

Competency for Performing Phototherapy at Home			
<u>Area of concern: Parent/carer to understand the reason for phototherapy and be able to provide safely and correctly at home with neonatal outreach support.</u>	<u>Explained/demonstrated</u>	<u>Practised</u>	<u>Competent (date/sign)</u>
1. Information leaflet given and carers understand reason for phototherapy.			
2. Agreement to treatment at home signed			
3. Carer knows how to apply the phototherapy <ul style="list-style-type: none"> • Insert fibreoptic pad into cover with light side facing upwards • Undress baby with only nappy on • Place baby's back onto the padded side of fibreoptic pad • Swaddle baby using the straps • Cover baby's eyes • Insert fibreoptic cable into phototherapy box • Turn phototherapy on 			
4. Carer knows the importance of and how to apply eye protectors			
5. Carer knows how to keep equipment clean			
6. Carer knows to only remove baby for nappy changes <ul style="list-style-type: none"> • It is possible to hold and feed baby with phototherapy in place 			
7. Carer knows how to summon help/access to phone			



<p>8. Discuss important safety measures:</p> <ul style="list-style-type: none"> • Never place baby directly on bare fibreoptic pad • Do not lay fibreoptic cable where it could be crushed • Do not bend fibreoptic pad/cable at a sharp angle • Do not place anything on fibreoptic cable • If fibreoptic cable or light pad become ripped or damaged stop use and contact Neonatal Outreach immediately • Do not scratch/touch or soil fibreoptic lenses at the end of the fibreoptic cable • Do not expose light box to any liquids as it is not waterproof • Do not place light box near a heat source • Ensure the light box air vents are free 			
<p>9. Discuss feeding and how to complete feed charts.</p>			
<p>10. Discuss how to check and record baby's temperature</p>			
<p>11. Discuss skin care advice</p> <ul style="list-style-type: none"> • No creams/oils/lotions 			
<p>12. Complete equipment loan form</p>			
<p>13. Ensure carer has contact phone numbers for Neonatal Outreach, Neonatal Unit and Transitional Care Unit</p>			
<p>14. Carer aware that if baby becomes unwell, jaundice level rises or they do not comply with treatment arrangements will be made to admit baby to hospital</p>			

