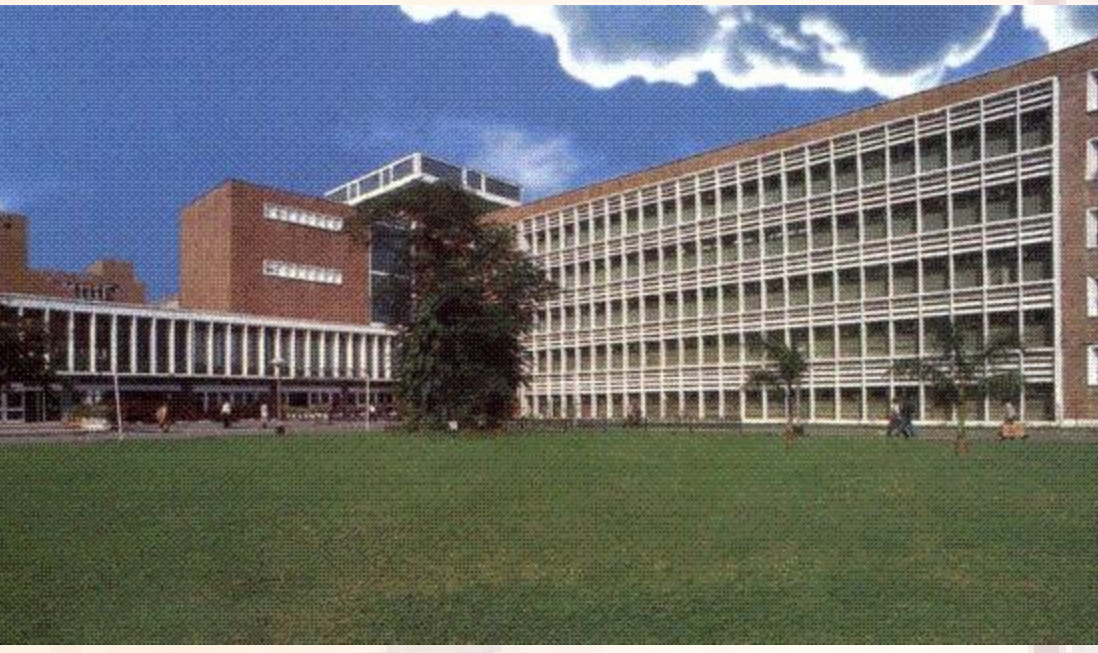


# SKIN CARE OF VLBW BABIES IN NICU

Kaushal M, George G, Aggarwal R, Agarwal R, Paul VK, Deorari AK,  
WHO Collaborating Center for Training and Research in Newborn Care, All India Institute of Medical Sciences, New Delhi, India



## SKIN CARE IN VLBW BABIES

### Principles

- Maintain integrity of skin
- Prevent risk of skin injury
- Management of skin injury



## MAINTAIN INTEGRITY OF SKIN

### Initial & ongoing skin assessment

- ❖ Color of skin
- ❖ Rash, breakdown, pressure sores
- ❖ Monitor probe, IV sites

### No bath

**Avoid emollients and creams.** If used it should be non-perfumed, nonirritating, and hydrophilic e.g. aquaphor

**Provide appropriate bedding and support using soft bedding.**

### Turn and position the infant

Sick infants with intact skin: Turn 3-4 hourly

Infants with skin breakdown: Turn 2 hourly



Contain the baby in a cotton cloth boundary

## PREVENT RISK OF SKIN INJURY

Avoid spilling betadine as it can burn the skin



Pull the adhesive parallel to the skin and apply water to the skin adhesive interface as the tape is folded on itself.



### Care givers should hand wash properly:

Simple, Cost effective

- Use a mild soap/solution not containing any anti-microbial agent.
- For two minutes before entering and for 30 seconds before and after touching the baby
- **Surgical scrubbing:** Not recommended

### Skin preparation

First apply spirit, let it dry then apply betadine. Wait for a minute then wipe it off with spirit. After the procedure, remove completely with sterile water. Take care not to spill and collect at back of baby.

### Tape

Apply tape in minimal possible area of skin. Once tape is applied, remove it only after 24 hr. Do not bandage after venepuncture for hemostasis. Spray healex on skin before tape application. Avoid bonding agents such as tincture benzoin.

While fixing ET tube, apply tegaderm on the skin before putting dynaplast



It will prevent avulsion of skin while removing tape



Use transparent dressing/ tegaderm for fixation of IV canula

## MANAGEMENT OF SKIN INJURY

### Optimize wound healing

- ❖ Maintain physiological stability
- ❖ Maintain thermal neutral environment
- Ensure adequate nutritional intake

**Keep wet skin lesion dry and dry skin lesion wet**

### Skin excoriation

- Determine the cause
- Wash area with warm water
- If lesions are open: apply bacitracin ointment or with a petroleum gauze

### Intertrigo

- Clean area with warm water
- Dry the skin
- Promote aeration in the area using neck rolls, soft gauze etc.

### Diaper dermatitis

- Use cotton diapers, change frequently
- Clean perineal area with warm water and let it dry to air. Baby wipes containing alcohol and perfumes not recommended
- Apply protective ointments containing zinc oxide (40%) liberally to affected area
- Nystatin cream to be applied if fungal infection suspected
- Do not put baby powder

## CONCLUSION

Simple neonatal care practices will help maintaining a healthy and intact skin in VLBW babies