



Cooling Guideline: Parent Information

‘Cooling Babies to Protect Their Brain’

About one in a thousand newborn babies’ suffer from the effects of reduced blood flow or oxygen supply to their brain around the time of birth. This can result in brain damage. In addition, the ongoing chain of harmful metabolic changes in the brain that occur subsequently can also contribute to worsening brain damage.

Approximately 40% of those babies who survive with moderate to severe damage to their brain will develop long-term disabilities like cerebral palsy and mental retardation.

In the past there were no treatments to reduce the severity of brain damage in these new-born babies. However, evidence from recently concluded high quality studies has shown that cooling such babies minimizes the brain damage, increases the chances of survival and reduces the severity of possible long-term disability.

Your baby needed significant resuscitation at birth to help him/her breathe. He/she appears to have suffered from the effects of lack of oxygen and blood supply to the brain. Hence cooling will be offered to him/her in addition to the standard intensive care support. His/her body temperature will be slowly lowered and kept between 33.0 to 34.0°C for 72 hours.

This cooling will be achieved using cold packs. Subsequently your baby will be gradually re-warmed to normal temperature of 36.5°C.

If you need further information please do not hesitate to ask any of the nurses or doctors caring for your baby.