

Who am I?

my name is Rachel Santos Sereno Marques, I am nurse specialist in neonatology, graduate in Auditing and Hospital Administration and Master's Degree in Teaching in Health and Environmental Sciences by UniFOA. In my experience in neonatal care, I was able to observe the parents' feelings of fear, anxiety and insecurity in the care after hospital discharge of premature babies. This scenario aroused my interest in expanding knowledge about the possibility of new technologies to guide home care for parents/family at hospital discharge.

Complete Guide:
www.bebesereno.com



Mestrado Profissional em Ensino de Ciências da Saúde e do Meio Ambiente.



CONTEXTUALIZATION OF CARE
IN NEONATAL NURSERY: FOCUS ON
EDUCATIONAL TECHNOLOGY



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Easy-to-understand care guide for post-discharge parents

Food

BREASTFEEDING BENEFITS:

Breastfeeding is a natural bonding, affection, protection and nutrition strategy for the child.

USING THE CUP

It is possible to offer milk to the premature baby without the use of artificial nipples.

POSITION AFTER BREASTFEEDING

It is important to position the baby to burp after feeding. With this simple action, reflux is prevented.

MYTH OR FACT? DO BABIES BEHAVIOR CHANGE IF THEY DO NOT HAVE SPECIFIC BREASTFEEDING TIME?

In fact, The sucking of milk by premature babies is a little slower, so they get quickly more tired.

THE RIGHT HANDLEB

reastfeeding is an act of love, affection, persistence, and patience.

Queries

APPOINTMENTS WITH A PEDIATRICIAN / NEONATOLOGIST

First consultation: 5 to 7 days after discharge.

WARNING SIGNS:

It is important to always observe premature babies' behavior.

Cry

CRYING AS A SIGN OF PAIN.

Crying as a sign of pain is louder and more dysphonic, longer and more intense.

MAIN CAUSES OF PREMATURE BABY CRYING

is a form of communication. Babies have different cries for different things.

Special Cares

CARE WHEN HOLDING AND PLACING THE BABY PREMATURE IN THE YOUR ARMS

Babies generally feel protected and welcomed by their mothers/family and enjoy the "lullaby" movement. Other babies cry a lot.

PREVENTING INFECTIONS

In the first months of life, babies have reduced defenses against infections, especially premature infants.

WHAT TO DO WHEN THE BABY REGURGITATE OR VOMIT AFTER BREASTS?

Regurgitation occurs because a premature baby has an immature digestive system.

Eliminations

WHAT IS NORMAL IN BABY FECES?

When exclusively breastfed babies (AME) can have a bowel movement at each feeding or go up to 5 to 7 days without one.

FECES

Observe the intestinal elimination in the first days they are usually dark, becoming yellowish during the first week of life.

URINE

Observe the color of the baby's urine and the number of times the diaper is wet during the day. This it should be performed more than six times in 24 hours.

Hygiene

MOUTH CARE

It is important to clean the premature baby's mouth even before teething, cleaning the gums, cheeks and tongue with a cloth.

DIAPER CHANGE

Regarding diaper changes, it is recommended to do them more frequently, since a premature baby's skin is much thinner and more sensitive.

TIPS TO HELP IN THE BATH

bringing confidence over time. when bathing your premature baby frequently.

Medication

DO PREMATURE BABIES NEED FERROUS SULPHATE AND VITAMINS?

Premature babies have a small amount of iron stored in their bodies, and it is necessary to administer it in the form of medication to prevent anemia.

PRECAUTIONS ABOUT MEDICATION

It is very risky for the mother/family to medicate her child. The risks for the child are due to errors in dosage and medication choice.

Family Relationship

PREMATURE BABY CARE WHEN RECEIVING VISITS

When the baby comes home, many people will want to visit. Some measures are very needed to receive without harming safety and health of baby and family.

HAVING A MORE CAREER RELATIONSHIP WITH THE PREMATURE BABY WHEN HE IS DISCHARGED AND GOES HOME

When the child is discharged from the hospital, the mother and family tend to feel anxious and insecure, as they have the sole responsibility of caring for the child.

Sleep

HOW TO IMPROVE YOUR BABY'S SLEEP

To improve your baby's sleep quality, you can take some very simple measures.

BEWARE OF SLEEP

The ideal sleeping position is on his back. Several studies indicate that this posture reduces sudden death risk by up to 70%.

Temperature

CARING FOR YOUR PREMATURE BABY'S TEMPERATURE

Care related to the control and maintenance of the premature baby's body temperature is essential for greater survival.

HOW TO DRESS YOUR BABY

Care must be taken when choosing clothes for your premature baby, as he is more sensitive.