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Resource Guide for Nurses: Patient Teaching on Newborn Jaundice (Hyperbilirubinemia)

Sarah Purcell

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Numerous studies have documented the fact that informed evidence of newborn jaundice is the appearance of a yellowish coloration of the skin and sclera, appears cephalad to caudal, and regresses in the reverse order (National Association of Neonatal Nurses, Board of Directors, 2010). Newborn jaundice affects up to 84% of term newborns and is the most common cause of hospital readmission in the neonatal period (Muchowski, 2014). Proposed risk reduction strategies include pre-discharge bilirubin measurement with standing orders, allowing nurses to order total serum bilirubin (TSB) levels or Transcutaneous Bilirubin (TcB) levels for newborns (Kaplan et al. 2011). The causes of newborn jaundice include an ABO or Rh factor incompatibility between mother and baby, premature liver functioning, an infant of a diabetic mother, and improper latch of newborn to breast during breastfeeding (Lowdermilk & Perry, 2016).

Nursing Role/Responsibilities:

- Teaching is an important aspect of the nurse’s professional role (Bastable, 2017).
- The teaching role is a unique part of a nursing’s professional domain (Bastable, 2017).
- The purpose of patient education is to increase the competence and confidence of clients for self-management (Bastable, 2017).
- The single most important action of nurses as teachers is to prepare patients for self-care, including that of their newborn child (Bastable, 2017).

References available as a handout
References


