# WHO PROTOCOL: THE HEAT CHAIN IN NEWBORNS

### WARM DELIVERY ROOM

The minimum temperature should be 25°C. It should be draft-free and preheated if the ideal temperature is not reached.

# 2

### IMMEDIATE DRYING

It is crucial to dry the newborn even before cutting the umbilical cord. During this procedure, the child should rest on a warm surface such as the mother's chest or abdomen or on a warm cloth, laid on a bed.

# 3

### SKIN-TO-SKIN CONTACT

This is an effective method to prevent heat loss in both term and premature newborns. The newborn should be placed on the mother's chest immediately after birth and covered with a dry cloth or bag.

# 4

### BREASTFEEDING

Breastfeeding should be initiated as soon as possible, within the first hour. Breast milk is essential for providing the newborn with the calories needed to generate body heat. Attention should be paid to the newborn's ability to breastfeed.

### DELAYING BATH

Bathing a newborn immediately after birth can cause a drop in temperature and blood pressure. It is recommended to wait for 24 hours after birth before giving the baby a bath

# 6

# APPROPRIATE CLOTHING

As a general rule, newborns require one or two extra layers of clothing and bedding compared to adults. It is recommended that during the first few hours, the baby's head remains covered with a hat.giving the baby a bath.

### MOTHER AND CHILD

Keeping the mother and baby together promotes continuous skin-to-skin contact as much as possible.

# NEONATAL TRANSPORT

If it is necessary to transport the newborn, it is important to avoid cooling during transport. The simplest and safest way is to transport newborns in skin-to-skin contact with their mothers.

## RESUSCITATION

If the newborn requires resuscitation, it is necessary to keep them warm as an asphyxiated newborn cannot produce heat efficiently. They need to be wrapped in a blanket or bag and provided with an additional heat source.

# EDUCATION AND AWARENESS

Raising awareness and training healthcare professionals on the need to adhere to the Newborn Heat Chain.

