Hypothermia

Axillary temperature <36.5°C

- Look for possible cause of hypothermia
- Check room temperature

Hypothermia

Mild hypothermia 36°C – 36.4°C
- Ensure room is warm (maintain at 25°C – 28°C)
- Position baby skin-to-skin with mother
- Continue breast feeding
- Recheck temperature in 1 hour;
  - if temperature is normal, cover the baby adequately including head, hands and feet
  - if no improvement, treat as Moderate Hypothermia

Moderate hypothermia 32°C – 35.9°C
- Provide warmth using a warmer (or electric bulb)
- If no warmer is available, start skin to skin with mother (KMC). Cover mother and baby together optimally using pre-warmed clothes
- Ensure room is warm (maintain at 25°C – 28°C)
- Continue breast feeding
- Measure blood glucose, if <45mg/dl, treat for hypoglycemia (See STP for Hypoglycemia)
- Reassess every 15 minutes; if temperature does not improve, increase setting of warmer - Reassess
- If no improvement or no warmer, REFER

Severe hypothermia <32°C
- Provide warmth using a warmer
- Rapid re-warming till baby is 34°C and then slow re-warming*
- Start oxygen and maintenance IV fluids
- Give Inj Vitamin K, if not given or status unknown
- Ensure room is warm (maintain at 25°C – 28°C)
- Measure blood glucose, if <45mg/dl, treat for hypoglycemia (See STP for Hypoglycemia)
- Reassess every 15 minutes, if temperature does not improve increase setting of warmer - Reassess
- If no improvement, REFER

* Hypothermia can be a sign of infection

For additional / next level management please refer to WHO Guidelines (Managing Newborn Problems and Pocket Book of Hospital Care of Children), http://www.ontop-in.org/sick-newborn/, http://www.newbornwhoocc.org/
* Initially use high setting of the warmer and if the baby’s temperature has been increasing at least 0.5°C per hour over the last 3 hours, rewarming is successful, shift to lower setting of warmer and continue measuring the baby’s temperature every 2 hours.