

Appendix 1

Step by step instructions of care from delivery to four weeks in NICU:

Incubator preparation	
<ul style="list-style-type: none">• Giraffe/Leo incubator- set to 37 degrees• 500 thread count cotton sheet over nest (stored in the equipment room)• NeoWrap• Hat• Gamgee canoe• Skin temperature probe and skin guard• Sterile H2O bag (for incubator humidity)• Cot cover	
Delivery	
<ul style="list-style-type: none">• Giraffe/Leo incubator (set up as above)• Ensure NeoWrap is placed on resuscitaire, above towels to warm the plastic• Plug Giraffe/Leo into power point and check settings• Completely cover infant following birth, remove right hand to position the saturation probe and cover immediately with NeoWrap.• place hat on infant's exposed head• Stabilize infant; if intubated, use minimal tapes for securing endotracheal tube (ETT)• Place infant in the prepared canoe• Cover incubator with cot cover to reduce light	
Admission	
<ul style="list-style-type: none">• Ensure the incubator is plugged in immediately and that ventilation/CPAP base is turned on (with humidity)• Minimise elevating the Giraffe/Leo lid to maintain contain heat• When entering the giraffe/Leo through use of the 'air boost' or 'touch time' function• Secure the skin temperature probe, using half of the skinguard• Minimally handle infant and aim to have central line access within the first hour of admission• Once lines are placed and X-Ray complete, add humidity to Giraffe/Leo and set at 85-95%• Do not cover infant if able, to maximise humidity• If ventilated, do not use cardiac leads, instead use respirations on ventilator.• following admission, aim to keep all skin adhesives (leads, base tapes, skin temp guards) in the same place for 24 hours, as skin is at its most immature• Use Chlorhexidine 0.1% skin preparation for minor/major procedures• Use paraffin cream for bottom care	
Ventilation	CPAP

<ul style="list-style-type: none"> • Avoid removing Duoderm base tapes when unnecessary, to minimise skin breakdown and infection risk. • Prevent using cardiac leads for heart rate and respirations, when the ventilator and UAC could be used in their place. 	<ul style="list-style-type: none"> • Monitor septum, temples, scalp and ears for skin breakdown. • Clean and thoroughly dry these at risk areas with cares. • Monitor septum for redness and ensure that nasal prongs are positioned appropriately (i.e. not resting on septal area) • If skin breakdown occurs, consider nasopharyngeal CPAP/ consult with medical team.
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Day one to seven

<ul style="list-style-type: none"> • Perform “Micro cares” 1-2 hourly (when cues) to developmentally support/cluster cares • During this time, gradually reposition infant. E.g. PL, LL, SL, SR,LR, PR over 8 hours • Regular repositioning of devices is necessary 6 hourly • Ensure “touch time” function is used in the Leo and “Air boost” is used in the Giraffe when accessing incubator ports • Use ‘in bed’ scales to weigh the infant on day five • Continue humidity, wean incubator temperature as required (see humidity) • Place nappy, thermometer, BP cuff and paraffin cream in the Giraffe/Leo 15-30 minutes before micro cares are performed, to pre-warm them prior to use on infant • Kangaroo cuddles daily/as able (discussed and approved by consultant) • Use cotton sheets only- change alternate day or when soiled/wet • Use ‘skin servo mode’ and place skin temp on back or axilla- monitor closely in case of displacement and reposition Q6hrly to prevent pressure area • Avoid placing muslins on infant, to maximise humidity benefits • Gradually reduce humidity at 80-85%, as tolerated • Assess peripheral IV site at least hourly as infiltration is a high risk in ELBW infants. Observe for swelling, redness, blanching, pain and/or leaking. • If clysis is necessary, choose an occlusive dressing such as hydrogel for skin protection (see skin injury guidelines).
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Week two

<ul style="list-style-type: none"> • Wean humidity slowly to 70-75% • Perform “Micro cares” 1-2 hourly (when cues) to developmentally support/cluster cares • Continue to reposition infant. E.g. LL, SL, SR,LR over 8 hours • Regular repositioning of devices is necessary 6 hourly • Ensure “touch time” function is used in the Leo and “Air boost” is used in the Giraffe when accessing incubator ports • Place nappy, thermometer, BP cuff and paraffin cream in the Giraffe/Leo 15-

30 minutes before micro cares are performed, to pre-warm them prior to use on infant

- Use 'in bed' scales to weigh the infant on alternate days
- Continue using sterile water and NaCl 0.9% for eye and mouth care
- Continue paraffin cream for bottom care
- NICU cotton sheets can be used instead of the 500 thread count sheets

Week three

- Wean humidity to 55-65%
- Place nappy, thermometer, BP cuff and paraffin cream in the Giraffe/Leo 15-30 minutes before cares are due
- Regular repositioning of devices is necessary 6 hourly
- Clean eyes and mouth with tap water
- Use Johnsons bath time soap for top and tail
- Continue paraffin cream for bottom care

Week four

- Wean humidity to 40% and turn off humidity at day 28 (or at 30-32 post conceptual age)
- Regular repositioning of devices is necessary 6 hourly
- Use Johnsons bath time soap for top and tail
- Continue paraffin cream for bottom care; consider zinc oxide cream when infant is 32 weeks gestation.