

ADMISSION OF <29 WEEK AND/OR <1000 G INFANT

The Golden Hour Checklist

Room check prior to admission

- Interventional cart outside of room
- Umbilical line insertion materials available and ready to open
- ½ NS with 0.5 units/ml heparin ready and out of fridge (if < 1.5 kg)
 - Use ½ NS with 1 unit/ml heparin if >1.5 kg
- Amino acid solution taken out of fridge and lines primed
- Lipids solution available and line primed
- Glucometer
- Stethoscope
- Premie leads and saturation probe
- Heat lamp
- Ventilator set-up ready if patient intubated

Nursing care on admission

- Timer started; goal < 60 min for all procedures/handling
- Weight on admission to NICU, at end of procedures, prior to positioning
- NO length – only on first full care
- If not already done in birthing center, head circumference ONLY on first full care
- NO abdominal girth for first 72 hours
- MINIMAL handling
 - Team discussion about grouping initial assessment by RN, RT, and MD/NNP
 - Isolette dome closed unless sterile procedure being done
- Elevate head of bed to 30 degrees, keep head positioned midline
- Vitamin K (IV) and erythromycin administered as per guideline

Thermoregulation & Skin care

- Temperature probe placed on baby (using Mepitac)
- Isolette set to Servo control
- Humidity in isolette as ordered
- Plastic wrap removed once sterile procedures completed (if baby normothermic & humidity stable), prior to positioning
- Chemical mattress removed once temperature stable
- Skin cleansing with:
 - 2% chlorhexidine (green swab), alcohol-free for infants <1 kg
 - 0.5% chlorhexidine and 70% alcohol (orange swab) for infants ≥ 1 kg
- Skin rinsed with sterile water following disinfection for any sterile procedure
- Use silicone based adhesives ONLY

Respiratory

- Saturation probe applied and connected to monitor
- Saturation targets with alarm limits as per OWL protocol
 - o FiO₂ adjusted to meet target saturations
- If on bubble CPAP, perform care in order to optimize bCPAP:
 - o Cannulaid placed in NICU at first suction (not birthing center)
 - o Shoulder roll, head and neck midline
 - o Patent nares, suctioning with one prong at a time, q4h + PRN
 - o Weighed with CPAP if weight required

Cardiovascular

- Premie cardio-resp leads applied and connected to monitor
- ONLY for those without UAL: Cuff BP measured, one limb only
 - o Cuff removed after measurement
- If bolus required, should not be infused in less than 30 minutes

Fluids and nutrition

- Start IV fluids within first hour of life
- Initial glucose check within first hour of life (from UVL/UAL)

Admission labs/imaging ordered and sent

- CBC, blood gas, blood type, coombs – drawn from UVL or UAL as much as possible
- Blood culture if suspected sepsis
- Obtain chest/abdominal x-ray, AP and lateral shoot-through to verify position of umbilical lines and ETT