

## Newborn Weight Loss, Dehydration and Hypernatraemic Dehydration, treatment of

### Procedure Responsibilities and Authorisation

<b>Department Responsible for Procedure</b>	Neonatal Intensive Care Unit
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<b>Target Audience</b>	NICU staff, LMCs
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### Procedure Review History

Version	Updated by	Date Updated	Summary of Changes
3	Claire West	Dec 2019	Align treatment with Starship guide

## Newborn Weight Loss, Dehydration and Hypernatraemic Dehydration, treatment of

### 1 Overview

#### 1.1 Purpose

The purpose of this procedure is to provide early identification, assessment and management of excessive weight loss and/or hypernatraemia dehydration in neonates.

The New Zealand Newborn Clinical Network Practice Recommendations *Practice recommendations for weight loss, dehydration and hypernatraemic dehydration in the neonate* (or revised versions of the guideline) is to be considered as the Waikato District Health Board (DHB) guideline for clinical management.

The recommendations cover community assessment and management of mild to moderate dehydration, as well as in-hospital management of severe dehydration (>12.5% weight loss) with or without hypernatraemia.

#### 1.2 Scope

All health professionals working in the Neonatal Intensive Care Unit (NICU)

Midwives on postnatal wards

Lead Maternity Carers

#### 1.3 Patient / client group

Babies with excessive weight loss (>7%) and dehydration

#### 1.4 Procedure

See Starship Children's Hospital Clinical Guideline [Practice recommendations for weight loss, dehydration and hypernatraemic dehydration in the neonate](#)

**Please read Starship disclaimer before proceeding further.**

### 2 Audit

#### 2.1 Indicators

- All infants are weighed at approximately 72 hours (and at 5 days of age)
- The management of weight loss >7% of birth weight aligns with the Management Plan outlined in the Starship clinical guideline.
- The management of weight loss >12.5% aligns with the Starship clinical guideline
- There is documented evidence of physiological assessments as recommended in the Starship clinical guideline.

### 3 Evidence base

#### 3.1 References

- New Zealand Newborn Clinical Network Practice Recommendations: Practice recommendations for weight loss, dehydration and hypernatraemic dehydration in the neonate

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