

Tender Loving Baths in the NICU or Swaddled Baths

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Disclosures

- We have no financial disclosures to make for this presentation
- The views expressed in this presentation are the views of the presenters.

Introduction

- NICU is a “hostile environment”
 - Noise, light, painful stimuli, interrupted sleep and separation from Mom
- Developmental care provides a methodology to reduce stress for the preterm and sick infant
 - Create an environment that recognizes the physical psychological and emotional vulnerabilities of the infant and minimize complications.

Do No Harm

- Bathing is a thermal stressor (Thomas 1994)
 - Leaves an infant vulnerable to evaporative conductive, convective and radiant heat loss
 - Preterm infants are at greater risk because of an absence of or a thin layer of subcutaneous fat.

History of Bathing

- Sponge bath is extremely stressful
 - Elicits adverse physiological and behavioral responses
- Peters in 1998 described the sponge bath procedure



Sponge Bath

- Wiping and drying the individual body parts in a cephalocaudal direction.
- Heart rate and oxygen saturation decrease during sponge bathing
- Most of the infants in the study responded to the sponge bath with crying, writhing and thrashing movements.

Review of the Literature

- 2004 study compared the effects of tub vs. sponge bathing in infants
 - Tub bathed infants had less temperature loss than sponge bathed babies
 - Significantly higher post bath temperatures than sponge bathed babies

Review of the Literature

- 2002 study of swaddled bathing observed the following benefits:
 - Absence of extended limbs, back arching, splayed fingers, hiccupping, and crying
 - Post bath the infants remained alert and eager to feed

Review of the Literature

- Studies in 1995, 2000, and 2004 all reviewed water temperature and had varying findings.
- The 2007 Evidence- based clinical guidelines recommend bath water temperature of 100- 104 degrees F.

Recommendations

- AWHONN and NANN recommend immersion baths for stable term and pre-term infant once the umbilical lines are discontinued.



So why did we choose to look at swaddled baths?

- Clinical observations
- Review of the literature
- Parent Satisfaction
- Infant Satisfaction
- Right thing to do!

What is a Swaddled Bath?



- Bathing your baby while he remains swaddled in a blanket and is immersed into water that covers his entire body except his head and neck is called a swaddled bath.

Why a Swaddled Bath?

- Provide a way to bath the babies with less stress to the babies and their parents



Benefits of Swaddled Bathing

- Maintain Physiological Stability
- Energy Conservation
- Positive Interaction with Parents
- Improved State Control
- Better Temperature Stability
- Infant Comfort
- Patient Satisfaction

Materials

- A Tub (Disposable plastic tub liner)
- Bathing mesh/hammock
- Peri bottle
- Small blue bath tub
- Gauze
- Baby wash
- Baby scale liner
- Clean blankets
- New leads
- New pulse O2
- New band for pulse O2
- Clean diaper



Tub Preparation

- Insert disposable liner in tub
- Fold liner over top edge of the tub so that approximately 3 inches hang over the edge
- Place bathing hammock into tub
- **The darts will be the foot end of the tub**
- Elastic edge goes out outside edge of tub, under the lip and over the plastic liner
- The long piece of elastic goes around the bottom of the tub





Water Temperature

- Association of Women's Health Obstetric and Neonatal Nurses (AWHONN) state temp should be between 38-40 deg C or 100 deg to less then 104 deg F
- Our PI project found water temp 101 deg



Getting the Baby Ready

- Remove all clothes
- Remove leads
- Remove pulse O2
- Remove diaper
- Swaddle lightly in a swaddle cloth or lightweight blanket



Face

- We do this before the baby is placed in the tub
- We do not use soap or baby wash – just warm water as recommended by guidelines
- Start from the inside of the eye and wipe to the outside
- New gauze for each eye
- Gently wipe the entire face





Positioning

- Place baby in tub with head on higher or elevated side of the hammock, feet are toward the darts





Bathing

- Place a small amount of baby wash on the arm that is supporting the baby's head
- Unwrap one arm, leave the rest of the baby swaddled
- Wash and rinse the arm
- Re-swaddle the arm and unwrap the other arm for washing
- Complete both legs in the same manner
- Wash stomach (remove leads if needed)



Head Positioning Variations



Back to Bathing





Washing the Stomach, Chest and Genital Area

- The stomach, genital area and chest can be washed in the same manner, as they are exposed to the water
- Re-swaddle the area once it has been rinsed clean



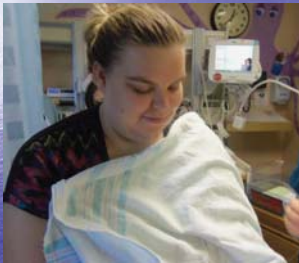
Hair

- Hold baby from shoulders, support the neck, and raise the baby off the hammock so you can wash his hair with clean water
- If using the irrigation bottle remember to have the flow of the water going toward the top of the head so you do not squirt water into the baby's eyes
- Wash back of the neck



Removing Baby from Tub

- Hold warm, dry towel up against your chest. Unwrap swaddle cloth and bring the clean baby to the dry towel
- Keep baby in flexed, midline, position
- Dry the baby and wrap warmly in blankets
- Once the infant is dry – diaper, clothe, put leads on, and position for feeding or sleep





Drying the Baby



Clean Up

- Remove hammock
- Empty water from liner/tub; discard liner
- Clean tub and hammock with green bacti-stat AE at sink, wipe dry, wipe down tub with super sani-cloth wipes.
- Place everything in the tub and leave the tub open for continued air-drying
- TCMC has cleaning directions on the lid of the tub





The Inevitable

- Floaters (poop) – if these are encountered, try to keep the poop swaddled in the blanket versus roaming in the bath water
- Change out the swaddle blanket to a clean one and continue with the bath

Umbilical Cord

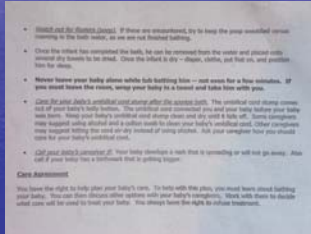
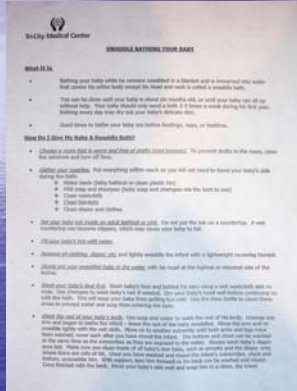
- Term- can have umbilical clamp on
- Preterm - once umbilical catheter is removed

TCMC Bathing Procedure

1. Take baby's axillary temperature
2. Disconnect leads, pulse O2
3. Remove all clothes, diaper, pulse O2
4. Swaddle baby in a flexed, midline position
5. Have parents clean the baby's face
6. Place baby in tub
7. Have parent gently unwrap one of infant's arms, and use baby wash to wash arm

8. Rinse and reswaddle arm
9. Repeat steps 7 and 8 for all extremities, including stomach, genital areas, and back
10. Wash hair
11. Unswaddle baby and place against chest on dry warm blankets
12. Dry baby and dress with hat and clean diaper
13. Place new leads and pulse O2
14. Prepare for skin-to-skin or feeding

Parent Handout



Swaddled Bath (Information for Nurses)

- Place plastic liner and sling in tub. Add water to fill line, **water temperature should be between 100 deg. and 101 deg.** (If the outside thermometer is inaccurate, use a patient thermometer to measure water temperature.)
- Place blankets or cravats under the tub, fill rinse bottle and small blue tub with warm bath water
- While baby is in the isolette, remove all clothing, diaper, leads, etc. and lightly swaddled the infant. Using the warm tub water wash the baby's face from nose to ears, no soap is required.**
- Place baby swaddled in the tub with the head on the higher or elevated side of the sling
- Unwrap one arm and began to bath the infant using the provided soap – leave the rest of the baby swaddled.
- Move onto another extremity until both arm and legs have been washed; cover each after you have rinsed the infant. The stomach and chest can be washed at the same time as the extremities as they are exposed to the water.
- Watch out for floaters (poop) if these are encountered try to keep the poop swaddled versus roaming in the bath water, as we are not finished bathing.
- For the baby's hair, rinse head with warm water and apply soap, gently rub head and rinse soap off with water bottle.
- Once the infant has completed the bath he can be removed from the water and placed onto several warmed towels to be dried. Once the infant is dry – diaper, clothe, put leads on, and position for kangaroo care or feeding.
- Clean up – Remove sling and place in special laundry basket. Empty water from tub, clean tub with green bacti-stat AE at sink, wipe dry, wipe down tub with super sanit-cloth wipes.
- Most important – Relax and have fun!!



- Never leave your baby alone while bathing him, not even for a few minutes.

Thank You!

- DandleLION Medical
- NICU babies, parents, and staff
- @
- Tri City Medical Center

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- A full list of references is available upon request.

Questions?



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