

Slide 1:

In this webinar, we shall discuss the guidelines to deliver safe and effective PT

Slide 2:

Few general guidelines for optimising phototherapy equipment are listed below:

- Phototherapy can be delivered by special blue fluorescent tubes or light - emitting diode (LED) with similar efficacy
  - Please note that use of white tube lights alone is not effective. Do not use sunlight as treatment for hyperbilirubinaemia
- Irradiance is a measure of the efficacy of phototherapy. In simple words, higher the irradiance, better is the efficacy of phototherapy. It is not necessary to measure irradiance before each use of phototherapy; however it is important to perform periodic checks of phototherapy units to make sure that an adequate irradiance is being delivered. The target irradiance while giving phototherapy is at least 30 microW/cm<sup>2</sup>/nm

Slide 3:

- Keep the phototherapy unit as close as possible [up to 15 cms] ensuring that the neonate maintains normal temperature
- Align the phototherapy unit so that the neonate lies directly beneath the centre of the unit

Slide 4:

Increase the exposed body surface area of the infant exposed to phototherapy by placing another phototherapy unit beneath/ by the side of the neonate. The use of reflecting material like white cloth or aluminium foil around the incubator or radiant warmer bed is optional, making sure not to impede the airflow that cools the tube. Keep the baby naked keeping the diapers as short as possible, to cover the genitalia

Slide 5:

It is safe to continue breast feeding/ breast milk feeding while the neonate is on phototherapy; It is important to ensure adequate hydration while the neonate is on phototherapy. However, please remember that there is no role of routine intravenous fluids or supplemental feeds, unless the neonate is clinically dehydrated. Phototherapy can be briefly interrupted for feeding / clinical care procedures provided the neonate' bilirubin level is less than the exchange threshold.

Ensure that the neonate has an adequate urine output of at least 1 ml/kg/hr

Slide 6:

Cover the eye with eye patches

Monitor temperature every 2 hours.

Routine position changing has not been found to increase the efficacy of phototherapy and is not recommended

Thank You