Discharge Teaching 2: Jaundice Outline

Name:

Institutional Affiliation:

Date:

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Discharge Teaching 2: Jaundice Outline

# **The topic**

The selected topic

* + 1. Health Promotion Recommendations

# **Introduction**

Evidence

* + - Jaundice is one of the common problems facing the general community. However, the prevalence differs depending on the age.
    - Jaundice arises due to an underlying condition presenting numerous symptoms and signs like yellowing of the skin or bodily fluids such as urine.
    - According to the report by Chee et al. (2018), jaundice affects at least 1 in every 2500 to 5000 live births. This condition is associated with the existence of underlying conditions like hepatitis and but not limited to the Epstein-Barr virus.

# **Identification of Risk Factors and/or Benefits**

Risk factors

* + - Having siblings with neonatal jaundice
    - Feeding difficulty newborns
    - Diabetic mothers
    - Incompatibility of the blood types
    - Cephalohematoma newborns

# **Referral to Professional and Community‐Based Resources**

Professional organization

* + 1. The Center for Disease Control and Prevention
       1. 800-232-4636
       2. wwwn.cdc.gov, usa.gov
       3. [cgh@cdc.gov](mailto:cgh@cdc.gov)

Community-based resource

* + 1. Nationwide Children’s Hospital
       1. (614) 722-2000
       2. [CommunityRelations@NationwideChildrens.org](mailto:CommunityRelations@NationwideChildrens.org)
       3. [www.nationwidechildrens.org](http://www.nationwidechildrens.org)

# **Health Promotion Recommendations**

* + Frequent breastfeeding can be used to prevent and manage childhood jaundice (Flaherman, Maisels & Academy of Breastfeeding Medicine, 2017).
  + Fluid supplementation (IV fluids)
  + Phototherapy (Bhardwaj et al., 2017).

# References

Bhardwaj, K., Locke, T., Biringer, A., Booth, A., K Darling, E., Dougan, S., ... & Little, J. (2017). Newborn bilirubin screening for preventing severe hyperbilirubinemia and bilirubin encephalopathy: a rapid review. *Current pediatric reviews*, *13*(1), 67-90.

Chee, Y. Y., Chung, P. H., Wong, R. M., & Wong, K. K. (2018). Jaundice in infants and children: causes, diagnosis, and management. Hong Kong Med J, 24(3), 285-92.

Fisherman, V. J., Maisels, M. J., & Academy of Breastfeeding Medicine. (2017). ABM Clinical Protocol# 22: Guidelines for managing jaundice in the breastfeeding infant 35 weeks or more of gestation—revised 2017. *Breastfeeding Medicine*, *12*(5), 250-257.