



WEEK 2 PREVENTING RETINOPATHY OF PREMATURETY

2.15 REFLECTING ON AND APPLYING YOUR LEARNING THIS WEEK

This week we have explored the wide range of multi-sectoral, organisational action that is needed to deliver high quality healthcare services and reduce preterm babies' risk of developing long term disabilities such as retinopathy of prematurity. These interconnected activities are targeted:

- **Before birth** through prevention strategies, planning and organising accessible neonatal services.
- **In the first hour** after birth by ensuring a trained team provides the supportive care preterm babies need at delivery and organise transfers as required.
- **Following birth** by ensuring all the key care activities for preterm babies are provided within the NICU.

Across all the different stages it's vital to maintain good communications with families and between different healthcare providers, and to manage data effectively for each preterm baby and across the complex range of services being provided.

Exercise: Prioritise healthcare action to reduce the risks associated with preterm birth

The table below lists all the healthcare activities we have discussed this week that are known to reduce the risks of preterm birth. Use the table to consider what the priorities for action should be in your setting.

You can choose to approach this activity from the perspective of a parent or a healthcare worker.

Step 1. For each table row, consider whether this action is:

- Done regularly, or
- Done sometimes, or
- Never done / Not feasible.

Step 2. Identify what needs to be changed to improve each of these activities in your setting. If you are a healthcare worker, what can you personally do?

Action to reduce risks of preterm birth	How often is this done in my setting?	What do we need to change?
Antenatal use of corticosteroids		
Managing the golden hour		
Coordinating transfers in utero and ex utero		
Pain management		
Oxygen monitoring		
Infection control		

Action to reduce risks of preterm birth	How often is this done in my setting?	What do we need to change?
Nutrition management		
Temperature management		
Supportive care e.g. Kangaroo care		
Communicating with parents		
Data management		

Reflection

Which of these activities should be prioritised in your setting to improve provision of healthcare services for preterm birth? Justify your decision.

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