

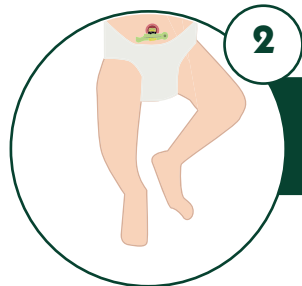
12 STEPS OF THE GOLDEN HOUR OF PREMATURITY



1

Prenatal counseling and teamwork

- ▶ Answer all questions, discuss the management plan and dissipate parents' anxiety
- ▶ Define the role and responsibility of resuscitation team members



2

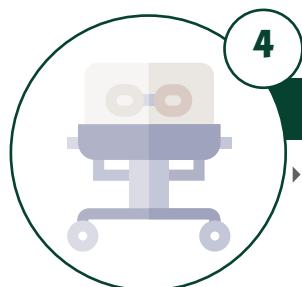
Delaying umbilical cord clamping



3

Preventing hypothermia

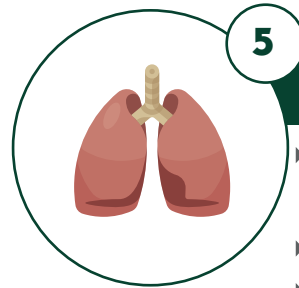
- ▶ Use plastic wrap or plastic bags, radiant cradles, heating mattresses, humidified and heated gases, blankets to cover incubators...
- ▶ Facilitating skin-to-skin kangaroo method with parents
- ▶ Keep the room between 25° and 26°C



4

Neonatal transport

- ▶ The neonate must first be stabilized, when a blood oxygen saturation of 85% is achieved



5

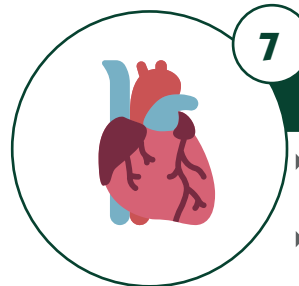
Ensuring respiratory support

- ▶ Initiate resuscitation with 21% oxygen in term neonates and 21-30% in preterm neonates
- ▶ Targeted saturation
- ▶ Sustained inflation
- ▶ Humidified and heated oxygen
- ▶ CPAP in the delivery room
- ▶ Resuscitation
- ▶ Early-remission surfactant
- ▶ Non-mechanical ventilation strategy



6

Use of surfactant



7

Ensuring cardiovascular support

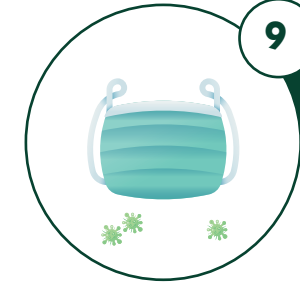
- ▶ Maintain normal infusion and blood pressure
- ▶ Detecting shock in the compensation phase



8

Early onset nutrition

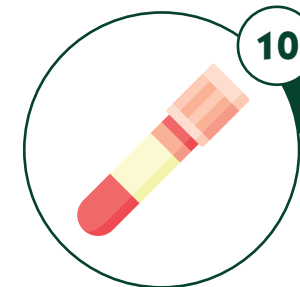
- ▶ Parenteral nutrition / Enteral nutrition / Breastfeeding
- ▶ Prevent hypoglycaemia
- ▶ Start intravenous fluids if feeding cannot be given enterally
- ▶ Inserting umbilical lines or PICCs if necessary



9

Infection prevention

- ▶ Use antiseptic methods
- ▶ Use a set for central line insertion, surfactant instillation and TPN preparation
- ▶ First dose of antibiotic if required



10

Laboratory analysis

- ▶ Complete blood count
- ▶ Blood culture
- ▶ Blood glucose
- ▶ Arterial blood gas / capillary blood gas analysis
- ▶ Chest X-ray



11

Monitoring and recording

- ▶ Apgar test
- ▶ Weight and gestational age
- ▶ Resuscitation time
- ▶ Axillary temperature
- ▶ Surfactant administration time
- ▶ Umbilical catheterisation time
- ▶ Hypothermic therapy time
- ▶ Positioning of the endotracheal tube, umbilical catheter and feeding tube



12

Communication and family counselling