Background: Bathing the newborn infant is always a concern of parents, especially first time parents. Bathing the newborn also can pose challenges to the newborn with thermoregulation and glucose consumption and thus it is important to minimize heat loss throughout the bathing process. The literature reviewed indicated that tub bathing is better for thermoregulation and parental satisfaction. This information was taken to the Unit Nursing Practice Committee and practice changes were implemented.

Purpose: The purpose of this study was to validate the practice of tub bathing would maintain the infant’s temperature better and then the traditional sponge bath and parents would receive greater educational benefit by observing the bath and having opportunity to ask the RN questions and complete education in a timely manner.

Sample/Population: The sample will consist of newborns less than 12 hours of age and their families in addition to the OB staff of RN’s and OB Tech’s. Pediatricians and Neonatologists were also consulted before initiating the study changes.

Method/ Approach: All OB staff were educated via demonstration of tub bath routines and emailed with changes in work flow as to timing of tub bathing and criteria as to newborn bathing readiness. Documentation of this process was also presented to staff via emails and weekly management huddle updates to staff.

Results/Outcomes: Data collection was done via chart auditing. Several email reminders were required to get more consistent documentation. There was a delay in data collection due to hardware malfunctions, i.e. broken thermometers for use of water temperature which required replacement. 187 charts were audited thus far to obtain 62 complete tub bath statistics and 17 sponge bath statistics. We continue to gather data at this time.

Conclusions/Implications: Intended outcomes of this study included improved parental satisfaction and education along with minimal to no heat loss for the infant post tub bathing thus creating less stress on the newborn. The data thus far demonstrates there was a <0.1 degree temperature change with the infant post tub bathing. Sponge bating temperatures continue to be collected. The difficulty in data collection has demonstrated the need for improved documentation.