

## PHOTOTHERAPY

### 1.0 STANDARD

Phototherapy will be initiated in response to a physician's order.

The baby's temperature is checked and documented at least every four hours.

Irradiance level of phototherapy lights is checked and documented every 12 hours.

Refer to BCRCP Newborn Guideline 4: *Jaundice in the Healthy Term Newborn*.

### 2.0 PROTOCOL

- 2.1 Fill the humidity chamber of the incubator with 1000 cc sterile water. Change water daily.
- 2.2 Turn on the incubator and set temperature to 1° below estimated Neutral Thermal Environment (see temperature range chart on SCN wall from Merenstein & Gardner, 1989).
- 2.3 Place the naked baby in the warmed incubator.
- 2.4 Cover the baby's eyes with eye patches and hold in place with Fastanet elastic stocking bandage. Expose the remainder of the baby, including the buttocks, to the light.
- 2.5 Keep skin clean and dry to prevent excoriation, especially the perianal area.
- 2.6 Do not use creams and lotions on the skin of babies undergoing phototherapy (risk of burning).
- 2.7 Monitor and record:
  - Weight daily
  - Irradiance level every 12 hours
  - Baby's temperature at least every 4 hours
  - Eyes for discharge
  - Skin for rashes, petechiae, excoriation
  - Level of hydration
  - Serum bilirubin as ordered (usually daily).

### 3.0 REFERENCES

British Columbia Reproductive Care Program (2002). Guidelines For Perinatal Care. Guideline 4: Jaundice in the Healthy Term Newborn. Vancouver: Author.

Merenstein, G.B. & Gardner, S.L. (1989). Handbook of neonatal intensive care (2<sup>nd</sup> ed.). St. Louis: C.V. Mosby.

### 4.0 APPROVALS

|              |                                     |                   |
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