

# Jaundice in newborn babies under 28 days

Clinical guideline

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[www.nice.org.uk/guidance/cg98](https://www.nice.org.uk/guidance/cg98)

## Your responsibility

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

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This guideline is the basis of QS57 and QS37.

## Overview

This guideline covers diagnosing and treating jaundice, which is caused by increased levels of bilirubin in the blood, in newborn babies (neonates). It aims to help detect or prevent very high levels of bilirubin, which can be harmful if not treated.

In May 2016, new recommendations were added on [measuring and monitoring bilirubin levels](#) and the [type of phototherapy to use](#).

## Who is it for?

- Healthcare professionals
- Parents of newborn babies and their families and carers

## Recommendations

People have the right to be involved in discussions and make informed decisions about their care, as described in [your care](#).

[Making decisions using NICE guidelines](#) explains how we use words to show the strength (or certainty) of our recommendations, and has information about prescribing medicines (including 'off-label' use), professional guidelines, standards and laws (including on consent and mental capacity), and safeguarding.

## Threshold table

### Consensus-based bilirubin thresholds for management of babies 38 weeks or more gestational age with hyperbilirubinaemia

Age (hours)	Bilirubin measurement (micromol/litre)	
0	> 100	> 100
6	> 125	> 150
12	> 150	> 200
18	> 175	> 250
24	> 200	> 300
30	> 212	> 350
36	> 225	> 400
42	> 237	> 450
48	> 250	> 450
54	> 262	> 450
60	> 275	> 450
66	> 287	> 450
72	> 300	> 450

78	> 312	> 450
84	> 325	> 450
90	> 337	> 450
96+	> 350	> 450
<b>Action</b>	<b>Start phototherapy</b>	<b>Perform an exchange transfusion unless the bilirubin level falls below threshold while the treatment is being prepared</b>

## 1.1 Information for parents or carers

1.1.1 Offer parents or carers information about neonatal jaundice that is tailored to their needs and expressed concerns. This information should be provided through verbal discussion backed up by written information. Care should be taken to avoid causing unnecessary anxiety to parents or carers. Information should include:

- factors that influence the development of significant hyperbilirubinaemia
- how to check the baby for jaundice
- what to do if they suspect jaundice
- the importance of recognising jaundice in the first 24 hours and of seeking urgent medical advice
- the importance of checking the baby's nappies for dark urine or pale chalky stools
- the fact that neonatal jaundice is common, and reassurance that it is usually transient and harmless
- reassurance that breastfeeding can usually continue. [2010]

## 1.2 Care for all babies

1.2.1 Identify babies as being more likely to develop significant hyperbilirubinaemia if they have any of the following factors:

- gestational age under 38 weeks
- a previous sibling with neonatal jaundice requiring phototherapy

- mother's intention to breastfeed exclusively
  - visible jaundice in the first 24 hours of life. [2010]
- 1.2.2 Ensure that adequate support is offered to all women who intend to breastfeed exclusively. See the NICE guideline on [postnatal care](#) for information on breastfeeding support. [2010]
- 1.2.3 In all babies:
- check whether there are factors associated with an increased likelihood of developing significant hyperbilirubinaemia soon after birth
  - examine the baby for jaundice at every opportunity especially in the first 72 hours. [2010]
- 1.2.4 Parents, carers and healthcare professionals should all look for jaundice (visual inspection) in babies. [2016]
- 1.2.5 When looking for jaundice (visual inspection):
- check the naked baby in bright and preferably natural light
  - examine the sclerae and gums, and press lightly on the skin to check for signs of jaundice in 'blanched' skin. [2016]
- 1.2.6 Do not rely on visual inspection alone to estimate the bilirubin level in a baby with suspected jaundice. [2016]
- 1.2.7 Do not measure bilirubin levels routinely in babies who are not visibly jaundiced. [2010]
- 1.2.8 Do not use any of the following to predict significant hyperbilirubinaemia:
- umbilical cord blood bilirubin level
  - end-tidal carbon monoxide (ETCO<sub>c</sub>) measurement
  - umbilical cord blood direct antiglobulin test (DAT) (Coombs' test). [2010]

## Additional care

- 1.2.9 Ensure babies with factors associated with an increased likelihood of developing significant hyperbilirubinaemia receive an additional visual inspection by a healthcare professional during the first 48 hours of life. [2010]

## Urgent additional care for babies with visible jaundice in the first 24 hours

- 1.2.10 In all babies with suspected or obvious jaundice in the first 24 hours of life, measure and record the serum bilirubin level urgently (within 2 hours). [2010]
- 1.2.11 In all babies with suspected or obvious jaundice in the first 24 hours of life, continue to measure the serum bilirubin level every 6 hours until the level is both:
- below the treatment threshold
  - stable and/or falling. [2010]
- 1.2.12 Arrange a referral to ensure that an urgent medical review is conducted (as soon as possible and within 6 hours) for babies with suspected or obvious jaundice in the first 24 hours of life to exclude pathological causes of jaundice. [2010]
- 1.2.13 Interpret bilirubin levels according to the baby's postnatal age in hours and manage hyperbilirubinaemia according to the [threshold table](#) and the [treatment threshold graphs](#). [2010]

## Care for babies more than 24 hours old

- 1.2.14 Measure and record the bilirubin level urgently (within 6 hours) in all babies more than 24 hours old with suspected or obvious jaundice. [2010]

## How to measure the bilirubin level

- 1.2.15 Use serum bilirubin measurement for babies:
- in the first 24 hours of life or
  - who have a gestational age of less than 35 weeks. [2016]



1.2.16 In babies who have a gestational age of 35 weeks or more and who are over 24 hours old:

- use a transcutaneous bilirubinometer to measure the bilirubin level
- if a transcutaneous bilirubinometer is not available, measure the serum bilirubin
- if a transcutaneous bilirubinometer measurement indicates a bilirubin level greater than 250 micromol/litre, measure the serum bilirubin to check the result
- use serum bilirubin measurement if bilirubin levels are at or above the relevant treatment thresholds for their age, and for all subsequent measurements. [2016]

1.2.17 Do not use an icterometer to measure bilirubin levels in babies. [2016]

## 1.3 Management and treatment of hyperbilirubinaemia

### Information for parents or carers on treatment

1.3.1 Offer parents or carers information about treatment for hyperbilirubinaemia, including:

- anticipated duration of treatment
- reassurance that breastfeeding, nappy-changing and cuddles can usually continue. [2010]

1.3.2 Encourage mothers of breastfed babies with jaundice to breastfeed frequently, and to wake the baby for feeds if necessary. [2010]

1.3.3 Provide lactation/feeding support to breastfeeding mothers whose baby is visibly jaundiced. [2010]

### How to manage hyperbilirubinaemia

1.3.4 Use the bilirubin level to determine the management of hyperbilirubinaemia in all babies (see the [threshold table](#) and the [treatment threshold graphs](#)). [2010]

1.3.5 Do not use the albumin/bilirubin ratio when making decisions about the management of hyperbilirubinaemia. [2010]

- 1.3.6 Do not subtract conjugated bilirubin from total serum bilirubin when making decisions about the management of hyperbilirubinaemia (see management thresholds in the [threshold table](#) and the [treatment threshold graphs](#)). [2010]

## 1.4 Measuring and monitoring bilirubin thresholds before and during phototherapy

### Before starting phototherapy

- 1.4.1 In babies who are clinically well, have a gestational age of 38 weeks or more and are more than 24 hours old, and who have a bilirubin level that is below the phototherapy threshold but within 50 micromol/litre of the threshold (see the [threshold table](#) and the [treatment threshold graphs](#)), repeat bilirubin measurement as follows:
- within 18 hours for babies with risk factors for neonatal jaundice (those with a sibling who had neonatal jaundice that needed phototherapy or a mother who intends to exclusively breastfeed)
  - within 24 hours for babies without risk factors. [new 2016]
- 1.4.2 In babies who are clinically well, have a gestational age of 38 weeks or more and are more than 24 hours old, and who have a bilirubin level that is below the phototherapy threshold by more than 50 micromol/litre (see the [threshold table](#) and the [treatment threshold graphs](#)), do not routinely repeat bilirubin measurement. [new 2016]
- 1.4.3 Do not use phototherapy in babies whose bilirubin does not exceed the phototherapy threshold levels in the [threshold table](#) and the [treatment threshold graphs](#). [2010]

### During phototherapy

- 1.4.4 During phototherapy:
- repeat serum bilirubin measurement 4–6 hours after initiating phototherapy
  - repeat serum bilirubin measurement every 6–12 hours when the serum bilirubin level is stable or falling. [2010]

## Stopping phototherapy

- 1.4.5 Stop phototherapy once serum bilirubin has fallen to a level at least 50 micromol/litre below the phototherapy threshold (see [threshold table](#) and the [treatment threshold graphs](#)). [2010]
- 1.4.6 Check for rebound of significant hyperbilirubinaemia with a repeat serum bilirubin measurement 12–18 hours after stopping phototherapy. Babies do not necessarily have to remain in hospital for this to be done. [2010]

## Type of phototherapy to use

- 1.4.7 Do not use sunlight as treatment for hyperbilirubinaemia. [2010]
- 1.4.8 Use phototherapy<sup>[3]</sup> to treat significant hyperbilirubinaemia (see the [threshold table](#) and the [treatment threshold graphs](#)) in babies. [new 2016]
- 1.4.9 Consider intensified phototherapy<sup>[3]</sup> to treat significant hyperbilirubinaemia in babies if any of the following apply [new 2016]:
- the serum bilirubin level is rising rapidly (more than 8.5 micromol/litre per hour)
  - the serum bilirubin is at a level within 50 micromol/litre below the threshold for which exchange transfusion is indicated after 72 hours or more since birth (see [threshold table](#) and the [treatment threshold graphs](#))
  - the bilirubin level fails to respond to initial phototherapy (that is, the level of serum bilirubin continues to rise, or does not fall, within 6 hours of starting phototherapy). [2010]
- 1.4.10 If the serum bilirubin level falls during intensified phototherapy to a level 50 micromol/litre below the threshold for which exchange transfusion is indicated reduce the intensity of phototherapy. [2010]

## Information for parents or carers on phototherapy

- 1.4.11 Offer parents or carers verbal and written information on phototherapy including all of the following:
- why phototherapy is being considered

- why phototherapy may be needed to treat significant hyperbilirubinaemia
- the possible adverse effects of phototherapy
- the need for eye protection and routine eye care
- reassurance that short breaks for feeding, nappy changing and cuddles will be encouraged
- what might happen if phototherapy fails
- rebound jaundice
- potential long-term adverse effects of phototherapy
- potential impact on breastfeeding and how to minimise this. [2010]

## General care of the baby during phototherapy

### 1.4.12 During phototherapy:

- place the baby in a supine position unless other clinical conditions prevent this
- ensure treatment is applied to the maximum area of skin
- monitor the baby's temperature and ensure the baby is kept in an environment that will minimise energy expenditure (thermoneutral environment)
- monitor hydration by daily weighing of the baby and assessing wet nappies
- support parents and carers and encourage them to interact with the baby. [2010]

### 1.4.13 Give the baby eye protection and routine eye care during phototherapy. [2010]

### 1.4.14 Use tinted headboxes as an alternative to eye protection in babies with a gestational age of 37 weeks or more undergoing phototherapy. [2010]

## Monitoring the baby during phototherapy

### 1.4.15 During phototherapy:

- using clinical judgement, encourage short breaks (of up to 30 minutes) for breastfeeding, nappy changing and cuddles

- continue lactation/feeding support
- do not give additional fluids to babies who are breastfed.

Maternal expressed milk is the additional feed of choice if available, and when additional feeds are indicated. [2016]

#### 1.4.16 During intensified phototherapy:

- do not interrupt phototherapy for feeding but continue administering intravenous/ enteral feeds
- continue lactation/feeding support so that breastfeeding can start again when treatment stops.

Maternal expressed milk is the additional feed of choice if available, and when additional feeds are indicated. [2016]

## Phototherapy equipment

1.4.17 Ensure all phototherapy equipment is maintained and used according to the manufacturers' guidelines. [2010]

1.4.18 Use incubators or bassinets according to clinical need and availability. [2010]

1.4.19 Do not use white curtains routinely with phototherapy as they may impair observation of the baby. [2010]

## 1.5 Factors that influence the risk of kernicterus

1.5.1 Identify babies with hyperbilirubinaemia as being at increased risk of developing kernicterus if they have any of the following:

- a serum bilirubin level greater than 340 micromol/litre in babies with a gestational age of 37 weeks or more
- a rapidly rising bilirubin level of greater than 8.5 micromol/litre per hour
- clinical features of acute bilirubin encephalopathy. [2010]

## 1.6 Formal assessment for underlying disease

1.6.1 In addition to a full clinical examination by a suitably trained healthcare professional, carry out all of the following tests in babies with significant hyperbilirubinaemia as part of an assessment for underlying disease (see [threshold table](#) and the [treatment threshold graphs](#)):

- serum bilirubin (for baseline level to assess response to treatment)
- blood packed cell volume
- blood group (mother and baby)
- DAT (Coombs' test). Interpret the result taking account of the strength of reaction, and whether mother received prophylactic anti-D immunoglobulin during pregnancy. [2010]

1.6.2 When assessing the baby for underlying disease, consider whether the following tests are clinically indicated:

- full blood count and examination of blood film
- blood glucose-6-phosphate dehydrogenase levels, taking account of ethnic origin
- microbiological cultures of blood, urine and/or cerebrospinal fluid (if infection is suspected). [2010]

## 1.7 Care of babies with prolonged jaundice

1.7.1 In babies with a gestational age of 37 weeks or more with jaundice lasting more than 14 days, and in babies with a gestational age of less than 37 weeks and jaundice lasting more than 21 days:

- look for pale chalky stools and/or dark urine that stains the nappy
- measure the conjugated bilirubin
- carry out a full blood count

- carry out a blood group determination (mother and baby) and DAT (Coombs' test). Interpret the result taking account of the strength of reaction, and whether mother received prophylactic anti-D immunoglobulin during pregnancy
- carry out a urine culture
- ensure that routine metabolic screening (including screening for congenital hypothyroidism) has been performed. [2010]

1.7.2 Follow expert advice about care for babies with a conjugated bilirubin level greater than 25 micromol/litre because this may indicate serious liver disease. [2010]

## 1.8 Intravenous immunoglobulin

1.8.1 Use intravenous immunoglobulin (IVIG) (500 mg/kg over 4 hours) as an adjunct to continuous intensified phototherapy in cases of rhesus haemolytic disease or ABO haemolytic disease when the serum bilirubin continues to rise by more than 8.5 micromol/litre per hour. [2010]

1.8.2 Offer parents or carers information on IVIG including:

- why IVIG is being considered
- why IVIG may be needed to treat significant hyperbilirubinaemia
- the possible adverse effects of IVIG
- when it will be possible for parents or carers to see and hold the baby. [2010]

## 1.9 Exchange transfusion

1.9.1 Offer parents or carers information on exchange transfusion including:

- the fact that exchange transfusion requires that the baby be admitted to an intensive care bed
- why an exchange transfusion is being considered
- why an exchange transfusion may be needed to treat significant hyperbilirubinaemia

- the possible adverse effects of exchange transfusions
- when it will be possible for parents or carers to see and hold the baby after the exchange transfusion. [2010]

1.9.2 Use a double-volume exchange transfusion to treat babies:

- whose serum bilirubin level indicates its necessity (see [threshold table](#) and the [treatment threshold graphs](#)) and/or
- with clinical features and signs of acute bilirubin encephalopathy. [2010]

1.9.3 During exchange transfusion do not:

- stop continuous intensified phototherapy
- perform a single-volume exchange
- use albumin priming
- routinely administer intravenous calcium. [2010]

1.9.4 Following exchange transfusion:

- maintain continuous intensified phototherapy
- measure serum bilirubin level within 2 hours and manage according to the [threshold table](#) and the [treatment threshold graphs](#). [2010]

## 1.10 Other therapies

1.10.1 Do not use any of the following to treat hyperbilirubinaemia:

- agar
- albumin
- barbiturates
- charcoal
- cholestyramine



- clofibrate
- D-penicillamine
- glycerin
- manna
- metalloporphyrins
- riboflavin
- traditional Chinese medicine
- acupuncture
- homeopathy. [2010]

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<sup>[1]</sup> Phototherapy given using an artificial light source with an appropriate spectrum and irradiance. This can be delivered using light-emitting diode (LED), fibreoptic or fluorescent lamps, tubes or bulbs.

<sup>[2]</sup> Phototherapy that is given with an increased level of irradiance with an appropriate spectrum. Phototherapy can be intensified by adding another light source or increasing the irradiance of the initial light source used.

## Putting this guideline into practice

NICE has produced [tools and resources](#) to help you put this guideline into practice.

Putting recommendations into practice can take time. How long may vary from guideline to guideline, and depends on how much change in practice or services is needed. Implementing change is most effective when aligned with local priorities.

Changes recommended for clinical practice that can be done quickly – like changes in prescribing practice – should be shared quickly. This is because healthcare professionals should use guidelines to guide their work – as is required by professional regulating bodies such as the General Medical and Nursing and Midwifery Councils.

Changes should be implemented as soon as possible, unless there is a good reason for not doing so (for example, if it would be better value for money if a package of recommendations were all implemented at once).

Different organisations may need different approaches to implementation, depending on their size and function. Sometimes individual practitioners may be able to respond to recommendations to improve their practice more quickly than large organisations.

Here are some pointers to help organisations put NICE guidelines into practice:

- 1. Raise awareness** through routine communication channels, such as email or newsletters, regular meetings, internal staff briefings and other communications with all relevant partner organisations. Identify things staff can include in their own practice straight away.
- 2. Identify a lead** with an interest in the topic to champion the guideline and motivate others to support its use and make service changes, and to find out any significant issues locally.
- 3. Carry out a baseline assessment** against the recommendations to find out whether there are gaps in current service provision.
- 4. Think about what data you need to measure improvement** and plan how you will collect it. You may want to work with other health and social care organisations and specialist groups to compare current practice with the recommendations. This may also help identify local issues that will slow or prevent implementation.

5. **Develop an action plan**, with the steps needed to put the guideline into practice, and make sure it is ready as soon as possible. Big, complex changes may take longer to implement, but some may be quick and easy to do. An action plan will help in both cases.

6. For **very big changes** include milestones and a business case, which will set out additional costs, savings and possible areas for disinvestment. A small project group could develop the action plan. The group might include the guideline champion, a senior organisational sponsor, staff involved in the associated services, finance and information professionals.

7. **Implement the action plan** with oversight from the lead and the project group. Big projects may also need project management support.

8. **Review and monitor** how well the guideline is being implemented through the project group. Share progress with those involved in making improvements, as well as relevant boards and local partners.

NICE provides a comprehensive programme of support and resources to maximise uptake and use of evidence and guidance. See our [into practice](#) pages for more information.

Also see Leng G, Moore V, Abraham S, editors (2014) *Achieving high quality care – practical experience from NICE*. Chichester: Wiley.

## Context

Jaundice is one of the most common conditions needing medical attention in newborn babies. Jaundice refers to the yellow colouration of the skin and the sclerae (whites of the eyes) caused by the accumulation of bilirubin in the skin and mucous membranes. It is caused by a raised level of bilirubin in the body, a condition known as hyperbilirubinaemia.

Approximately 60% of term and 80% of preterm babies develop jaundice in the first week of life, and about 10% of breastfed babies are still jaundiced at 1 month. For most babies, jaundice is not an indication of an underlying disease, and this early jaundice (termed 'physiological jaundice') is usually harmless.

Breastfed babies are more likely than bottle-fed babies to develop physiological jaundice within the first week of life. Prolonged jaundice – that is, jaundice persisting beyond the first 14 days – is also seen more commonly in breastfed babies. Prolonged jaundice is usually harmless, but can sometimes be an indication of serious liver disease.

Jaundice has many possible causes, including blood group incompatibility (most commonly rhesus or ABO incompatibility), other causes of haemolysis (breaking down of red blood cells), sepsis (infection), liver disease, bruising and metabolic disorders. Deficiency of a particular enzyme, glucose-6-phosphate-dehydrogenase, can cause severe neonatal jaundice.

Glucose-6-phosphate-dehydrogenase deficiency is more common in certain ethnic groups and runs in families.

Bilirubin is mainly produced from the breakdown of red blood cells. Red cell breakdown produces unconjugated (or 'indirect') bilirubin, which circulates mostly bound to albumin although some is 'free' and hence able to enter the brain. Unconjugated bilirubin is metabolised in the liver to produce conjugated (or 'direct') bilirubin which then passes into the gut and is largely excreted in stool. The terms direct and indirect refer to the way the laboratory tests measure the different forms. Some tests measure total bilirubin and do not distinguish between the two forms.

In young babies, unconjugated bilirubin can penetrate the membrane that lies between the brain and the blood (the blood–brain barrier). Unconjugated bilirubin is potentially toxic to neural tissue (brain and spinal cord). Entry of unconjugated bilirubin into the brain can cause both short-term and long-term neurological dysfunction (bilirubin encephalopathy). The term kernicterus is used to denote the clinical features of acute or chronic bilirubin encephalopathy, as well as the yellow staining in the brain associated with the former. The risk of kernicterus is increased in babies with

extremely high bilirubin levels. Kernicterus is also known to occur at lower levels of bilirubin in term babies who have risk factors, and in preterm babies.

Clinical recognition and assessment of jaundice can be difficult, particularly in babies with darker skin tones. Once jaundice is recognised, there is uncertainty about when to treat, and there is widespread variation in the use of phototherapy and exchange transfusion. There is a need for more uniform, evidence-based practice and for consensus-based practice where such evidence is lacking. This guideline provides guidance regarding the recognition, assessment and treatment of neonatal jaundice. The advice is based on evidence where this is available and on consensus-based practice where it is not.

In 2016, we reviewed the evidence on tests for recognising neonatal jaundice, bilirubin thresholds for retesting, and the type and procedure for phototherapy. New and updated recommendations have been added on bilirubin thresholds for retesting and the type of phototherapy to use.

## More information

You can also see this guideline in the NICE pathway on [neonatal jaundice](#).

To find out what NICE has said on topics related to this guideline, see our web page on [infants and neonates](#) and [blood and immune system conditions: general and other](#).

See also the guideline committee's discussion and the evidence reviews (in the [addendum and full guideline](#)), and information about [how the guideline was developed](#), including details of the committee.

## Recommendations for research

In 2010, the guideline committee made the 5 recommendations for research. As part of the 2016 update, the standing committee made an additional research recommendation on parent and healthcare professional experience of phototherapy.

### 1 Breastfeeding and hyperbilirubinaemia

What are the factors that underlie the association between breastfeeding and jaundice?

#### Why this is important

Breastfeeding has been shown to be a factor in significant hyperbilirubinaemia. The reasons for this association have not yet been fully elucidated.

This question should be answered by studying infants in the first 28 days of life receiving different feeding types (breast milk, formula feeds or mixed feeds). Infants who do not develop significant hyperbilirubinaemia should be compared with infants with significant hyperbilirubinaemia. The outcomes chosen should include maternal factors, neonatal factors and blood analyses.

### 2 Transcutaneous bilirubin screening and risk factors

What is the comparative effectiveness and cost-effectiveness of universal pre-discharge transcutaneous bilirubin screening alone or combined with a risk assessment in reducing jaundice-related neonatal morbidity and hospital readmission?

#### Why this is important

There is good evidence that a risk assessment that combines the result of a timed transcutaneous bilirubin level with risk factors for significant hyperbilirubinaemia is effective at preventing later significant hyperbilirubinaemia.

This question should be answered by studying the effects of timed pre-discharge transcutaneous bilirubin levels and timed pre-discharge transcutaneous bilirubin levels combined with risk assessment. The study population should consist of babies in the first 28 days of life, with subgroups including near-term babies and babies with dark skin tones. The interventions should be compared with standard care (discharge without timed transcutaneous bilirubin level), and the

outcomes chosen should include significant hyperbilirubinaemia, cost-effectiveness and parental anxiety.

### 3 Transcutaneous bilirubinometers

What is the comparative accuracy of the Minolta JM-103 and the BiliChek when compared to serum bilirubin levels in all babies?

#### Why this is important

The accuracy of transcutaneous bilirubinometers (Minolta JM-103 and BiliChek) has been adequately demonstrated in term babies below treatment levels (bilirubin less than 250 micromol/litre). New research is needed to evaluate the accuracy of different transcutaneous bilirubinometers in comparison to serum bilirubin levels in all babies.

This question should be answered by comparing bilirubin levels taken using different transcutaneous bilirubinometers with bilirubin levels assessed using serum (blood) tests. The study population should comprise babies in the first 28 days of life, with subgroups including preterm babies, babies with dark skin tones, babies with high levels of bilirubin and babies after phototherapy. The outcomes chosen should include diagnostic accuracy (sensitivity, specificity, positive predictive value, negative predictive value), parental anxiety, staff and parental satisfaction with test and cost effectiveness.

### 4 Interruptions during phototherapy

How frequently and for how long can phototherapy be interrupted without adversely effecting clinical outcomes?

#### Why this is important

The effectiveness and tolerability of intermittent phototherapy has been adequately demonstrated in term babies at low treatment levels (bilirubin less than 250 micromol/litre). New research is needed to evaluate the effectiveness and tolerability of different frequencies of interruptions of different durations.

The study population should comprise babies in the first 28 days of life in phototherapy. Interruptions of 45 or 60 minutes would be made either on demand, every hour or every 2 hours, and compared with interruptions of up to 30 minutes every 3 hours. The outcomes chosen should include effectiveness in terms of the mean decrease in bilirubin levels and the mean duration of

phototherapy. Extra outcomes could include adverse effects, parental bonding and parental anxiety, staff and parental satisfaction with treatment and cost effectiveness.

## 5 National registries

National registries are needed of cases of significant hyperbilirubinaemia, kernicterus and exchange transfusions.

### Why this is important

There is good evidence that prospective surveys in the UK and data from a national kernicterus register in the US can help to identify root causes of kernicterus and acute bilirubin encephalopathy.

The study population should comprise all children with a peak bilirubin level greater than 450 micromol/litre, which is the threshold for an exchange transfusion recommended by NICE. The intervention would be maternal, prenatal, perinatal and neonatal factors. The outcomes chosen should be shortcomings in clinical and service provision to prevent recurring themes in kernicterus cases.

## 6 Parent and healthcare professional experience of phototherapy

What is the experience and acceptability of phototherapy from the perspective of parents and healthcare professionals?

### Why this is important

There is a gap in the evidence about parental and healthcare professional experience and acceptability of phototherapy. The committee agreed that the need for this research should be supported, especially given the greater awareness of the crucial importance of close and early skin contact between babies and their carers. The study should be a qualitative study of newborn babies (term and preterm) with a diagnosis of jaundice but who are otherwise well. Outcomes should include both parental and staff experience, including access for bonding and breastfeeding.



## Update information

**October 2016:** Recommendation 1.4.9 was amended to clarify when intensified phototherapy should be used in relation to time since birth.

**May 2016:** The evidence was reviewed on tests for recognising neonatal jaundice, bilirubin thresholds for retesting, and the type and procedure for phototherapy. Some new recommendations were added and some recommendations were updated.

Recommendations are marked as:

- [new 2016] if the evidence was reviewed and the recommendation added or updated
- [2016] if the evidence was reviewed but no change was made to the recommended action.

Recommendations are marked [2010] if this was the year when the evidence for the recommendation was last reviewed.

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## Accreditation

