

Analysis on the Main Points of Nursing Premature Infants

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Abstract: Compared with normal newborns, premature babies are more fragile and more sensitive to the external environment. Therefore, there are more precautions in the care of premature babies, because the incidence of preterm birth is relatively high. In the face of more premature infants, we should have a deep understanding of the relevant content of premature infant care. This article will conduct a detailed analysis of the key points of premature infant care and clarify the precautions of premature infants in the nursing process.

Keywords: Nursing; Premature Infants; Essentials

1. Introduction

Premature babies are also called immature babies. They refer to live birth babies whose gestational age is not more than 37 weeks. The factors that lead to premature birth of the mother include hypertension during pregnancy, abnormal fetal position, fetal malformations, severe anemia, and malnutrition. In order to ensure the safety of premature babies, premature babies need to be sent to the neonatal intensive care unit for monitoring immediately after delivery, but this will cause separation of mother and child, which will result in the mother's inability to quickly adapt to the role of mother. In the future parenting process, it will also feel strong anxiety and difficulty. There are literatures that premature babies are more likely to suffer from postpartum depression, and premature babies are more likely to be hospitalized repeatedly due to illness, which will have a serious impact on the physical and mental health of the child and the mother. In order to effectively solve the above problems, it is of great significance to adopt multiple and

systematic nursing support programs in a timely manner.

2. Pay attention to the adjustment of light

The premature baby's body systems are not fully developed, and it needs to continue to develop in a non-maternal environment. Under normal circumstances, the fetus does not have obvious light in the environment during the internal development of the mother. If we do not care for the premature baby, paying attention to the control of light is likely to affect its visual system, and will prevent premature babies from continuing to develop under sleep conditions. Once too strong light causes premature babies to change their biological clock rhythm, it is easy to cause developmental problems. We must pay attention to the corresponding nursing work, reduce the light intensity, and use a hood to directly block the light if necessary, and at least one hour a day to keep the premature baby in a dark environment, so as to better simulate the light state in the uterus to provide a better

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development environment for premature babies. For premature babies, kangaroo-style nursing measures can be used for daily nursing work. The so-called kangaroo-style nursing refers to allowing the child to directly touch the mother's skin while covering it with a thin quilt. At this time, the child can not only take milk but also Sleeping, this form of care can simulate the state of the child in the mother's body to a certain extent, and more skin contact with the mother can better help the child to establish a close relationship with the mother, which is also beneficial to promote the development of premature babies.

3. Reduce the stimulation of environmental noise

Premature babies are immature in their body organs, so they are very sensitive to noise stimulation. If premature babies are in a relatively loud noise environment, they will cause adverse stimulation to their nervous system, circulatory system, respiratory system, etc., which may lead to their appearance. Problems such as apnea, abnormal heart rate, blood pressure and blood oxygen saturation fluctuations, and prolonged exposure to noise in preterm infants can also have a significant impact on the development of their hearing system, which can easily lead to sudden hearing during growth obstacle. Therefore, in the care of premature babies, we must pay attention to reducing all kinds of noise in the environment, and try to give them a quiet and comfortable environment. During the nursing process, we must pay attention not to walk around them frequently. Parents of premature babies in the incubator. It is best not to watch. Many parents will knock on the incubator or shout to the child when they look at the child outside the incubator. These are very unfavorable to the health of the premature infant. Therefore, we must avoid frequent noises in the environment of the premature infant. If the condition of the premature baby is not very good, parents should not interfere with the child's rest near the incubator. They must trust the medical staff. Parents can understand the care of the child, but they should follow the guidance of the medical staff to avoid treatment and nursing work for the child to bring adverse effects. The sound of preterm infant monitors that use monitors should also be restricted. Some ECG monitoring devices have relatively loud

noises, which is also unfavorable for the early care of preterm infants. Early preterm infants should be kept relatively dark and warm due to their weak body and care environment.

4. Grading according to specific delivery weeks

In general, the closer to the normal gestational age, the better the development of preterm infants and the higher the survival rate. However, the lower the gestational age, the worse the development of preterm infants and the lower the survival rate, but not all. Premature babies with relatively few gestational weeks cannot survive. Generally speaking, we call preterm babies born at 34 to 37 weeks as late preterm babies and such preterm babies and full-term babies will not be very different. But premature babies less than 32 weeks or even less than 28 weeks are generally difficult to survive. In addition, premature babies generally have a series of congenital diseases, so they need careful care to grow up healthily. Among various nursing measures, environmental protection is the top priority of premature babies. First, we must protect premature babies. Children are in a warm environment. Generally speaking, the environment of premature babies should ensure that their room temperature is between 24 °C and 26 °C, and the air humidity should be kept at about 60%. Premature babies have less subcutaneous fat and poor ability to regulate their own temperature. Therefore, they should pay more attention to keeping the environment warm. According to the specific conditions of premature babies, the ambient temperature should be adjusted appropriately in accordance with the above standards. If necessary, they should enter the incubator for nursing.

5. Using the form of "bird's nest" care

Nursing staff can use baby special flannel to wrap it into an oval "bird's nest". Before use, it must be placed in an incubator for preheating to ensure that the temperature of the "bird's nest" is close to human body temperature. After the preheating is completed, place the child in the "bird's nest" and help them choose a suitable and comfortable position, help them change their positions every 2-3 hours. When performing invasive operations

on children, if crying occurs, they can be given a soothing nipple for non-nutritive sucking. This will not only divert the children's attention, relieve the pain caused by the invasive operations, but also stimulate them. Gastro-intestinal hormone secretion promotes the maturity of sucking reflex. After helping the child to take a bath, adjust the indoor temperature to 24-26 °C and pay close attention to changes in body temperature. For children with unstable body temperature, place them in an incubator or infrared bed. At the same time, nursing staff should wash to clean your hands and care for the child. First, place the left hand on the back of the child's head, open the fingers of the right hand naturally, and touch the child's forehead to the skull, and massage the Baihui point for 2-4 times, while exposing the child's chest skin, hold the ribs gently with both hands, slowly lift to the armpit, repeat 2-4 times. Finally, the nursing staff can use the shoulder of the child as the center point and touch the spine with both hands until the buttocks. Repeat 2-4 times. During the touch, avoid touching the umbilical and nipple of the child. It is enough to touch 2-3 times a day. For children with gestational age not exceeding 32 weeks or with intracranial hemorrhage, avoid touching. In addition, the nursing staff must pay close attention to the child's attitude and consciousness changes. If the child is crying, disturbed, *etc.*, immediately stop touching and inform the doctor for timely treatment of the symptoms.

6. Nutritious nursing

Because premature babies leave the mother's environment too early, and they cannot directly start breast milk after they are born, they must pay more attention to nutritional care. Human brain development has already begun during pregnancy. Studies have shown that the peak period of human brain development is between 3 months of pregnancy and 18 months after birth. Whether sufficient nutrients are available at this stage not only produces the development of other systems of the body. It has a greater impact on brain development. Therefore, we must pay attention to the nutritional care of premature infants. During the period of time when breastfeeding is not yet possible, we should use nutrient solutions reasonably according to nutritional needs, even after breastfeeding begins. In order to ensure

that premature infants have enough nutrients to meet their developmental needs, the nutritional needs of pre-term infants and full-term infants are different, and their nutritional requirements are more complicated. Nutrition care must be done well in nursing work. Attention should be paid to supplementing certain vitamins, especially vitamin D. Vitamin D plays an important role in promoting the absorption of calcium and phosphorus. For premature babies, the absorption of calcium and phosphorus can better promote physical development. In terms of infants, it is important to pay attention to whether there is anemia in preterm infants. Many pre-term infants have less iron content due to insufficient gestational age, so the risk of anemia is relatively high. If there is anemia, get up early and we must do a good job of intervention, and pay attention to appropriate supplementary forms such as formula milk to help newborns better obtain adequate nutrition after the dangerous period.

7. Conclusion

In summary, premature babies have not yet fully developed to be able to face the external environment, so they need special nursing care after birth. If we have premature births, we must carry out scientific care for premature babies based on the doctor's opinion. This can increase the survival rate of premature infants to ensure their normal growth and development to the maximum extent. As long as we strictly abide by the relevant requirements for premature infant care, the quality of life of premature infants in the future life and development process will generally not be greatly affected. I hope readers and friends after reading this article, we can have a deeper understanding of newborn care.

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