

Annexes

Annex 1: Current WHO recommendations for care of the preterm or low-birth-weight infant

	Recommendation
A. Preventive and promotive care	
Cord care	Included in WHO resuscitation guideline (see next page)
Kangaroo mother care	Included in this guideline
Thermal care	Included in WHO preterm guideline (see next page)
Feeding	Included in this guideline
Micronutrients	Included in this guideline
Probiotics	Included in this guideline
Emollients	Included in this guideline
Developmental care	Forthcoming in new WHO guidelines
Massage	Forthcoming in new WHO guidelines
Positioning	Forthcoming in new WHO guidelines
Immunization	Included in WHO immunization guideline (see next page)
Surveillance of growth, neurodevelopment, hearing, vision, disability	Forthcoming in new WHO guidelines
B. Care for complications	
Resuscitation	Forthcoming in update of WHO guidelines
Surfactant	Included in WHO preterm guideline (see next page)
Continuous positive airway pressure (CPAP)	Included in this guideline
Oxygen	Included in WHO preterm guideline (see next page)
Apnoea	Included in this guideline
Hypoglycaemia	Forthcoming in update of WHO guidelines
Hyperbilirubinaemia	Forthcoming in update of WHO guidelines
Infections	Forthcoming in update of WHO guidelines
Necrotizing enterocolitis	Forthcoming in update of WHO guidelines
Anaemia	Forthcoming in update of WHO guidelines
Growth, neurodevelopment, hearing, vision, disability	Forthcoming in new WHO guidelines
C. Family involvement and support	
Family involvement	Included in this guideline
Education and counselling	Included in this guideline
Discharge preparation	Included in this guideline
Peer support	Included in this guideline
Home visits	Included in this guideline
Parental leave and entitlements	Included in this guideline

Delayed cord clamping recommendations:¹

- In term or preterm newborns who do not require positive-pressure ventilation, the cord should not be clamped earlier than one minute after birth.
- When term or preterm newborns require positive-pressure ventilation, the cord should be clamped and cut to allow effective ventilation to be performed.

Thermal care recommendations:²

- During stabilization and transfer of preterm newborns to specialized neonatal care wards, wrapping in plastic bags or wraps may be considered as an alternative to prevent hypothermia.

Immunization recommendations:³

- Newborn immunization should be promoted in accordance with the latest existing WHO recommendations for routine immunization.

Surfactant recommendations:²

- Surfactant replacement therapy is recommended for intubated and ventilated newborns with respiratory distress syndrome.

- Either animal-derived or protein-containing synthetic surfactants can be used for surfactant replacement therapy in ventilated preterm newborns with respiratory distress syndrome.
- Administration of surfactant before the onset of respiratory distress syndrome (prophylactic administration) in preterm newborns is not recommended.
- In intubated preterm newborns with respiratory distress syndrome, surfactant should be administered early (within the first 2 hours after birth) rather than waiting for the symptoms to worsen before giving rescue therapy.

Oxygen recommendations:²

- During ventilation of preterm babies born at or before 32 weeks of gestation, it is recommended to start oxygen therapy with 30% oxygen or air (if blended oxygen is not available), rather than with 100% oxygen.
- The use of progressively higher concentrations of oxygen should only be considered for newborns undergoing oxygen therapy if their heart rate is less than 60 beats per minute after 30 seconds of adequate ventilation with 30% oxygen.

1 Guidelines on basic newborn resuscitation. Geneva: World Health Organization; 2012 (<https://apps.who.int/iris/handle/10665/75157>).

2 WHO recommendations on interventions to improve preterm birth outcomes. Geneva: World Health Organization; 2015 (<https://apps.who.int/iris/handle/10665/183037>).

3 WHO recommendations for routine immunization - summary tables [website]. Geneva: World Health Organization; 2021 (<https://www.who.int/teams/immunization-vaccines-and-biologicals/policies/who-recommendations-for-routine-immunization---summary-tables>, accessed 1 November 2022).