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High Risk Newborn Care Warmer Feeding and Phototherapy

Practical 03 / Skills laboratory

Aim

Monitor a preterm or unwell newborn and demonstrate selected safety and feeding checks.

Principle

Small or unwell newborns require close observation of warmth, breathing, feeding and clinical changes.

Articles and Materials

- Newborn model, incubator or warmer and phototherapy demonstration
- Feeding equipment, neonatal chart and bilirubin case

Procedure

1. Verify birth history, gestational age, weight and current diagnosis or concerns. Review breathing support, temperature target, orders and monitoring needs.
2. Check the prescribed warmer or incubator mode and verified probe location. Record temperature and monitor the environment and response.
3. Assess alertness, respiratory pattern, colour, perfusion and feeding readiness. Escalate apnoea, poor feeding, temperature instability or deterioration promptly.
4. Demonstrate the authorised feeding route for the case, checking tube placement when needed, prescribed amount, position and tolerance.
5. Review the phototherapy order, age at measurement and bilirubin trend. Demonstrate device and protection checks and planned temperature and hydration monitoring.
6. Reassess clinical response and track intake, output and weight. Prepare for supervised diagnostic sampling or referral when indicated.
7. Explain the current care plan and warning signs to the caregiver and discuss their role in safe touch, warmth or feeding.
8. Document settings, results, feed or treatment, response and handover to the neonatal team.

Precautions

- Follow the neonatal team’s exact device settings and feeding plan.
- Maintain safe airway observation and thermal care.

Observations and Record

High Risk Newborn Care Warmer Feeding and Phototherapy

Documentation

Item	What to record	Why it matters
Baseline	Gestation, temperature and breathing	Identifies risk
Support	Device, feeding and measurements	Tracks safe care
Review	Symptoms, trend and escalation	Supports timely response

Worked Example

During simulated phototherapy the case shows rising temperature and reduced intake. The learner checks the setup and alerts the neonatal nurse.

Result and Evaluation

Demonstrate monitoring and recognition of key concerns in a high-risk newborn.

Viva Questions and Answers

Why document age at bilirubin measurement?

Interpretation and treatment depend on age and clinical risk.

What should be monitored with a warmer?

Actual temperature, probe location, device setting and clinical response.

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