



## CAREGIVER INSTRUCTIONS

# Phototherapy



APRIA HEALTHCARE®

Follow all warnings and instruction labels on  
medical devices.

To obtain a copy of the manufacturer's product manual,  
visit us at **apria.com**

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# Orientation Checklist

During orientation, the following information will be discussed, demonstrated and, in return, demonstrated by you.

## **Demonstrate the following:**

### **Phototherapy blanket**

- How to attach the patient cable to the phototherapy unit.
- How to attach the fabric covers to the patient cable.
- How to turn the unit on and off.

### **Phototherapy bed**

- Explain the importance of using the phototherapy bed with a crib or bassinet.
- Explain the correct positioning of the baby while using the phototherapy bed.

### **Safety information**

- Explain where to place the phototherapy unit.
- Explain the importance of allowing airflow around the unit.
- Is using the unit while bathing the baby safe?
- Is placing the unit near a sink or bathtub safe?
- Do you need to turn off the unit before unwrapping the baby from the panel?
- Explain what to do if a bulb is burned-out.
- Explain how to contact your Apria Healthcare representative.
- Explain the importance of not leaving the baby unattended while using the phototherapy unit.
- Explain that care must be taken to ensure the baby does not become too hot or too cold during therapy. Clothe or cover the baby as needed, and take his/her temperature several times throughout the day. Contact your pediatrician if you are unsure about how to take the temperature reading.

## **Special instructions:**

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## Your Prescription

Your physician has prescribed phototherapy, and has ordered the following phototherapy device for your baby:

- Phototherapy bed
- Phototherapy blanket

Your phototherapy device is to be used as prescribed by your physician.

## Equipment and Accessories

**Part Number**

**Description**

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# Jaundice and Its Treatment

Your baby has been diagnosed with a common and temporary condition known as jaundice. This caregiver's guide will help you to understand jaundice, how it affects you and your baby, and how your baby will be treated for this condition. It will also provide you with information on your role in administering the appropriate treatment for your child.

Apria Healthcare is available to answer any questions or concerns that you may have.

## What Is Jaundice?

Jaundice is a common, temporary and usually harmless condition in newborn infants. It affects both full-term and premature babies, appearing during the first week of the baby's life.

Jaundice occurs when there is a build-up of the naturally occurring substance in the blood called **bilirubin** (bi-li-roo-bin). Bilirubin is an orange/red pigment. As bilirubin begins to build up, it deposits on the fatty tissue of the skin causing the baby's skin and whites of the eyes to appear yellow.

Bilirubin is released into the bloodstream when red blood cells are broken down. The bilirubin is then processed in the liver and is eventually excreted from the body. It is normal for everyone to have low levels of bilirubin in their blood.

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## Jaundice and Its Treatment *(continued)*

“Normal” jaundice occurs in newborns because their liver is not yet fully developed and cannot handle the bilirubin. This creates the condition of high levels of bilirubin in the blood called **hyperbilirubinemia** (hi-per-bi-li-roo-bi-**nee**-me-ah). In some cases, jaundice is associated with breast feeding.

High levels of bilirubin can be dangerous to a baby. It is important to monitor levels and if necessary to treat jaundice to ensure the healthy development of your child. Phototherapy is the most common form of treatment for jaundice. Normal jaundice is usually treated with phototherapy for a few days until the liver is mature enough to process the bilirubin on its own.

Other types of jaundice can occur if babies are bruised in birth, if the mother has diabetes, or if the mother and child have different blood types.

### **What Is Phototherapy Treatment?**

Some “normal” jaundice will disappear within a week or two without treatment. Other babies will require treatment for jaundice because of the severity of the jaundice, the cause of the jaundice, or how old the baby is when jaundice appears.

Phototherapy is the process of using special light to eliminate bilirubin in the blood. These light waves absorbed by your baby’s skin and blood change bilirubin into products which can pass through their system.

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## Jaundice and Its Treatment *(continued)*

For over 30 years, phototherapy treatment has been provided by a row of lights or a spotlight suspended at a distance from a baby. This would provide light shining directly on an undressed baby whose eyes would need protection from the light with eye patches. Often this was only administered in the hospital. Today, your baby can receive safe and effective treatment in your home. The separation and inconvenience of hospital treatment of jaundice is eliminated and you are able to give your child love and attention during the essential phototherapy treatment.

### **How Long Will Your Baby Need the Phototherapy System?**

The length of time phototherapy treatment is needed varies from one baby to the next as each baby's condition is different. Your physician will prescribe the amount of time your baby will be on the phototherapy system each day, and it is important to follow your physician's prescription so that your baby's bilirubin level will normalize as quickly as possible. Most babies have phototherapy treatment for several days. During phototherapy treatment, the baby's skin color should not be used as the indicator of how severe the jaundice is. Your baby's bilirubin level will be tested daily, usually by a small sample of blood taken from the baby's heel. Your physician will make arrangements for the blood tests. These tests will determine when normal levels of bilirubin are reached and phototherapy is no longer needed.



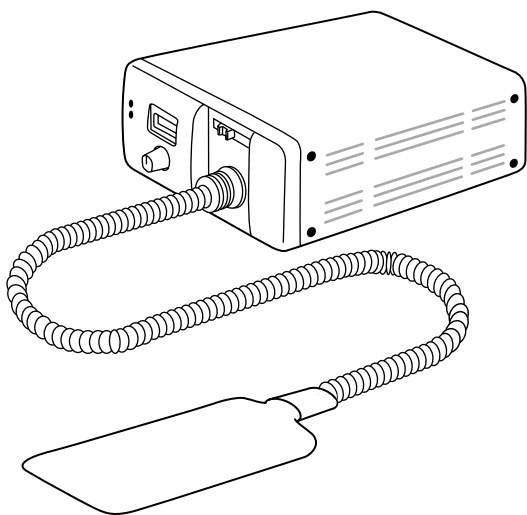
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# Your Phototherapy Equipment

There are several different types of phototherapy devices. The exact device that you use is dependent on several factors, which include severity of jaundice and physician/hospital preference. The major types of phototherapy devices include phototherapy blankets and phototherapy beds.

## Phototherapy Blankets

Phototherapy blankets consist of a fiberoptic light source connected to a pad that is placed against the baby's back or chest, and can be used while holding the baby in your arms. The pad emanates a blue light, which provides the therapy to your baby. It is safe to look at and to touch. The pad is applied directly to the baby's skin for most effective results. Your baby may sleep or be bundled/held with the pad in place. A lightweight blanket may be used outside the pad to keep your baby warm.



*Phototherapy blanket*

## Using the Phototherapy Blanket

**Step 1:** Plug the phototherapy unit into a grounded electrical outlet.

**Step 2:** Attach the fiberoptic cable to the phototherapy unit.

**Step 3:** Insert the panel into a disposable cover with the light facing the sheer side of the cover.

**Step 4:** Place the covered panel under the baby's torso, positioning it so it is under the baby's armpits.

**Step 5:** Wrap the panel around the baby. You may use tape or Velcro tabs to secure the panel around the baby.

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## Your Phototherapy Equipment *(continued)*

If the cover becomes soiled, discard it and replace it with a clean cover. To be sure that the cover is not wrapped too tightly around the baby's chest, insert your finger between the panel and the baby's body. Your finger should fit easily.

### **Using the Flat Panel Phototherapy Blanket**

The cover for the neonatal panel is called a "T-vest."

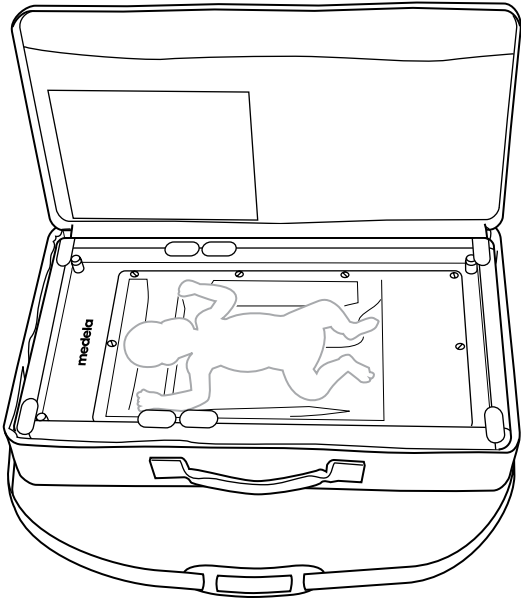
**Step 1:** Insert the panel in the vertical section of the "T" with the light facing the sheer side of the cover.

**Step 2:** Lay the covered panel on a flat surface. Be sure that the side emitting the light is facing up.

**Step 3:** Position the baby's chest or back directly on the panel. The fiberoptic cable connected to the panel should fit between the baby's legs.

**Step 4:** Secure the T-vest to the baby by wrapping the side without the tape around the baby's midsection. Wrap the side with the tape over the baby. Peel the protective cover off of the tab and secure it.

If the cover becomes soiled, discard it and replace it with a clean cover. To be sure that the cover is not wrapped too tightly around the baby's chest, insert your finger between the panel and the baby's body. Your finger should fit easily.



*Phototherapy bed*

Illustration courtesy of Medela, Inc.

## **Phototherapy Beds**

Phototherapy beds permit your baby to be treated while in his or her bassinet or crib. The light source is under your baby, and a zippered blanket is provided that holds your baby in place on the bed. Your baby should be positioned on his/her back, and your baby's clothes should be removed so the maximum amount of your baby's skin is exposed to the light source.

**IMPORTANT** — Be sure that your baby is not positioned face-down on the bed, except by direction of a physician. Care must be taken so that the light source is not exposed to your baby's eyes, and that your baby does not become too hot or too cold.

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## **Safety Precautions**

**Read all instructions before using equipment!**

### **Place Equipment Where It Is Safe**

- Place the equipment on a flat, hard surface.
- Place the equipment away from high traffic areas.
- Place the equipment out of the reach of small children.

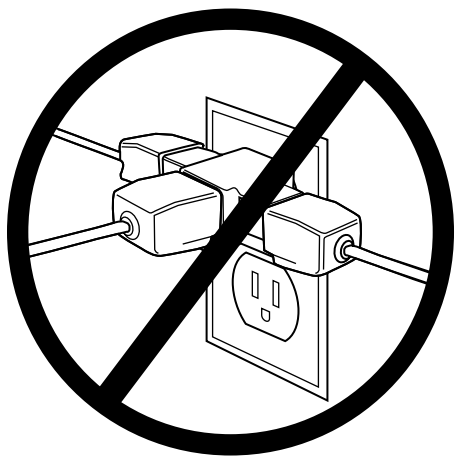
### **Do Not Let Equipment Overheat**

- Do not place the equipment near a heater or other source of heat.

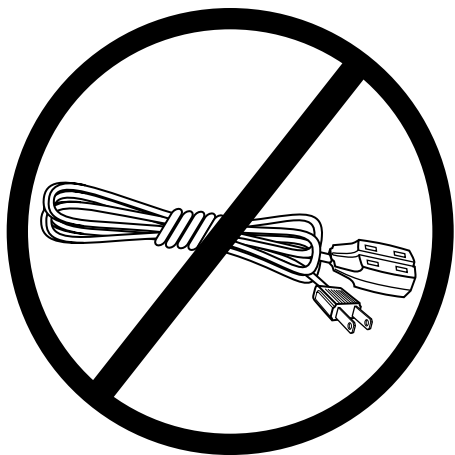
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## Safety Precautions *(continued)*

- Be sure the air vents are not covered. There needs to be space all around the unit so it can “breathe.”



*Do not overload electrical outlets*



*Do not use extension cords*

### **Use Electrical Safety**

- Do not overload electrical outlets.
- Do not use extension cords.
- Place power cords away from heat.
- Place power cords away from foot traffic, so they are not a hazard.
- Call Apria Healthcare if any cords are frayed, cut or damaged. Do not use equipment with damaged cords.
- Do not use equipment where oxygen is being given.

### **Keep Equipment Away from Water**

- Do not use while bathing your baby.
- Do not place or store any equipment near a sink or tub.
- Do not wash equipment with water.

### **Move Equipment Safely**

- Unplug equipment and allow it to cool for 10 minutes before moving.
- Remove your baby before moving equipment.
- Do not walk around with your baby wrapped in a biliblanket.

### **Keep Equipment Working Properly**

- Do not replace the bulb or change the fuse. Call Apria Healthcare if there are problems.

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# Caregiver Responsibility

As part of your baby's treatment, it is necessary to record daily phototherapy activities and your baby's condition. Your Apria representative will explain how to record this information. These records will give your healthcare provider or physician a description of activities during home phototherapy.

## **Urine/Stools**

It is important to count and record the number of wet diapers and stools. You will also need to describe stools. Loose stools, black or dark green sticky stools are common during phototherapy. These observations will help determine if your baby is getting enough fluids and note any significant changes in his/her condition. Record the occurrences under the appropriate column and describe the stool on your record sheet.

## **Feeding**

Follow your regular feeding schedule. Your healthcare provider can help you determine this. Note times of feedings, the length of time you nurse your baby or the amount of formula taken on the record sheet on page 13.

## **Treatment Time**

Record the actual times at which your baby is taken off and put back on the phototherapy system during that 24-hour period.

## **Bathing**

Continue normal bathing routine and clean diaper area to prevent skin irritation.

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# Good Health Habits That Help Stop the Spread of Germs



*Protect others from germs that may be spread when you cough or sneeze*

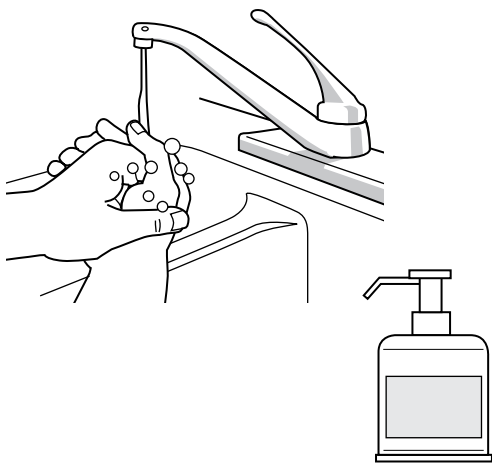
## **Cover Your Cough**

Cover your mouth and nose when you cough or sneeze. Put your used tissue in a waste basket.

You may be asked to put on a mask to protect others.

## **Clean Your Hands After Coughing or Sneezing**

Wash your hands with soap and warm water for 20 seconds OR clean with alcohol-based hand sanitizer.



*Remember to clean your hands well if you are coughing or sneezing*

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## Feedback on Our Services

Apria Healthcare is among America's most experienced and respected home respiratory care providers, and our patient satisfaction scores are consistently high. It is possible, however, that you may have a concern and we welcome feedback. To voice a concern, you should take these steps:

1. Call the Apria Customer Service for Patient Concerns at **1 (800) 260-8808**  
OR
2. Contact us by e-mail at:  
**Patient\_Satisfaction@apria.com**  
OR
3. Visit our web site at **apria.com**

### **Satisfaction Survey Process**

Our goal is to ensure your satisfaction. You will likely receive an Apria patient satisfaction questionnaire and we hope that you will take a few minutes to fill it out and return it to us. The postage is prepaid by Apria Healthcare.

# Daily Record Sheet

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

	<b>Feeding Time</b>	<b>Feeding Amount/ Duration</b>	<b>Treatment Time</b>	<b>Number of Wet Diapers</b>	<b>Number of Stools and Description</b>
Date: _____					
Date: _____					

Comments: \_\_\_\_\_

\_\_\_\_\_

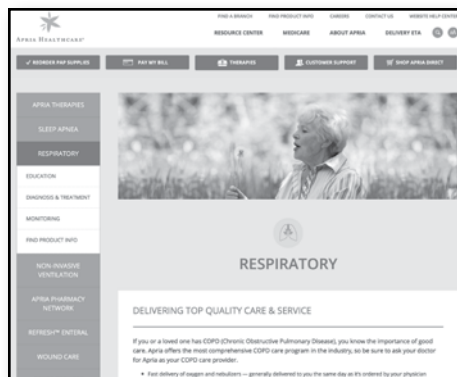
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