>• Record family visiting patterns and performance of caregiving skills.</li> </ul>
_____	_____	2. Develop a pre-discharge checklist to review for all continuing-care babies.
_____	_____	3. Develop a system for periodically communicating with the regional perinatal center staff regarding the progress of any continuing-care baby who has a special problem.