Preventative care of the well at risk (for hypoglycaemia) newborn baby

Well, at risk newborn baby (first 48 hours of life)
If baby is symptomatic for hypoglycaemia or screening BGL < 2.6 mmol/L—refer to
Flowchart: Management of hypoglycaemic newborn baby

**Risk factors for hypoglycaemia**
- Temperature < 36.5 °C or labile
- Baby of woman with diabetes
- Preterm < 37 weeks gestation
- Inadequate feeding
- SGA < 10th centile
- LBW < 2500 g
- LGA > 90th centile
- Resuscitation at birth
- Post-mature baby > 42 weeks gestation
- Polyhydramnios
- Macrosomia
- Meconium aspiration syndrome
- Suspected syndromes
- Maternal medications—beta blockers; dexamethasone; oral hypoglycaemics
- Family history of metabolic and/or endocrine disorders

**At birth**
- Assess for risk factors
- Keep baby warm
  - Dry baby
  - Early skin-to-skin
- Maintain temperature 36.5 °C–37.5 °C
- Initiate feeds within 30–60 minutes of birth
  - Discuss feeding cues
  - Feed at least 3 hourly or more frequently
- Gavage feed if baby < 35 weeks
- Keep mother and baby together if possible
- Discuss preventative care with parents

**Symptomatic or unwell baby**
May have one or more signs
- Poor feeding
- Tremors/jitteriness
- Apnoea
- Cyanosis
- Irregular, rapid breathing
- Seizures
- Altered LOC—irritability, lethargy, stupor, coma
- Hypotonia
- Weak or high pitched cry

**Effective 1st feed?**
Yes
- Symptomatic or unwell or BGL < 1.5 mmol/L?
No
- BGL ≥ 2.6 mmol/L?
  - Yes
    - If BGL ≥ 2.6 mmol/L for 24 hours in 1st 48 hours or ≥ 3.3 after 48 hours
    - BGL, for known hypoglycaemic disorder ≥ 4 mmol/L (after 6 hour fast test)
    - Baby feeding effectively and is well
  - No
    - Refer to Flowchart: Initial management of hypoglycaemic newborn baby
      - (first 48 hours of life)
      - BGL ≥ 1.5 mmol/L–2.5 mmol/L
    - If BGL < 1.5 mmol/L—refer to Flowchart: Management of hypoglycaemic newborn baby
      - Symptomatic or BGL < 1.5 mmol/L (first 48 hours of life)

**Ongoing care**
- Keep baby warm
- Continue skin to skin contact
- Feed
  - Feed at least 3 hourly or more frequently
- Gavage feed if < 35 weeks
- Keep mother and baby together if possible
- Discuss preventative care with parents

**Confirm any BGL < 2.6 mmol/L in blood gas machine, PoC analyser or laboratory**
- Temperature < 36.5 °C or labile
- Baby of woman with diabetes
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**BGL** blood glucose level, **EBM** expressed breast milk **IV** intravenous, **LBW** low birth weight, **LGA** large for gestational age, **LOC** level of consciousness, **NNP** neonatal nurse practitioner, **RSQ** Retrieval Services Queensland, **SGA** small for gestational age, **<** less than, **>** greater than, **≥** greater than or equal to


Queensland Clinical Guidelines