

Thesis Title	The Effect of Preventive Heat loss on Body Temperature of the Neonate after Birth
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ABSTRACT

Newly-born infants loss heat rapidly immediately after birth . Body temperature falls during the first 30 minutes of life unless very special precautions of heat loss prevention are performed. Hypothermia during this peroid may be a threat to survival of these infants. Thus, the prevention of heat loss after birth is the gold standard neonatal nursing care.

The main purpose of this research is to evaluate the effect of heat loss prevention on body temperature of the neonate after birth. Quasi-experimental research was implemented. Eighty healthy fullterm infants, born in the delivery room, Siriraj Hospital were enrolled for this study. They had been selected according to the criterias and randomly assigned into two groups . Both experiment and controlled groups were similar in birth weight and maternal use of analgesia during labour.

The experimental group was received the heat loss prevention protocol performed by the researcher, the controlled group was received the routine hospital care from nursing personels in the unit. Rectal temperature was recorded by an Electronic thermometer at one minute, 10 minutes, 30 minutes, one hour, two hours after birth and upon admission to the nursery by a research assistant. Data were analyzed by using t-test and Chi-Square test. The result were as follow :

1. The body temperature of the neonate in the experimental group at one minute, 10 minutes, 30 minutes, one hour, two hours after birth and upon admission to the nursery were statistically higher than those in the control group. ($p<.001$)

2. The incidence of hypothermia in the experimental group at 2 hours after birth and upon admission to the nursery were statistically lower than those in the control group. ($p<.001$)

According to the results , the researcher suggests that, heat loss of the neonate during the first 30 minutes after birth can be prevented by controlling delivery room temperature at 25-30°C and 50-90 % humidity. After delivery, the head and body of the neonate should be dried with warm towel or blanket under radiant warmer, then wet towel or blanket should immediately removed from the infants. This nursing care should be limited for not more than 20 minutes.