

### BACKGROUND

**Aim Statement:** A quality improvement initiative decreasing hypothermia and hypoglycemia in preterm infants in the NICU.

**Background:** The first hour of an infant's life is critical to decrease the morbidity and mortality associated with low birth weight (LWB), very low birth weight (VLBW) and prematurity. Interventions complete during this time may impact both long and short term outcomes (Lambeth, Rojas, Holmes, & Dail, 2016).

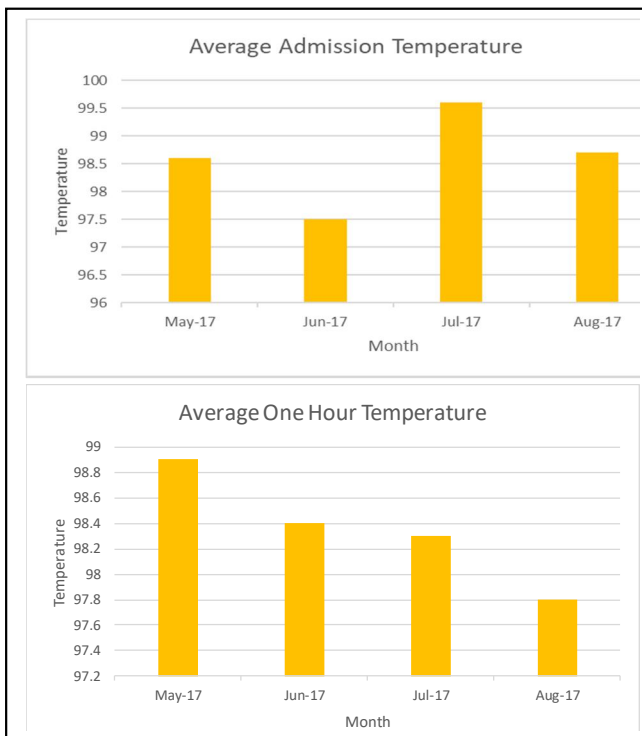
### METHODS

**Key words searched:** Neonatal Golden Hour, Golden Hour

**Search engines used:** CINAHL, EBCSO, MEDLINE

I gathered information on infants whose birth weights were <2000Gm using the date range 01/01/16-04/11/17. The sample size  $n=53$ . Date, time of birth, birth weight, first temp, one hour temp, first glucose, on hour glucose, IV start time, IV fluid and IV antibiotics were all documented. The mean temp was 36.4 C (97.5F) degrees and mean glucose was 50mg/dl on admission.

### TABLES/FIGURES



### RESULTS

By utilizing the chemical thermal mattress for infants weighing <2000Gm and placing the infant weighing less than <1500Gm in a polyurethane bag along with the chemical thermal mattress, we observed an increase in admission temperature and the temperature at one hour of life.

### CONCLUSIONS

The first or Golden Hour of an infant's life is extremely critical. Timely intervention and the use of best practices, such as having a Golden Hour protocol, has shown to decrease mortality, morbidity, and short and long term disabilities.

After initiating the Golden Hour protocol, we were able to identify strategies to increase our "put to bed," time including: Pharmacy prepares and stocks "Starter TPN" that is kept in our NICU medication refrigerator. With this fluid available at all times, the pharmacy wait time for fluids has significantly decreased.

**Next Steps:** After reviewing our post initiation data, it was determined a group of infants were still cold upon admission, the late preterm infant and those weighing between 1500 and 2000 grams. The NICU Golden Hour worksheet has been expanded. The NICU Golden Hour worksheet now covers any infant less than 33 weeks gestation and less than or equal to 2000Gr. All infants, regardless of gestation age, weighing less than 2000Gr. are to be placed on a chemical thermal mattress, and those weighing less than 1500Gr. are to be placed on a chemical thermal mattress and then placed in a polyurethane bag.

### REFERENCES

- References available upon request.

