Current Guidelines on Newborn Health

of the

World Health Organization

Severin von Xylander

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

- Focus on priority interventions
- Types of guidelines
- References materials and sources
The time around childbirth and the first day of life: a critical window of opportunity to prevent and manage complications.
We can reduce the main causes of death

Newborn Survival Solutions – 3 by 2

1. **Preterm birth**
   1. Preterm labor management including antenatal corticosteroids*
   2. Care including Kangaroo mother care, *essential newborn care*

2. **Birth complications (and intrapartum stillbirths)**
   1. Prevention with obstetric care *
   2. Essential newborn care, and resuscitation*

3. **Neonatal infections**
   1. Prevention, *essential newborn care* especially breastfeeding, Chlorhexidine where appropriate*
   2. Case management of neonatal sepsis *

* Prioritised by the UN Commission on Life Saving Commodities for Women and Children

Over two-thirds of newborn deaths preventable – actionable now without intensive care
CRITICAL NEWBORN INTERVENTIONS

1. Management of pre-term birth
2. Skilled care at birth
3. Basic Emergency Obstetric Care
4. Comprehensive Emergency Obstetric Care
5. Basic Newborn Care
6. Neonatal resuscitation
7. Kangaroo mother care for premature and small babies
8. Treatment of severe infections
9. Inpatient supportive care for sick and small newborns
Types of WHO Guidelines

- **Rapid advice guidelines:**
  - response to a public health emergency

- **Standard guidelines**
  - guidance in relation to a change in practice in a single clinical or policy area

- **Full guidelines**
  - complete coverage of a health topic or disease

- **Compilations of guidelines**
  - contains current recommendations from various sources, but does not include any new recommendations
Guidance by Levels of Care

2nd Referral Level (MNP)

1st Referral Level (MCPC, Pocket Book)

Primary Level (PCPNC)

Community: Preventive/Promotive, Follow-up (Care of Newborn at Home)
Management of Preterm Birth

- Birth preparedness
- Detection of complications and initial management
- Management of:
  - Use of antenatal corticosteroids
  - Pre-ecclampsia/ecclampsia
  - Preterm labour
  - (Preterm) prelabour rupture of membranes (p)PROM
  - C-sections
- Standard guidelines in development
Skilled Care at Birth

- Routine and emergency care for women and newborns during labour and delivery

- Use of the partograph
Emergency Obstetric Care

● Basic EmOC:
  – routine and emergency care for women and newborns during pregnancy, labour and delivery, and postpartum

● Comprehensive EmOC:
  – Managing complications in pregnancy and childbirth
  – Assist vaginal delivery
  – C-sections
Basic Newborn Care

- Routine and emergency care for women and newborns during labour and delivery, postpartum
- Focus on cleanliness, warmth, and feeding
- Standard guidelines: Care of the newborn immediately after birth
  - Immediate drying and additional stimulation
  - Cord clamping
  - Skin-to-skin contact in the first hour of life
  - Initiation of breastfeeding
  - Vitamin K prophylaxis
Cord Care

- Daily chlorhexidine (4%) application to the umbilical cord stump during the first week of life is recommended for newborns who are **born at home** in settings with high neonatal mortality (**neonatal mortality rate >30 per 1000**).

- Clean, dry cord care is recommended for newborns born in health facilities, and at home in low neonatal mortality settings. Use of chlorhexidine in these situations may be considered only to replace application of a harmful traditional substance such as cow dung to the cord stump.

(Strong situational recommendation, moderate quality evidence) Postnatal care guidelines for the mother and the newborn, 2013 (under review by WHO GRC)
Management of Newborn Problems

- Neonatal resuscitation
- Kangaroo mother care
- Treatment of severe infections
- Inpatient supportive care for sick and small newborns
- Standard guidelines in development:
  - Management of the prematurely born infant (KMC)
### Optimizing Health Worker Roles for Maternal and Newborn Health

**Who to do what**

<table>
<thead>
<tr>
<th>Lay Health Workers</th>
<th>Auxiliary Nurses</th>
<th>Auxiliary Nurse Midwives</th>
<th>Nurses</th>
<th>Midwives</th>
<th>Associate Clinicians</th>
<th>Advanced Level Clinicians</th>
<th>Non-Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
</tr>
<tr>
<td><strong>1.1</strong> Promotion of maternal, newborn and reproductive health interventions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lay Health Workers</th>
<th>Auxiliary Nurses</th>
<th>Auxiliary Nurse Midwives</th>
<th>Nurses</th>
<th>Midwives</th>
<th>Associate Clinicians</th>
<th>Advanced Level Clinicians</th>
<th>Non-Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="x-mark.png" alt="Cross" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
</tr>
<tr>
<td><strong>7.1</strong> Initiation of kangaroo mother care for low birth weight infants</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lay Health Workers</th>
<th>Auxiliary Nurses</th>
<th>Auxiliary Nurse Midwives</th>
<th>Nurses</th>
<th>Midwives</th>
<th>Associate Clinicians</th>
<th>Advanced Level Clinicians</th>
<th>Non-Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="x-mark.png" alt="Cross" /></td>
<td><img src="x-mark.png" alt="Cross" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
<td><img src="checkmark.png" alt="Checkmark" /></td>
</tr>
<tr>
<td><strong>9.1</strong> Neonatal resuscitation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Newborn Health Recommendation

- Only GRC recommendations released after 2008
Thank you