

NEWBORN MEDICATION ADMINISTRATION: How to Best Use the Golden Hour

Marguerite M. Kane BSN, RN
Lehigh Valley Health Network, Marguerite.Kane@lvhn.org

Ruchi Patel BSN, RN
Lehigh Valley Health Network, Ruchi.Patel@lvhn.org

Kirsty Patterson MSN, RN
Lehigh Valley Health Network, Kirsty.Patterson@lvhn.org

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NEWBORN MEDICATION ADMINISTRATION:

How to Best Use the Golden Hour

Marguerite Kane, BSN, RN, Ruchi Patel, BSN, RN, and Kirsty Patterson, MSN, RN

Lehigh Valley Health Network, Allentown, Pennsylvania

BACKGROUND

- At LVHN, newborns are given a dose of Vitamin K and erythromycin eye ointment within the first hour of life. The administration of these medications within the first hour of life interrupts "The Golden Hour", which is crucial in maternal-infant bonding.

PICO

- P-** Infants born at LVH M
- I-** Giving Vitamin K and erythromycin after the first hour of life
- C-** Giving Vitamin K and erythromycin within first hour of life on L&D
- O-** Consistent medication administration and compliance with baby friendly initiative

EVIDENCE

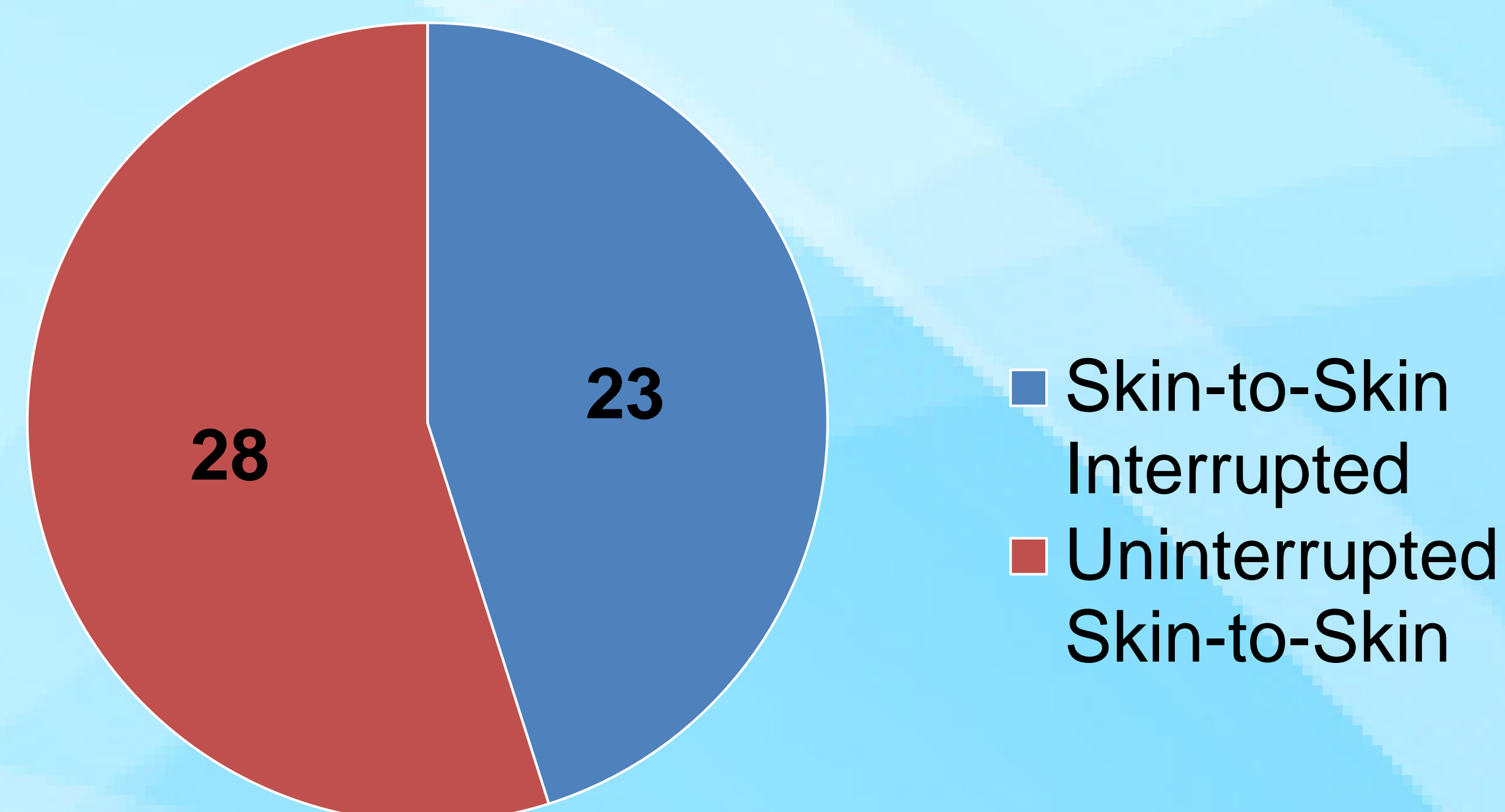
- The American Academy of Pediatrics recommends that vitamin K be given within the first 6 hours of life and erythromycin ointment be given within the first 24 hours of life (Ng & Loewy, 2018).
- Ample evidence supports the importance of promoting "The Golden Hour" for maternal and infant health and well-being
 - Skin-to-skin contact improves neonatal thermoregulation, decreases stress levels in mom and baby, and promotes maternal-infant bonding (Phillips, 2013).

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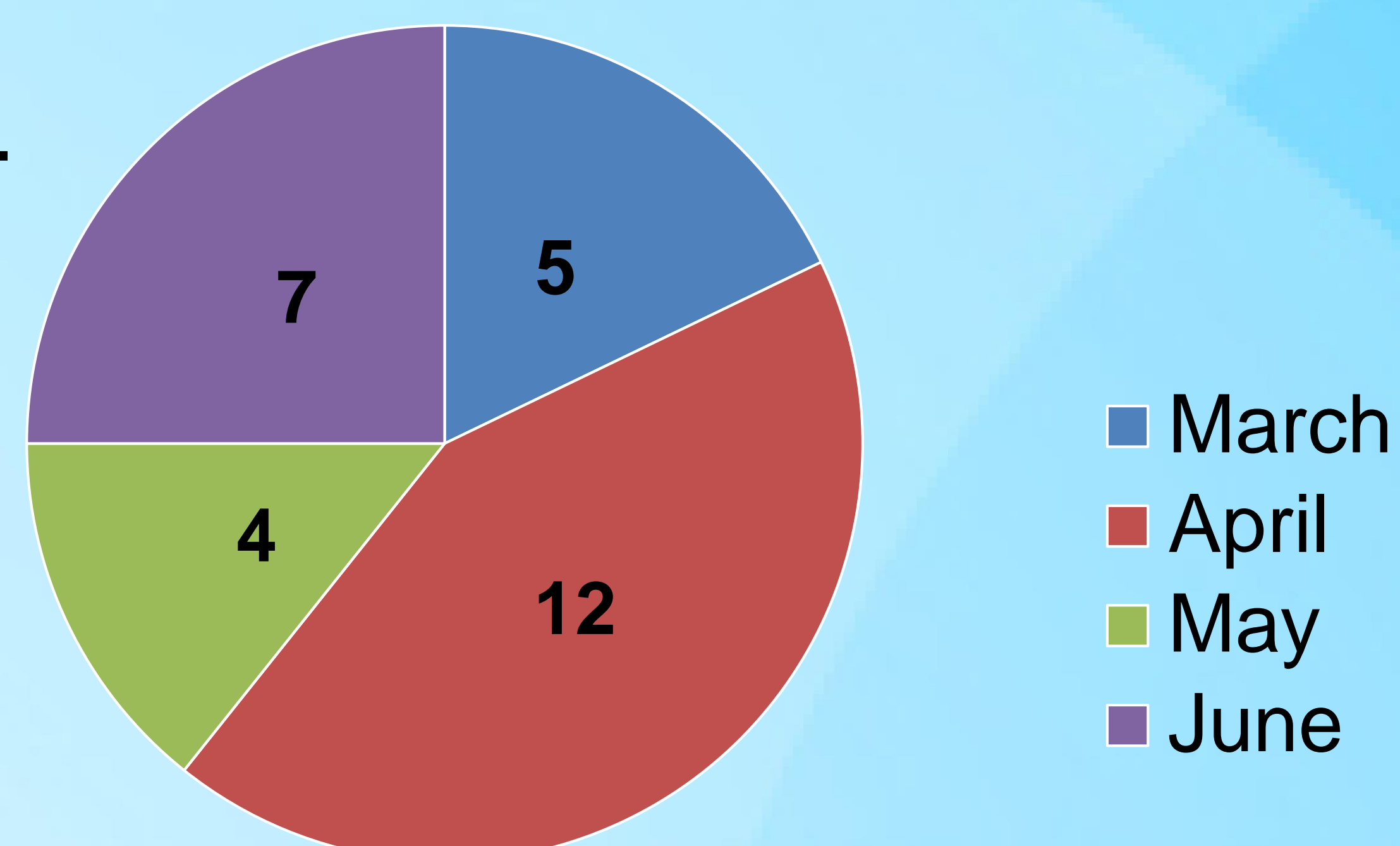
OUTCOMES

- A total of 51 patient charts were reviewed at random. The date reviewed included breastfeeding initiation and cesarean sections deliveries. The data showed that only 55% of infants had uninterrupted skin-to-skin contact.

Uninterrupted Skin-to-Skin:
Totals (March 2019-June 2019)



Uninterrupted Skin-to-Skin:
By Month (March 2019-June 2019)



IMPLEMENTATION

- Chart reviews conducted for 4 months (March 2019-June 2019)

NEXT STEPS

- Change the newborn medication policy to state that medications should be administered 2-3 hours after birth to protect the Golden Hour to remain compliant with the Baby Friendly Initiative.
- Educate all staff members about the guidelines regarding newborn medication administration.

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- Phillips, R. (2013). The sacred hour: Uninterrupted skin-to-skin contact immediately after birth. *Newborn & Infant Nursing Reviews*, 13(2013), 67-72.