



# Evidence-based neonatal health interventions

Bernadette Daelmans,

Coordinator Policy, Planning and Programmes

Department of Maternal, Newborn, Child and Adolescent Health (MCA)

# The BASICS for newborn care

## Essential care for all babies

- Thermal care →
  - Drying, warming, skin-to skin, delayed bathing
- Infection prevention →
  - Clean birth practices, hand washing, clean cord and skin care
- Feeding support →
  - Skin-to-skin contact, early initiation and exclusive breastfeeding



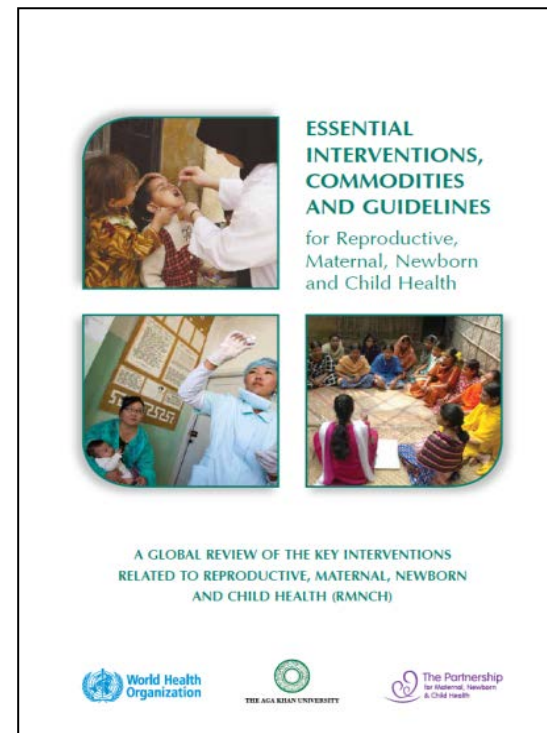
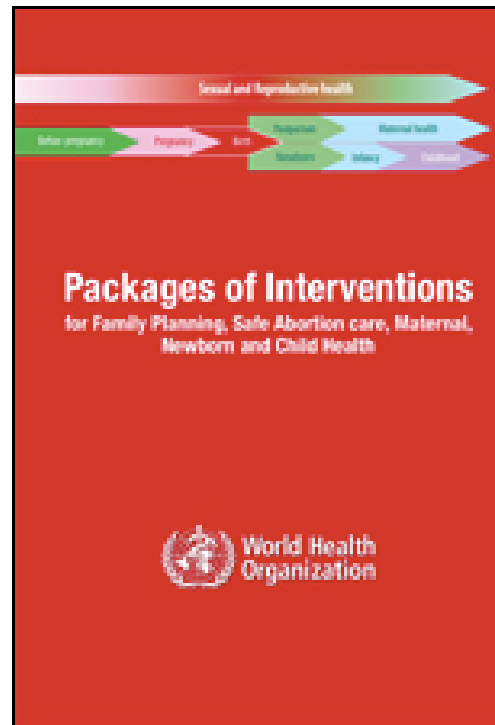
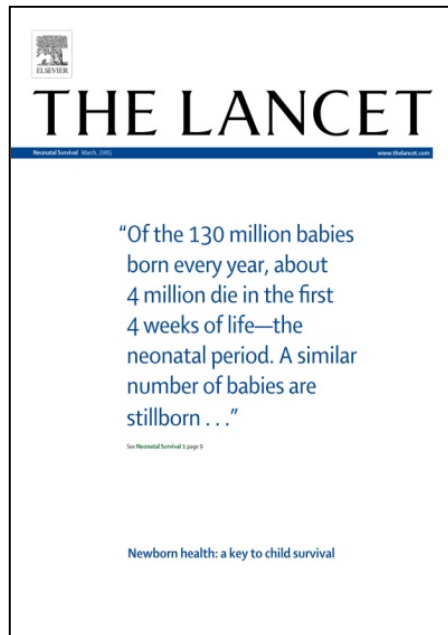
## And three packages for special care

- Package 2: Neonatal resuscitation
- Package 3: Kangaroo mother care
- Package 4: Special care of premature babies and phased scale up of intensive newborn care





# Effective interventions for newborn health: Evidence summaries



# Effective interventions

## Before pregnancy

- Prevention of too early, unwanted, or rapid successive pregnancies
- Adequate nutrition, including iron and folic acid supplementation, and treatment of anaemia
- Immunization (rubella, HepB, TT)
- Prevention of HIV and STIs
- Prevention and treatment of substance use
- Smoking cessation
- Protection from harmful exposures and from interpersonal violence

## During pregnancy

- Tetanus toxoid immunization
- Birth and emergency planning
- Detection and management of problems complicating pregnancy
- Detection and treatment of syphilis
- Intermittent preventive therapy for malaria\*
- Information and counseling on self-care
- Sleeping under an insecticide treated bednet
- Prevention of mother to child transmission of HIV\* (PMTCT)

# Effective interventions

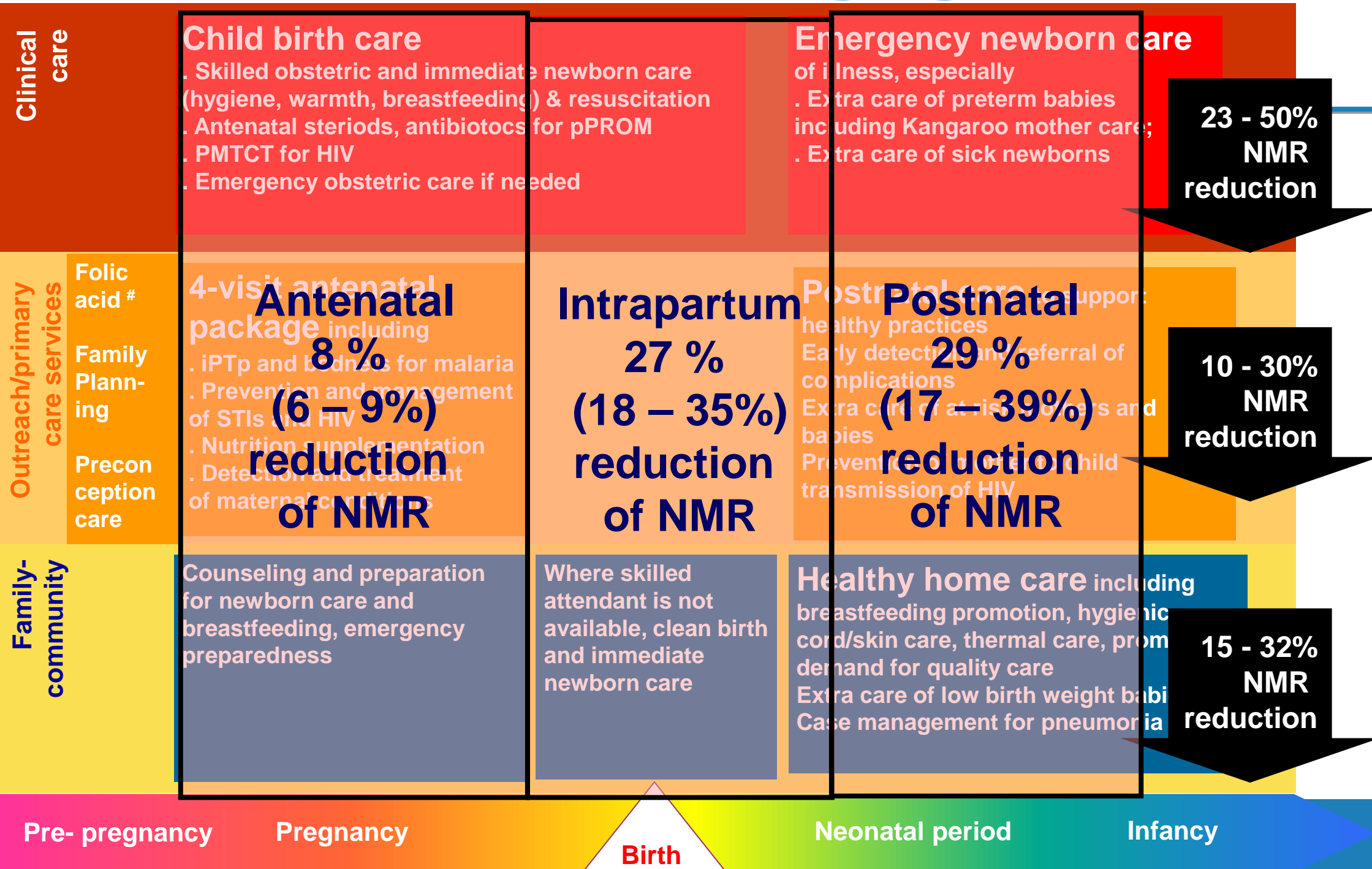
## During child birth

- Monitoring of progress of labour, maternal and foetal wellbeing with partograph
- Social support (companion) during birth
- Immediate newborn care (resuscitation if required, thermal care, hygienic cord care, skin-to-skin contact, early initiation of BF)
- Emergency obstetric and newborn care for complications
- Antibiotics for pre-term premature rupture of membranes (pPROM)
- Antenatal corticosteroids for preterm labour
- PMTCT

## In the newborn period

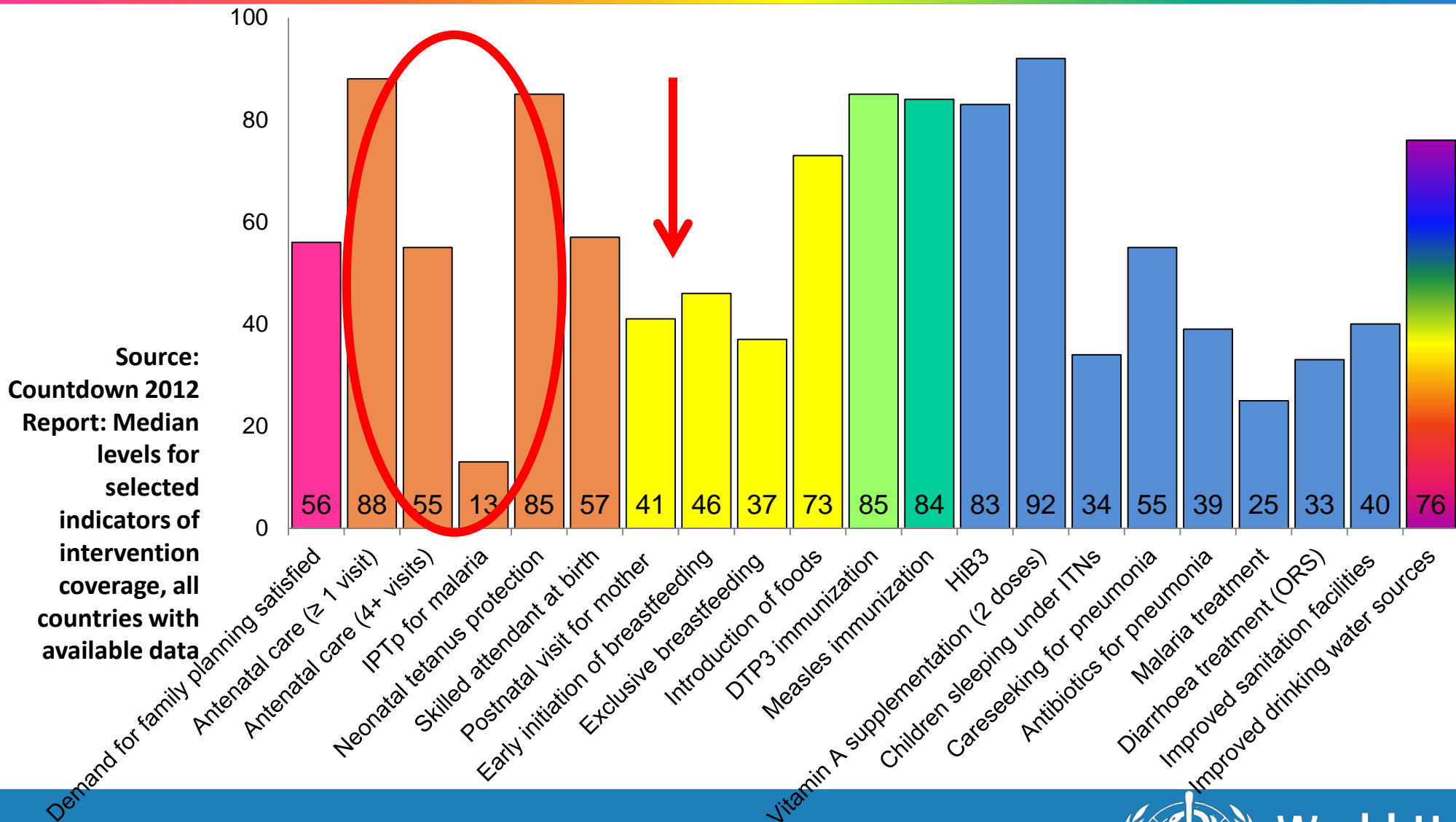
- Exclusive breastfeeding
- Thermal care
- Hygienic cord care
- Prompt care-seeking for illness
- Extra care for low-birth-weight babies, including kangaroo mother care
- Immunization
- Management of newborn illness
- PMTCT

# Health services working together



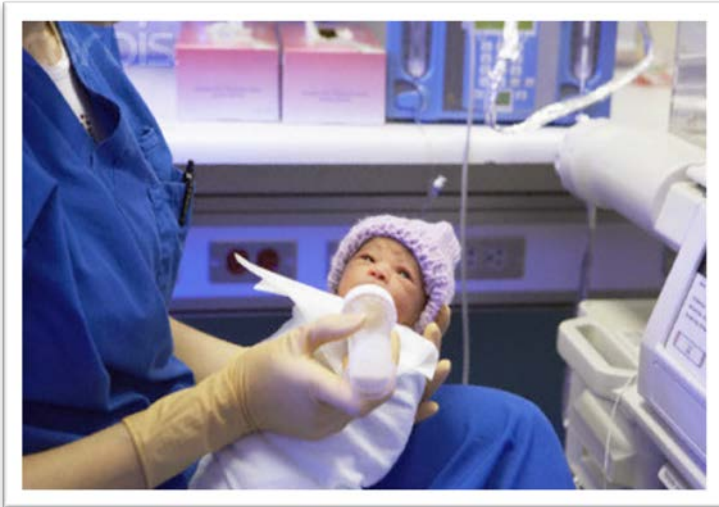
# Coverage of critical interventions remains low

Pre-pregnancy → Pregnancy → Birth → Postnatal → Neonatal → Infancy → Childhood

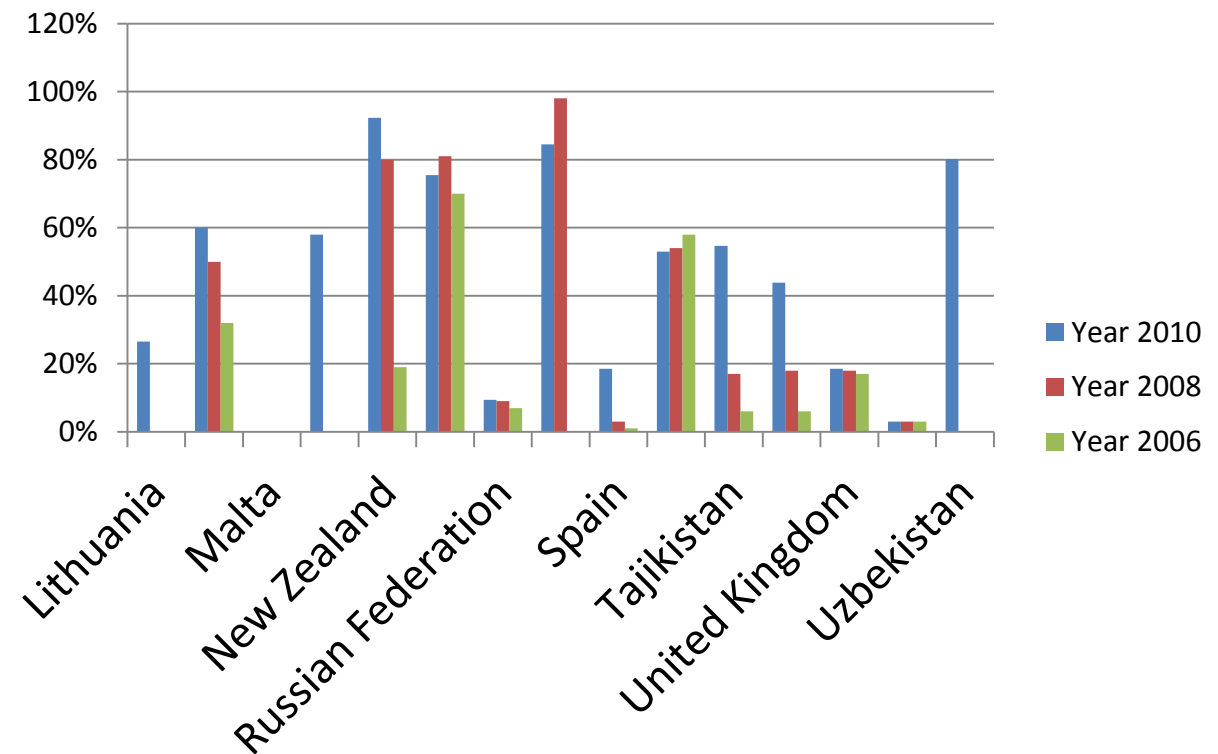




# Access to care is limited and quality is often poor

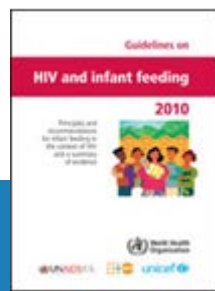
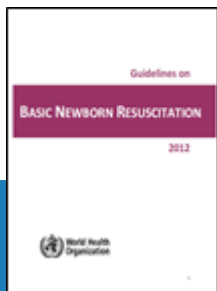


Baby friendly hospital initiative:  
status in selected countries, 2006 - 10

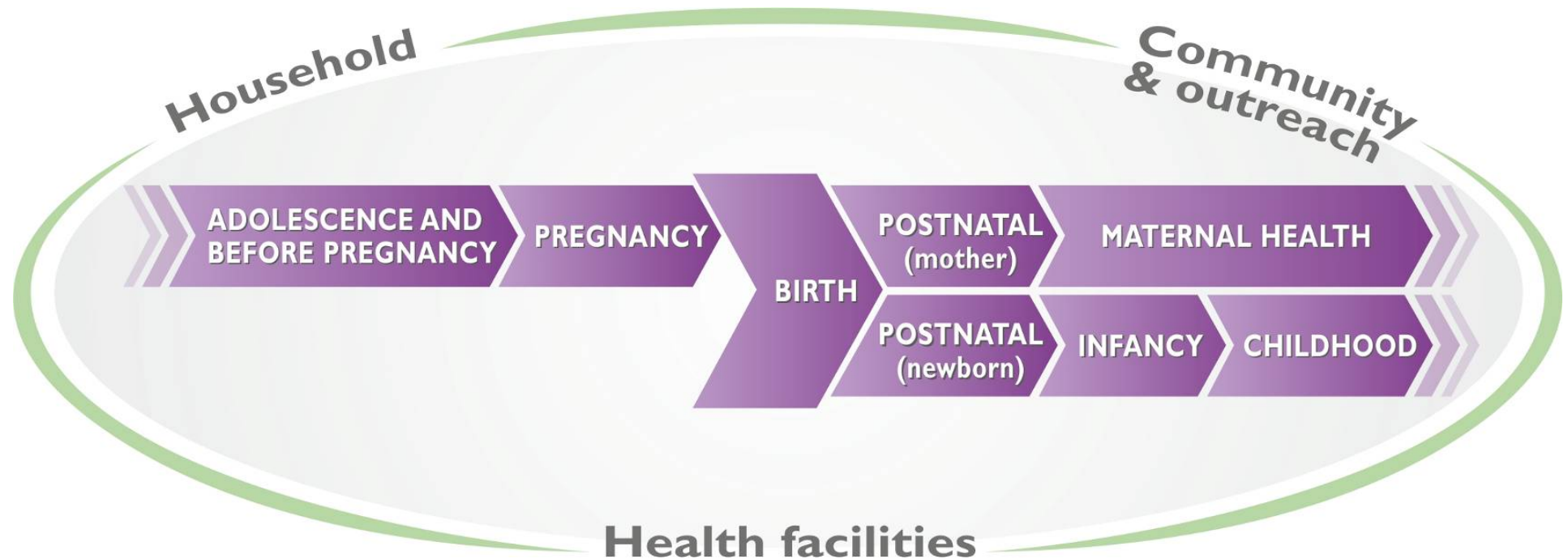


# Guidelines updated

- Care of the newborn immediately after birth
- Newborn resuscitation
- Newborn immunization
- Postnatal care
- Care of the preterm and low birth weight baby
- Management of neonatal sepsis
- Management of neonatal seizures
- Management of neonatal jaundice
- Management of necrotizing enterocolitis
- Care of the HIV-exposed newborn



# Driving progress: The continuum of care



# Improving quality of facility-based care



## **Immediate essential newborn care**

Keep the baby warm and keep clean especially cord

Early and exclusive breastfeeding, BFHI

Early recognition of danger signs

## **Neonatal resuscitation (basic)**

## **Extra care of small babies**

More support for feeding, warmth, kangaroo mother care

Rapid recognition / management of danger signs,

## **Emergency newborn care**

Improved care of ill babies especially infections, complications of preterm birth and of birth asphyxia



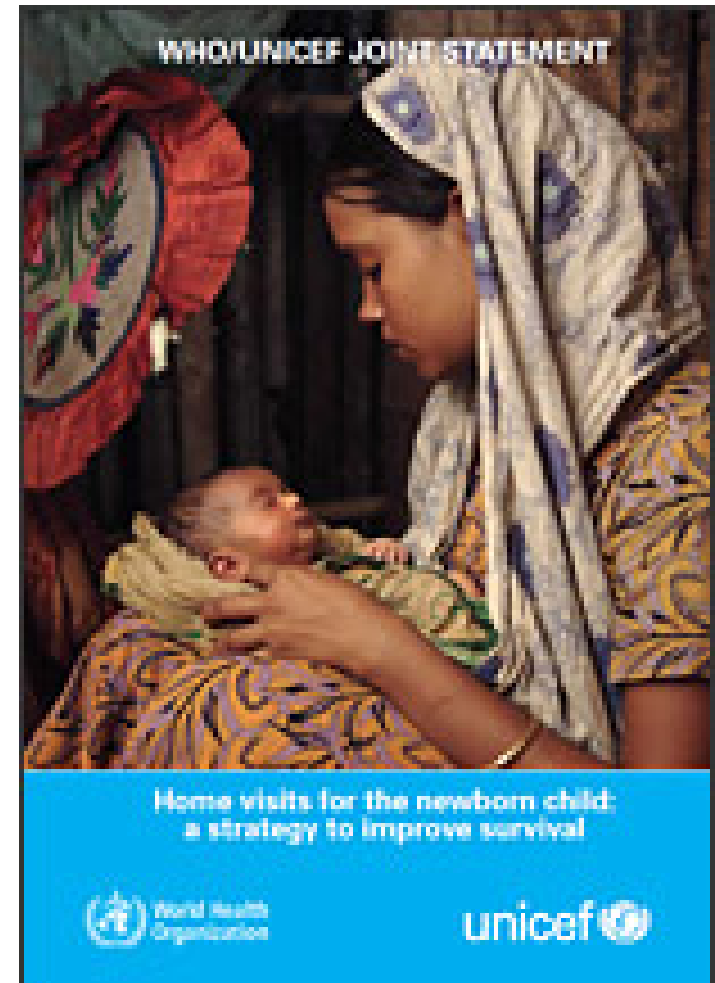
# Increasing access to home care

## Pregnancy visits to support:

- Antenatal care
- Skilled birth attendant
- Newborn care at birth: immediate drying and skin-to-skin contact, early initiation of breastfeeding, clean cord care

## Postnatal visits to support:

- Early and exclusive breastfeeding
- Keeping the newborn warm, hygienic cord care
- Extra care for LBW babies
- Timely recognition of danger signs





# Extra care for LBW and preterm babies



## Prevention

**Preconception care package especially family planning**

**Antenatal care package**

**Effective childbirth care**

**Policy support including smoking cessation and employment safeguards of pregnant women**

**Management of preterm labour**

**Tocolytics to slow down labour**

**Antenatal corticosteroids**

**Antibiotics for PROM**

## Extra baby care

**Essential and extra newborn care, especially feeding support**

**Neonatal resuscitation**

**Kangaroo Mother Care**

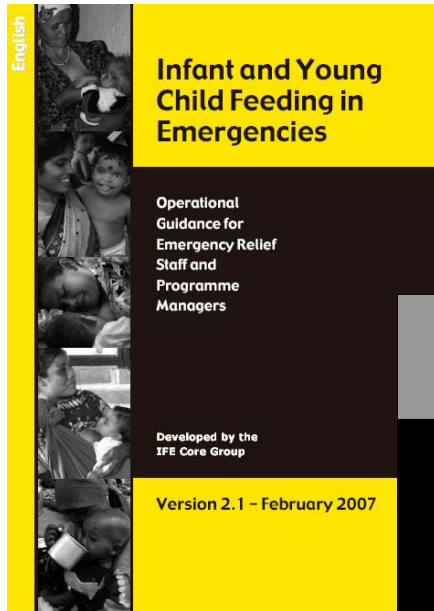
**Management of premature babies with complications especially respiratory distress syndrome, infections and jaundice**

**Comprehensive neonatal intensive care**

**Reduction of preterm birth**

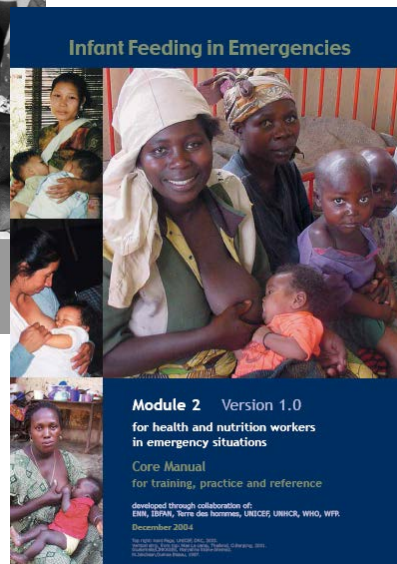
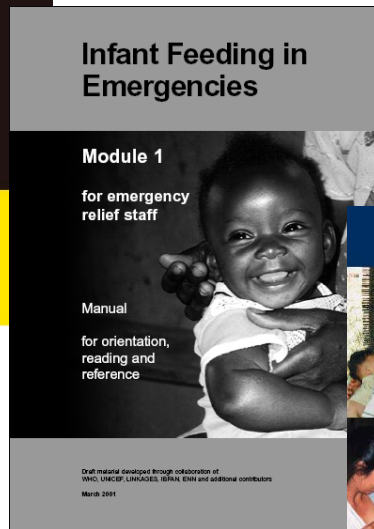
**Mortality reduction among babies born LBW and preterm**

# Quality care for women and children in emergencies



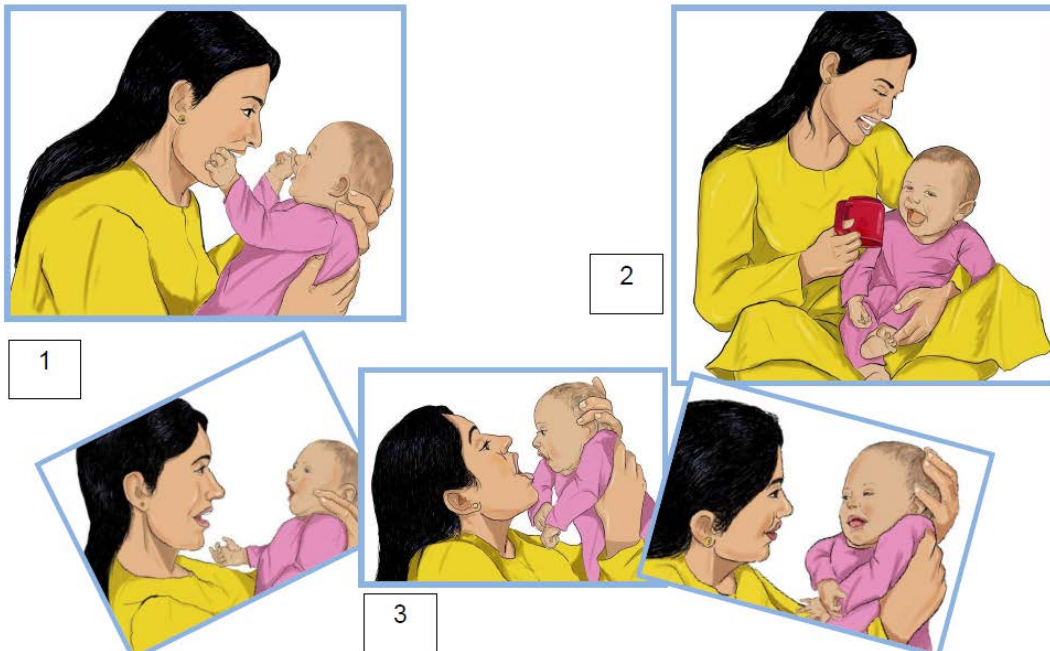
## Infant and young child feeding

- Emphasize that breastmilk is best
- Actively support women to breastfeed
- Avoid inappropriate distribution of breastmilk substitutes
- When necessary, use infant formula if available
- Do not distribute feeding bottles/teats, promote cups



# Stimulation, sensitivity and responsiveness

From WHO/UNICEF training materials on  
Caring for newborns and children in the  
community



# Newborn health with the programme cycle

	<b>GUIDELINES &amp; POLICIES</b> <b>Guideline products: critical for policy adoption of the new guideline</b> <b>Technical update: specific changes needed in implementation tools in response to the new guideline</b>					
	STRATEGIC PLANNING	PROGRAMME MANAGEMENT CAPACITY	HEALTH FACILITY		COMMUNITY LEVEL CAPACITY	M & E CAPACITY
			REFERRAL LEVEL CAPACITY	FIRST LEVEL CAPACITY		
MATERNAL	Strategic planning tool for MNCAH including rights (IT* 1)	Programme managers course for MNCAH including nutrition (IT* 2)	Managing Complications of Pregnancy and Childbirth (IMPAC) (IT* 3)	PCPN training package (IMPAC) (IT* 6)	CHW training package for MNCH, including community mobilization and participation (IFC) (IT* 10)	Short programme reviews (M, C, A including rights) (IT* 12) Household Survey for MNCAH (IT* 13) MNCAH Health facility Survey (IT* 14) MNCAH SARA (IT* 15)
NEWBORN			Pocketbook for managing newborn problems (IT* 4)	Essential Newborn Care Course (including NR and Young Infant IMCI) (IT* 7)		
CHILD			Pocketbook for hospital care of children (IT* 5)	IMCI training package (IT* 8)		
ADOLESCENT			X	Orientation Programme (IT* 9)	Counselling materials for teachers, parents etc (IT* 11)	



# Accountability for newborn health

- Birth registration
  - New United Nations Human Rights Council Resolution on the right of everyone to recognition everywhere as a person before the law
- Access to health as a basic right
  - Inter-Parliamentary Union Resolution on maternal and child health:
- Information and accountability for women's and children's health
  - Tracking intervention coverage, financial flows, maternal and perinatal death surveillance and response
- Commission on Commodities
  - Universal access including resuscitation devices, antibiotics, chlorhexidine



Commission on Information and Accountability for  
Women's and Children's Health





# A story in closing

This young mother lives in an area covered by a home-based newborn care program



- **HOME:** She and her family were visited by a CHW during pregnancy, who encouraged ANC and early care-seeking for danger signs
- **HOSPITAL:** When the mother went into premature labour, her husband urged her to go to the hospital, and delivered a LBW infant weighting 1.5 kg
- **HOME:** When discharged from the hospital on day 5, the CHW started home visiting to assist with feeding, ensuring warmth and screen for danger signs

# Thank you

