# Basic Care Skills

*DIAPER CHANGES AND DIAPER CREAMS

*SKIN, MOUTH AND EYE CARE

# Diapering Your Baby

- Your baby's diaper will be changed during their care times to allow them to sleep during other times of the day
- All the supplies needed for a diaper change will be in your baby's isolette/basinet drawer or under the pediatric crib

# Diapering Your Baby

- Supplies include:
  - Diaper
  - Wipes
  - Vaseline or other creams

# How to change a diaper

- Open the new diaper and place underneath your baby's bottom
  - Try to slide the diaper underneath your baby instead of raising or lifting your baby's legs
  - For babies less than 30 weeks, your nurse can show you how to log roll your baby to change the diaper
  - If your baby is very small or just born, diaper changes are best while keeping your baby as contained as possible. Please use developmental aids or have someone help contain your baby's arms during diaper change.

# How to Change a Diaper Continued…

- Open the dirty diaper and fold under your baby. Their dirty bottom will be on the dirty diaper.  This helps keep the poop off everything when changing
- Using diaper wipes, wipe your baby's bottom area until clean. Do not push hard or rub the wipes, it can cause skin breakdown.
  - Always **wipe front to back** to help prevent urinary tract infections

# How to Change a Diaper continued…

- Once your baby is wiped clean, remove dirty diaper with dirty wipes in it
- Place dirty diaper at the foot of the crib or isolette. This is the DIRTY area. (Photos in next couple slides)
- Gently place Vaseline or other prescribed cream on your baby's bottom.
- Close the clean diaper and fold down the top if the umbilical stump remains

# How to Change a Diaper Continued…

- Use the Velcro tabs to secure the diaper.
  - Make sure at least one finger can fit in the closed diaper so you know it is not too tight. Also check that it is not too loose.
  - Remember for little boys to point their penis down before you close the diaper
- Be sure to **close porthole door or put side rail up** before leaving the bedside
- Set dirty diaper by the scale next to the sink for your nurse and **wash your hands**

# Dirty Portion of Crib/Isolette

**Diapers, Diaper Wipes and Diaper Creams go in the DIRTY area at the foot of the crib/basinet/isolette**

# Dirty Portion of Crib/Isolette

**OR Diapers, Diaper Wipes and Diaper Creams can go on a shelf near the crib/basinet/isolette**

# Hand Washing After Diaper Changes

# Diaper Creams

- Vaseline:
  - Use with each diaper change to help protect your baby's skin
  - Helps keep out moisture
- Zinc Products: Use when bottom is starting to turn pink/red
  - Aquaphor Healing Paste
  - Desitin

# Diaper Creams continued…

- Triad Paste: Use when breakdown starts to occur
- Nystatin powder: Use when there is a fungal rash and breakdown.

  Use in combination with triad paste and cover with Vaseline for crusting procedure
- Nystatin cream: Use when there is a fungal rash

# Perianal Skin Care: Sore Bottom

- When your baby has a sore bottom, gently remove pee and poop every time you do cares. Only remove the pee and poop and then reapply cream or powder.
- You do not need to remove all of the cream with each diaper change because it helps heal your baby's skin
- Check for candida rash (see picture on next slide) and treat with Nystatin cream or powder

# Fungal Rash VS. Breakdown

**Fungal/Yeast Rash:**

- Red, raised bumps
- Rash around bumps
- Can be seen in skin fold and/or all over your baby's bottom

**Breakdown:**

- Bright red
- Tender looking areas
- Bleeding areas
- Your baby may seem more uncomfortable when you change his/her diaper

# Perianal Skin Care: Red Bottom

- When your baby's bottom is RED with NO breakdown: Ask your nurse or doctor for a Zinc-based Diaper Cream
  - Aquapahor Healing Paste (if less than 30 weeks)
  - Desitin (if greater than 30 weeks)
- Apply zinc diaper cream with every diaper change
- You don't need to wipe all of the cream off each diaper change. Gently dab away pee and poop

# Perianal Skin Care: Red and Bleeding Bottom

- When your baby's bottom is bright red or bleeding:
  - Use cotton balls soaked in water to gently dab away any pee or poop
  - You do not need to remove the cream
  - Dab the area dry using the clean diaper
  - Apply thick layer of triad paste

# Perianal Skin Care: Crusting Technique

- Sometimes your baby may need more than one type of diaper cream or powder
- If your baby has a scratched or bleeding bottom with a fungal rash
  - Gently dab away any pee or poop with cotton balls soaked in water
  - Gently dry diaper area using clean diaper
  - Apply Nystatin powder
  - Apply triad paste
  - Apply a thick layer of Vaseline

# Skin Care

- Your baby's skin may become dry or cracked. An ointment can be used to help with healing.
- The ointment needs to be petroleum based, perfume/dye/preservative free
- We do not use lotions in the NICU. Your baby can have sensitive skin or be very sensitive to strong smells.
- The ointment choice while in the NICU is **Aquaphor or Earth Mama Baby Oil (massage oil)**
- If you notice your baby's skin is dry ask your nurse or doctor for Aquaphor or you can use massage oil if already being used with developmental therapy

# Aquaphor

- Apply a small amount Aquaphor to dry areas every 12 hours
- Aquaphor can be used under radiant warmers and/or phototherapy
- If your baby is less than 1 kilogram, Aquaphor will be used with caution
- If your baby is in greater than 60 percent humidity in the first week of life, Aquaphor will not be used.  The air's humidity will be enough for your baby's skin.

# Massage Oil

- NICU Approved Massage Oil = Earth Mama Baby Oil
- Apply a small amount of massage oil to each body part when completing massage or to dry areas as needed
- Can be used if your baby is 32 weeks or older
- Oil is not used under phototherapy
- Oil will be started with you and your baby by developmental therapy for massage 1st

# Mouth Care

- If you notice that the skin around your baby's mouth is dirty, please use a Sali-Wipe to clean around the mouth.
- Another things to look for when doing your baby's mouth care is **thrush.**
  - Thrush is white patchy spots that can't be rubbed off. If you notice your baby's mouth is white, tell the doctor or nurse. Pacifiers should be changed once a week if your baby has thrush.

# Eye Care

- If you see crusty discharge in your baby's eyes, please use a Sali-wipe to clean that discharge away. Make sure to squeeze the Sali-wipe out before using on baby's eyes (There is a lot of saline on the wipe).
  - Use one part of the Sali-wipe from inner eye (by nose) to outer eye (by ear); and then find a new place on the Sali-wipe to do the other eye.
  - Check the color of discharge from your baby's eye. Also check if your baby's eye seems swollen, or if the white part of your baby's eye looks red