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Parent Resource Guide

BC Women's Home Phototherapy Program

Arbutus Square 604 875-2235

Developed by:

Melanie Basso RN, MSN, PNC(C)
Senior Practice Leader Perinatal
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**BC WOMEN'S
HOSPITAL+
HEALTH CENTRE**

An agency of the Provincial
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Table of Contents

Information about jaundice and its' treatment.....	pg. 3
What is jaundice.....	pg. 4
How to treat jaundice.....	pg. 5
How to use the Bili Therapy Pad Type Phototherapy system.....	pg. 6
To set up the Bili Therapy Pad Type Phototherapy system at home.....	pg. 8
Treating your baby.....	pg. 11
Common questions and answers.....	pg. 11
Cautions and Warnings.....	pg. 13
Basic trouble shooting.....	pg. 14
References.....	pg. 15

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Information about jaundice and its' treatment

Your baby has a common and short-term condition known as **jaundice**. This parents' guide will help you to know more about jaundice, and how your baby will get better.

Your doctor has prescribed home phototherapy to treat your baby's jaundice. Information is focused on how this treatment happens while you are at home with your baby.

Prior to setting up the equipment, you must:

- Read through this Parents' Resource Guide
- Carefully follow the instructions to set up the equipment
- Pay special attention to the Cautions and Warnings sections (page 13)

When participating in the Home Phototherapy Program, you must:

- Follow the doctor's orders
- Keep the light treatment on your baby throughout the day and night
- Feed your baby regularly through the day and night, **at least 8 times on 24 hours** Feed your baby regularly through the day and night, **at least every two-three hours**
- Write all care on the Parents' Home Phototherapy Record
- Come to BC Women's Hospital on Arbutus Square every day, or as ordered by the doctor, for a baby check up and testing for jaundice levels
- Phone BC Women's Hospital Arbutus Square (604 875-2235) if you are worried about your baby or have any questions about the equipment.

Signs of worsening jaundice

If your baby shows any of the following signs, call Arbutus Square Unit right away:

- Baby is becoming more sleepy and difficult to wake up for feeds, or stops feeding
- Baby's skin turns from slightly yellow to more orange-yellow, and moves from chest to the arms and legs
- Your baby has a high-pitched cry, or is becoming more irritable

What is Jaundice?

Jaundice:

- Is a common, short-term and usually harmless condition when babies' skin becomes yellow in colour
- Happens when a chemical called **bilirubin** builds up in the baby's blood
- Usually appears first in the face, and then moves to the chest, stomach area, arms and legs, as bilirubin levels increase.
- Sometimes happens when babies are born early (premature), are bruised during birth, if the mom has diabetes, or if the mom and baby have different blood types
- Is not dangerous for your baby when treated
- In rare cases, bilirubin builds up too high and the baby needs help to get rid of the bilirubin
- If the baby does not get help to get rid of the bilirubin, possible brain damage or deafness can happen. This is called kernicterus.

How to treat jaundice

Feeding

- Feed your baby regularly through the day and night, **at least 8 times on 24 hours**
- Your baby may be sleepier and need to be woken on a regular basis-at least 8 times in 24 hours **for feeding**. The extra milk will help to get rid of bilirubin

Phototherapy:

- Is used to help when bilirubin levels get too high for the baby to clear them on his/her own
- Uses special light waves help to break down bilirubin in the baby's blood.
- Your baby can safely have this treatment at home using the Bili Therapy Pad Type phototherapy equipment.
- NOTE:** putting your baby in sunlight is not recommended as a safe way of treating jaundice.

How to use the Bili Therapy Pad Type Phototherapy Equipment

The Bili Therapy Pad Type phototherapy system equipment is designed for use at home. A long cable attached to a light device allows you to hold and feed your baby while getting treatment for jaundice. The treatment is faster and better when used next to your baby's skin as much as possible, throughout the day and night.

The Bili Therapy Pad Type System is made up of many parts:

The Illuminator device:

The illuminator device contains a blue light source which gives a healing light to your baby. The light goes through the skin to help break down the bilirubin, and helps to make your baby better. When the unit is turned on, you will hear a low fan from within the main device.



Fiber-optic pad and cable:

A long hose and long panel plugs directly to the illuminator device. The cable (long hose) sends the healing light from the illuminator device to the long panel. This light works only when it is placed directly against your baby's skin. The light is not hot and is safe to look at and touch.

The hose is easily unplugged from the illuminator device for the safety of your baby. The device should be kept in a secure place away from heat where it cannot be knocked over or pulled while it is attached to your baby.



Throw-away Pad Cover:

The throw away panel cover is soft, gives a cozy surface for the baby. The cover goes over the long light panel to protect it. **Put the covered light panel along the baby's back, in direct contact with the skin.** When the cover becomes dirty or wet, throw it away and put a clean one on. The panel should *a/ways* have a clean cover.



To set up the Bili Therapy Pad Type System at home

Think about a good place in your home where the baby can be near you, but not in a busy traffic area. The illuminator device needs a 3 hole outlet, and the device must sit on a flat surface. Do not place the illuminator device directly above the baby. The baby must be within a few feet of the device but it **should not** be in the bassinet or crib with the baby.

Put a few key items that you may need close to your baby:

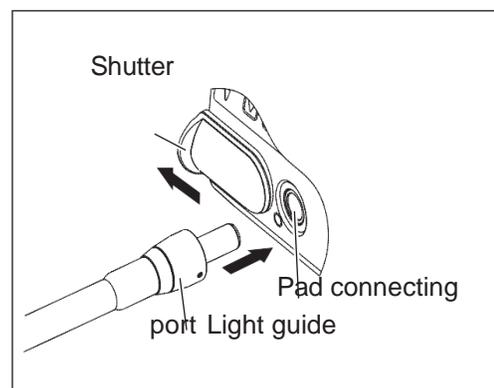
- Phone numbers for doctor and Arbutus Square at BC Women's 604 875-2235
- Baby thermometer (for taking temperature)
- Home Phototherapy Record sheets and pencil
- Extra panel covers
- Extra diapers and clean clothes

Step One

Insert the panel into a clean throw away panel cover.

Step Two

- (1) Slide the shutter of the light source to the left and insert the light guide of the pad into the pad connecting port of the light source.
- (2) Press the power switch
- (3) Press the light control button (“ ” or “ ”) on the operation panel to confirm that the light control indicator can be adjusted to display “High,” “Medium,” and “Low.”



Step Three

Lay the covered panel on a flat surface with the light-releasing side of the panel facing the sheer side of the cover. Place the baby's bare back directly on the panel cover with the long hose between the baby's legs with top of the panel at the baby's shoulder.

Step Four

Wrap the covered panel snugly use paper tape to hold the panel in place.

Step Five

Press the Bili Therapy Pad Unit ON/OFF button to turn the illuminator device on. After the power is turned on, the Therapy button will illuminate green.

To turn off the device when the therapy is complete, press and hold the Therapy On/Off button for 3 seconds.

Step Six

Your baby may wear clothes over the panel (so that the panel stays on the baby's skin directly). If you wish you can place a blanket over the baby and leave arms free. You can hold your baby and feed your baby with this equipment in place..



Treating your Baby

After you set up the equipment, follow these steps to start the light treatment.

1. Be sure your baby is comfortable and the light panel is set up as described.
2. The baby should be getting the light treatment at all times, except for bathing your baby and daily trips to BC Women's Hospital (Arbutus Square). Bring the equipment with you for each visit. You can set it up so that your baby can get treatment during the baby's check up at the hospital.
3. Blood tests are done every day to check bilirubin levels and figure out when the levels are normal and your baby doesn't need the light treatment any more.

NOTE: Be sure to turn OFF the Bili Therapy Pad Unit system any time your baby is not on the panel.

Common Questions and Answers

How long will my baby need to have the light treatment?

Each baby varies, but the normal treatment time is 2 to 3 days. The levels of bilirubin are tested every day to make sure that levels are getting lower. Your doctor will decide how long your baby will need treatment.

Can I hold and feed my baby during the treatment?

Yes, you can hold and breast-feed or bottle feed your baby. You can do all normal routines except bathing while your baby receives treatment.

Can my baby sleep with the treatment going on?

The treatment goes on during all the baby's normal routines, including sleeping. The throw away cover helps keep the light panel in place while the baby is sleeping.

Will the lights heat my baby?	No, the special light is a cool light; no heat is produced.
Will my baby be close to any electricity?	No, only light comes through the long hose to the light panel. No electricity comes near your baby.
Why is my baby's skin a lighter colour around the area that the panel has been covering?	Your baby's skin is in direct contact with the special healing light. The bilirubin in the skin tissue (which causes the yellow colour) is broken down in that area first. As the bilirubin levels drop to a normal level, the baby's skin goes back to a normal colour.
Should I protect my baby's eyes from the light?	Your baby does not need protection for the eyes, the light does not come close to your baby's eyes during treatment. Since any bright light can affect the baby's eyes, always turn the unit <u>OFF</u> before you take the panel off the baby.
How often should I change the throw away panel covers?	The throw away cover should be changed at any time it becomes dirty or wet.
How do I clean the illuminator device?	If the device is dirty, use a damp soft sponge or cloth to wipe down the illuminator unit. Allow the equipment to air dry. DO NOT DRY WITH ANY TYPE OF HEAT.
How do I clean the light panel if it becomes dirty?	Disconnect the power cord from the illuminator device and wipe down the panel with mild soap such as a dishwashing liquid. Do not place the panel in any water. Do not use abrasive cleaners.

Cautions and Warnings

Warnings

A warning means that there could possibly be some risk of danger

<p>ALWAYS:</p>	<p>Use the Bili Therapy Pad Type equipment only as described in this guide.</p> <p>Connect the equipment to a 3 holed outlet.</p> <p>Place the illuminator device on a secure, stable hard flat space.</p>
<p>NEVER:</p>	<p>Never operate the equipment if there is a frayed cord or damaged plug.</p> <p>Never use an extension cord.</p> <p>Never place the illuminator device over the baby where it can fall onto the baby.</p> <p>Never block the air vents of the device or place it on a soft surface such as a bed, crib, carpeted floor, or couch, where the air vents may be blocked.</p> <p>Never put anything into the openings of the Bili Therapy Pad Type unit</p> <p>Never leave the Bili Therapy Pad Type device on when the light panel is not around the baby.</p> <p>Never use while bathing the baby.</p> <p>Never place the Bili Therapy Pad Type device where it can fall or be pulled into a tub or sink.</p> <p>Never place the Bili Therapy Pad Type device on a high surface where it could fall off and be damaged.</p>
<p>CAUTIONS</p> <p>A caution means that equipment may be damaged, or not work well</p>	<p>Keep the unit away from any heat.</p> <p>Do not put sharp or heavy things on the light panel. Do not bend the panel. This can damage the panel and make it not work well.</p> <p>Do not dry the light panel with any heat.</p>

Basic Troubleshooting

Here is a list of problems that can happen while using the Bili Therapy Pad Type system for home phototherapy. For other information, please phone Arbutus Square at BC Women's Hospital **604 875-2235**.

Problem	Reason/Action
Power Light is not green	Make sure the power cord is properly attached and plugged into a 3 pronged electrical outlet. Make sure the unit is turned ON.
Illuminator device is making more noise when turned on	Make sure you report this to the nurse when you return for your daily visit.
Light is not coming from the light panel	Check to make sure panel is plugged tightly into the illuminator device.

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Atom Bili Therapy Operation Manual

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