



IVH Care Bundle

How to guide

Nappy changes



Nappy Changes

Nappy changes should ideally be performed in a side lying position as this position:

- Encourages flexion
- Enables self regulation
- Results in less change in intracranial pressure
- Is less stressful for the baby

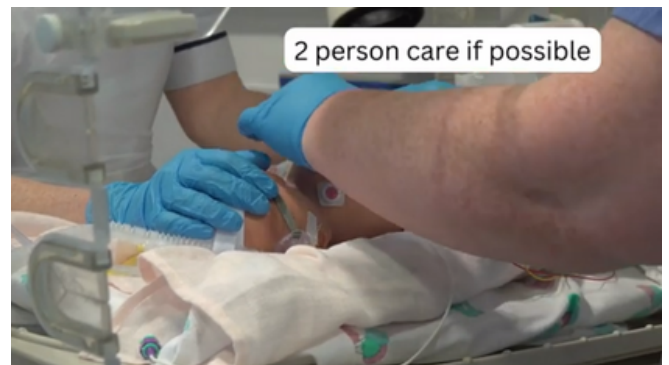
This guide will show you how to perform a side lying nappy change and will also discuss a supine nappy change for situations when side lying isn't appropriate with an aim to achieve the benefits above. Frequency of cares should be individualised and based on the baby's ability to cope with handling and clinical need.

Side lying nappy change



Gather all equipment before you start. If a 2 person nappy change isn't possible use a muslin to provide containment to the upper limbs and support the hands towards the face

Ideally nappy changes should be a 2 person job. This is the stage to also discuss who will be doing the nappy change, what role each person will take and any support required.



Consider the environment including

Light: use incubator covers

Noise: talk softly, don't place anything on top of the incubator

Smell: avoid strong perfume, encourage use of bonding squares

Privacy: Maintain privacy and dignity



Talk, touch then move



Slow and gentle approach and movements– Babies can be easily overwhelmed by sudden, unpredictable movements. Look for signs baby is ready and would welcome attention by using your voice to gently prepare them

One person provides containment holding observing the baby and facilitating self-regulation behaviours such as hands to mouth, non nutritive sucking and foot bracing



Support regulation e.g hand to face

Position baby on side if they are not already. Use slow controlled movements and keep body in contact with surfaces as much as possible- see position change video within the guideline for further guidance



Support regulation e.g hand to face

Second person slowly and gently unfastens nappy and cleans nappy area, tucking old nappy through legs and behind baby



Move slowly, pace the care

The person providing containment can monitor babies cues and help to pace the care

Gently slide the old nappy out from under baby's hips



Prepare the nappy



Tuck nappy under baby's hip
Make sure the tab is through

Gently tuck the fresh nappy under baby's hip, a very slight lift may be needed making sure the tab is through, fasten nappy ensuring its not too tight

Reposition baby as per neuro developmental care guidance



Adjust nest for postural support

Supine Nappy Change

As mentioned above nappy changes are ideally performed in side lying but there may be occasions where you need to perform a supine nappy change.

The first few steps of the nappy change are the same as above:

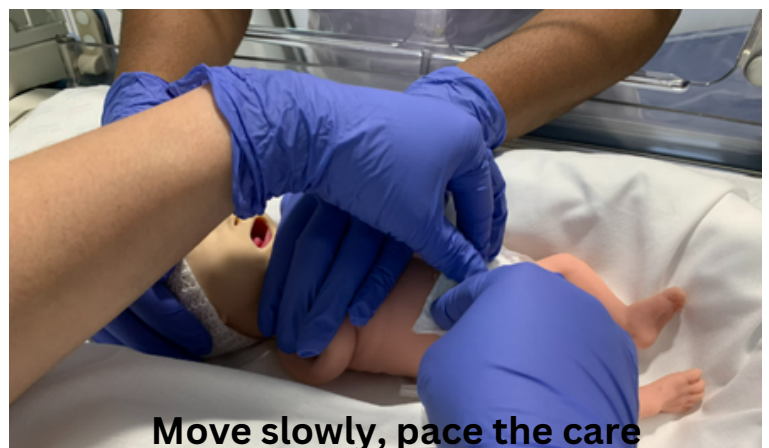
- Collect equipment
- 2 person job (support parents to be involved if possible)
- Minimise harmful background stimuli such as light, noise, cold and maintain privacy
- Approach slowly and gently, gently talking to the baby
- Move slowly: pace the care



Support regulation: e.g. hands to mouth

Person one provides containment facilitating self regulation behaviours such as hands to mouth.

The second person slowly unfastens nappy, cleans nappy area at the front and gently tucks the nappy down



Move slowly, pace the care

Supporting the heels together and ensuring the legs stay as close to the bed as possible
clean the nappy area



Gently and very slightly slip your hand under the baby and clean anything remaining from the back

Slip out the old nappy, this might require a very slight lift



Slip in the new nappy and gently fasten ensuring its not too tight.

Position the baby comfortably as per neurodevelopmental care guidance



Leaflet produced as part of the Yorkshire and Humber Neonatal Operational Delivery Network IVH Care Bundle.

Some of the wording and pictures were adapted from the following resources:

Optimal developmental care for babies on the Neonatal Unit (NNU) and Transitional Care - Guideline for supporting-Leeds Teaching Hospitals - last access 13/04/23 Optimal developmental care for babies on the Neonatal Unit (NNU) and Transitional Care (leedsth.nhs.uk)

Video-Tips for nappy changing in side lying-Royal Jubilee Maternity Service (RJMS) Belfast Top Tips on Side Lying Nappy Changing - YouTube