



# THE NMH GP NEWSLETTER



## A WELCOME MESSAGE FROM PROF SHANE HIGGINS, MASTER AT THE NMH

Welcome to the NMH's second newsletter for GPs. The NMH is Ireland's leading centre of excellence for maternal, neonatal and womens' health.

Overleaf you will find an introduction to our dedicated Neonatal Team, Top tips when caring for neonatal babies, a 'How to' section and the General referral process to our Neonatal Outpatients Dept.

We would like to take this opportunity to thank you for your continued support. Please do not hesitate to contact us if we can be of assistance to you and your patients.

Yours sincerely,

### GP Study Day Speakers include:

- Dr David Crosby - Fertility
- Dr Anna Curley - What you really need to know about the 6 Week Check
- Dr Kirk Levins - Pelvic Pain Management during Pregnancy & beyond
- Prof Fionnuala McAuliffe - Addictions in Pregnancy
- Dr Siobhan Corcoran - Prediction, Prevention & Preparation for Preterm Birth



## SAVE THE DATE GP STUDY DAY

19

DAY

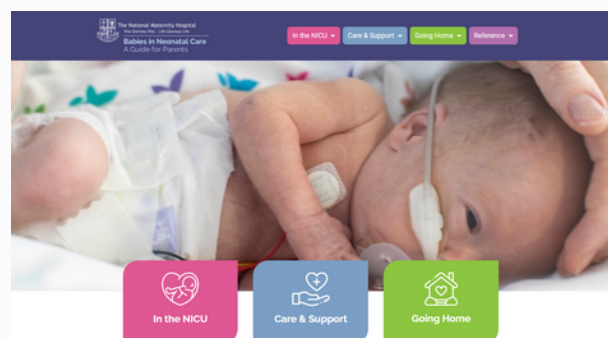
11

MONTH

22

YEAR

BLENDED APPROACH  
FULL DETAILS TO FOLLOW

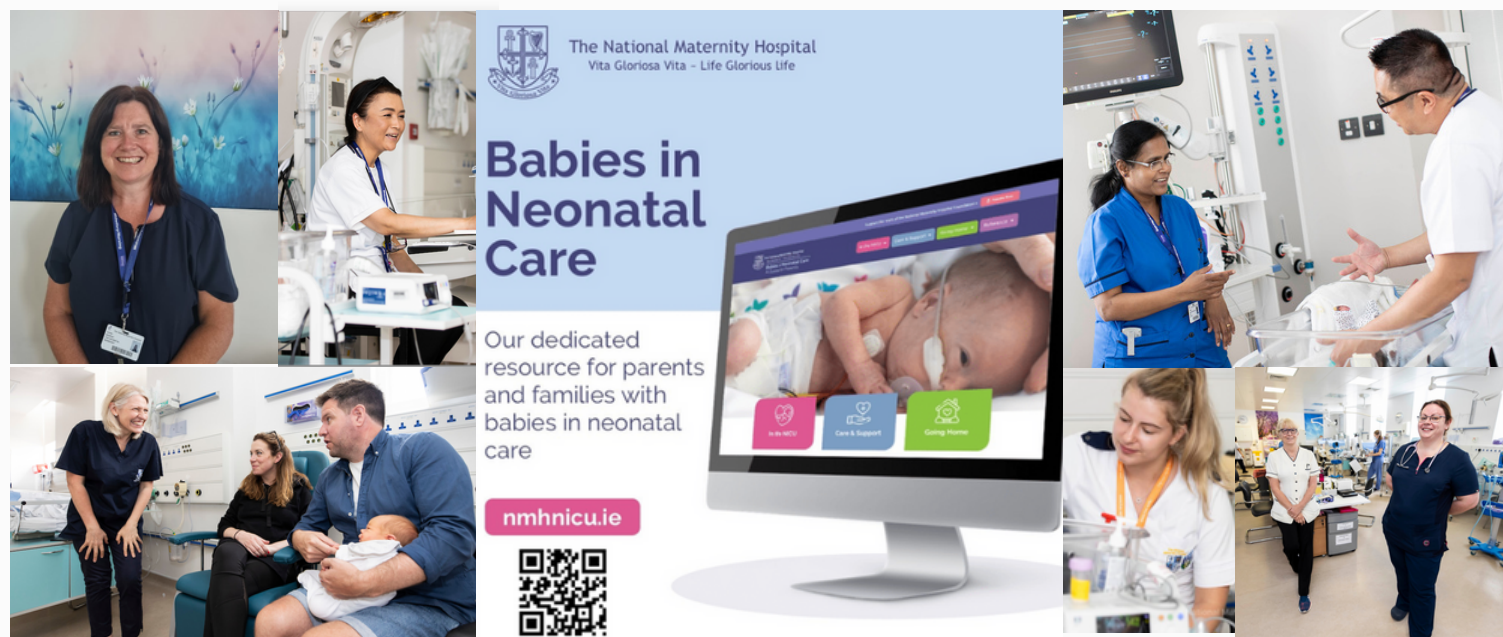


### IN THIS ISSUE:

- INTRODUCTION TO THE NMH NEONATAL UNIT & WEBSITE  
[WWW.NMHNICU.IE](http://WWW.NMHNICU.IE)
- NEONATAL TIPS & 'HOW TO' SECTION
- REFERRAL PROCESS

# AN INTRODUCTION TO THE NMH NEONATAL UNIT

The NMH Neonatal unit is recognised as a centre of excellence for the care of premature babies and is one of four tertiary level NICUs in Ireland. The NMH NICU and its specialist neonatal multidisciplinary team care for nearly 1,500 premature and term babies from all over Ireland each year.



The National Maternity Hospital  
Vita Gloriosa Vita - Life Glorious Life

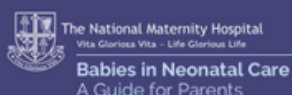
## Babies in Neonatal Care

Our dedicated resource for parents and families with babies in neonatal care

[nmhnicu.ie](http://nmhnicu.ie)

## [WWW.NMHNICU.IE](http://www.nmhnicu.ie)

Did you know that the hospital has developed a dedicated website for parents of babies in NICU and their families? Our comprehensive, educational site – [www.nmhnicu.ie](http://www.nmhnicu.ie) – contains all the essential information for parents of babies who are or who may be admitted to the neonatal unit, to help them to understand the challenges their babies face, while in the NICU and to give them the skills and confidence they need to be an integral part of their baby's care from day one. The easy-to-digest information contained within the site represents the knowledge, expertise, and experience of a highly committed group of neonatal healthcare staff including doctors, nurses, midwives, dieticians, physiotherapists, pharmacists, psychologists, clinical engineers, and social workers. We hope it will be of great benefit to you too.



In the NICU ▾

Care & Support ▾

Going Home ▾

Reference ▾



In the NICU



Care & Support



Going Home

Neonatal Care

Your Baby

Caring for Baby

Feeding

Medical Care

Self Care

Partner Support

Siblings

Support Services

What happens if my baby dies?

Preparing for your baby's discharge home

At home

Recognising if your baby is unwell

Your baby's development

[For further information, please visit www.nmhnicu.ie](http://www.nmhnicu.ie)

## THE NMH NEONATAL TEAM

A team of skilled specialised professionals work in the neonatal unit. These staff do everything they can to help babies in the unit to get better.

### Key team members include:

Prof John Murphy, Dr Anna Curley, Dr Lisa McCarthy, Prof Colm O' Donnell, Dr Deirdre Sweetman and Dr Anne Twomey, all of whom are Consultant Neonatologists at The NMH as well as Dr Eoin O Currain - Consultant Neonatologist who also works at CHI at Temple St and is a member of the National Neonatal transport team and Dr Jyothsna Purna Consultant Neonatologist and member of the National Neonatal transport team.

## POSTNATAL BREASTFEEDING CLINICS AT THE NMH FOR MOTHERS EXPERIENCING COMPLICATIONS WITH BREASTFEEDING

If any of your patients are experiencing difficulty with breastfeeding, they are welcome to attend our **Breastfeeding Clinics** with their baby/babies. Clinics take place **every Tuesday and Thursday from 09.30am to 12.00 noon in the Antenatal Education Room, 65/66 Mount Street (adjacent to Holles St.)** and are facilitated by our dedicated Breastfeeding Team.

Patients can book their appointment by emailing [sdoyle@nmh.ie](mailto:sdoyle@nmh.ie)



## NEONATAL TIPS

### SACRAL DIMPLES

If the sacral dimple is in the cleft of the buttocks and within 2cm of the anal margin these do not require investigation regardless of whether you can see the base or not.

### UMBILICAL HERNIAE

Umbilical herniae are common, particularly in low birth weight and premature infants. They rarely incarcerate and most will close spontaneously by 3-4 years of age. They do not need referral if asymptomatic prior to then. Inguinal hernias in the neonatal period are more likely to incarcerate and should be referred directly to Paediatric Surgery as urgent.

### VACCINATIONS IN PRETERM INFANTS

We don't correct for prematurity when babies receive vaccinations; for example a baby born at 28 weeks gestation will receive vaccinations starting at 2 months chronologic age not 2 months corrected age. This means that babies may be quite small receiving vaccinations. Paracetamol dosing for babies less than 4Kg in weight should be calculated as per the BNFC (currently states 15mg/Kg).

## 'HOW TO' SECTION

### 'HOW TO TREAT AN UMBILICAL GRANULOMA

An umbilical granuloma is most common in the first few weeks of life and looks like a soft pink or red lump and often is wet or leaks small amounts of clear or yellow fluid.

We no longer use silver nitrate to treat the majority of umbilical granulomas in clinic as we have found that salt treatment is safer, effective and can be done at home.

General advice to parents should be to keep the belly button clean and dry, clean with soap and warm water when it gets soiled with urine or stool and to leave exposed (roll back nappy)

If there is an umbilical granuloma and no obvious infection, then you could suggest salt treatment. This can be done at home by parents/caregivers as outlined on the next page.

### HOW TO DO THE SALT TREATMENT

- Apply a small pinch of table or cooking salt onto the umbilical granuloma.
- Cover the area with a gauze dressing 'swab' and hold it in place for 10-30 minutes.
- Clean the site using a clean gauze dressing soaked in warm water.
- Repeat the procedure twice a day for at least two days.
- In approximately 2-3 days the granuloma usually reduces in size, it may change colour, dry off and the area will gradually heal.
- Advise parents that if the salt treatment is not effective or there is redness of the surrounding skin or an offensive smell and discharge that baby will need to be reviewed again. Baby can be referred in to our clinic if you have concerns.

### HOW TO REFER TO NEONATAL OUTPATIENTS AT THE NMH

Our neonatal outpatient clinic is set up to treat common newborn problems such as jaundice or poor weight gain. Babies will also come back to clinic for blood tests for example, where there is an increased risk of anaemia following haemolytic disease of the new-born. This rapid referral clinic is designed to help parents and babies with these problems and you can refer by phoning 01 637 3540 (0900-1400 Mon - to Fri) or the hospital line on 01 637 3100 for advice.

If hip examination at the 6 week check is abnormal you can directly refer babies born in the NMH for hip ultrasound by contacting 01 637 3540, times as above.

**PLEASE REFER BABIES WITH SYMPTOMS OF SUSPECTED INFECTION INCLUDING PYREXIA, RESPIRATORY DIFFICULTY, APNOEA, COUGH, OR SURGICAL SYMPTOMS SUCH AS PROJECTILE/BILIOUS VOMITING DIRECTLY TO THE CHILDRENS HOSPITAL.**

Referring these babies to our outpatient service will cause a delay in treatment for the baby as well as placing our vulnerable population of babies at risk of infection.

**If you are interested in joining our GP Liaison Committee, which meets quarterly, please email our NMH Quality Manager, Rachel Irwin [rirwin@nmh.ie](mailto:rirwin@nmh.ie)**

**Thank you**