

Kalitheerthalkuppam, Madagadipet, Puducherry- 605107

Name of Resource person:
Dr.A.Arul Kumaran

Podcast Title: Essential Newborn care

Department: Paediatrics

Category: (Select relevant category)
Public awareness

TRANSCRIPT

Hello this is Dr.A.Arul Kumaran, Professor of Paediatrics talking on essential newborn care on the occasion of **National Newborn Week celebration**.

National Newborn Week is celebrated every year from 15th – 21th November. The first 28 days of life after birth are defined as neonate. The common causes of Neonatal mortality are complications arising due to prematurity and low birth weight babies, 2nd most common is sepsis and thirdly complications occurring during the time of delivery which includes birth asphyxia, respiratory distress and so on. All the above causes are preventable or treatable if proper care is given soon of the birth.

This year theme focus on “**Home based newborn care**”. Which can be accomplished with the four important components of **essential newborn care**. Let us discuss one by one.

Firstly all newborns must breathe/ cry immediately after birth. so every delivery must be attended by trained personnel involved in newborn resuscitation so that there is smooth transition from intrauterine to extrauterine environment.

The next component is ensuring adequate warmth to the neonate by direct skin to skin contact with the mother soon after birth and ensuring adequate clothing there after.

The third component is adequate breast feeding when must be started soon after birth and continued exclusively for 6 months.

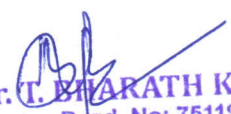
The last and most important component is prevention of sepsis. Adequate hand washing and minimal handling will help a long way in curtaining this complication.

These important components must be followed for all newborn which will help to greater extend in decreasing the neonatal mortality in our country.

Signature of the Resource Person



Signature of the HOD


Dr. T. BHARATH KUMAR
Regd. No: 75119
PROFESSOR & HEAD
Department of Pediatrics
Sri Manakula Vinayagar Medical College & Hospital
Kalitheerthalkuppam, Madagadipet,
Puducherry-605107.