



/FPOBUBM /VSTJOH 4QFDJBMJ[FE \$BSF GPS U

Costa Solange*

Department of Forensic Science, Curtin University Nursing & Midwifery, Australia

Abstract

1HRQDWDO QXUVLQJ LV D KLJKO\ VSHFLDOLJHG ¿HOG GHGLFDWHG WR WKH FD
SUHPDWXUH KDYH ORZ ELUWK ZHLJKW RU VX¿HU IURP FRQJHQLWDO DQRPDOLHV
DQG UHVSQRVLELOLWLHV RI QHRQDWDO QXUVHV WKH FKDOOHQJHV WKH\ IDFH D
RXWFRPHV %\ H[SORULQJ WKH HGXFDSLWRQDO UHTXLUHPHQWV FOLQLFDO SUDFV
SLHFH DLPV WR KLJKOLJKW WKH LQGLVSHQVDEOH UROH QHRQDWDO QXUVHV SOD\
8QLYHUVLW\ 1XUVLQJ 0LGZLIHU\ \$XVWUDOLD (PDLO &RVVRODQJHIG#JN HGX

Received: \$SU 0DQXVFULSW 1R Editor assigned: \$SU 18/11/18
\$SU 3UH 4& 1R JQIV 3rd Reviewer feedback: \$SU 18/11/18
JQIV Revised: \$SU 0DQXVFULSW 1R JQIV 5th Reviewer feedback: \$SU 18/11/18
Published: \$SU '2, 6th Reviewer feedback: \$SU 18/11/18

Citation: &RVWD 6 1HRQDWDO 1XUVLQJ 6SHFLDOLJHG &DUHTRU WKH 6PDOOHV
3DWLHQWV *ORE - 1XUV)RUHQVLF 6WXG

Copyright: © Costa S 7KLV LV DQ RSHQ DFFHVV DUWLEOH GLVWULEXWHG XQGHU WKH
WHUPV RI WKH &UHDWLYH &RPPRVWUWULXWLRQDQVH ZKLFK SHUPLWV XQ
XVH GLVWULEXWLRQ DQG UHSURGXFWRLOLO\ PHGLXP SURYLGHG WKH RULJL
VRXUFH DUH FUHGLWHG

Performing procedures: Conducting necessary medical procedures, such as intubations, blood transfusions, and the placement of central lines.
Feeding: Tube feeding, and ensuring the baby receive proper nutrition for growth and development [3].
Family Support and Education
Parental guidance: Educating parents on how to care for their newborns, especially if the infant has special needs or requires ongoing medical attention at home.

Emotional support: Providing emotional support to families during stressful and challenging times, often involving significant uncertainty about the infant's prognosis [4].

Collaboration and Communication

Multidisciplinary teamwork: Working closely with neonatologists, pediatricians, respiratory therapists, lactation consultants, and social workers to ensure comprehensive care.

Care co-ordination: Coordinating care plans and communicating effectively with the entire healthcare team to optimize patient outcomes.

Challenges in Neonatal Nursing

Neonatal nurses face numerous challenges in their line of work, including:

High-stress environment: The NICU is a high-stress environment due to the critical nature of the patients. Nurses must remain calm and efficient under pressure, making quick, accurate decisions in life-threatening situations.

Emotional strain: Dealing with critically ill newborns and their

bonds with patients and their families, making it difficult when outcomes are not favorable [5].

Continuing education and training: The field of neonatal care is constantly evolving, requiring nurses to pursue ongoing education and training to stay updated on the latest practices, technologies, and research.

Ethical dilemmas: Neonatal nurses often encounter ethical dilemmas, such as decisions about the extent of care for infants with severe congenital anomalies or those born at the edge of viability. These decisions require a delicate balance of medical knowledge, ethical principles, and compassionate care.

Impact on Neonatal Outcomes

Neonatal nurses play a pivotal role in improving neonatal outcomes through:

Advanced medical techniques: Utilizing advanced medical techniques and technologies, such as extracorporeal membrane oxygenation (ECMO), high-frequency ventilation, and sophisticated monitoring equipment, which are crucial for the survival of critically ill infants [6].

Evidence-based practices: Implementing evidence-based practices to reduce the incidence of common neonatal complications, such as infections, bronchopulmonary dysplasia, and retinopathy of prematurity.

Advocacy and policy development: Advocating for policies that support maternal and infant health, including initiatives to reduce preterm births and improve access to prenatal care.

Educational Pathways and Professional Development

Becoming a neonatal nurse requires specialized education and training. The typical pathway includes:

Bachelor of Science in Nursing (BSN): A four-year degree that provides foundational nursing knowledge and skills [7].

Registered Nurse (RN) licensure: Passing the NCLEX-RN exam to become a licensed nurse.

Specialized Training

Neonatal Resuscitation Program (NRP): Certification in neonatal resuscitation techniques.

Clinical experience: Gaining experience in neonatal care through internships or work in a NICU.

Conclusion

Neonatal nursing is a vital specialty within the healthcare system, dedicated to providing life-saving and life-enhancing care to the smallest and most vulnerable patients. The role of neonatal nurses extends beyond medical intervention; it encompasses emotional support for families, education for new parents, and coordination with multidisciplinary teams to ensure comprehensive care for newborns. The challenges faced by neonatal nurses are significant, ranging from high-stress environments and emotional strain to the need for continuous education and ethical decision-making.

Despite these challenges, the impact of neonatal nurses on patient outcomes is profound. Through the application of advanced medical techniques, evidence-based practices, and compassionate care, neonatal nurses contribute significantly to the survival and long-term health of premature and critically ill infants. Their advocacy for better maternal and infant health policies further enhances the overall quality of care in this field.

As medical science continues to advance, the role of neonatal nurses will remain crucial. Their expertise, dedication, and resilience ensure that newborns receive the best possible start in life. By recognizing and supporting the essential work of neonatal nurses, we can continue to improve neonatal outcomes and provide hope and healing to countless families. Neonatal nursing exemplifies the pinnacle of specialized care, underscoring the critical importance of this profession in the healthcare landscape.

References

1. Pitt ^ ÄÄjfi-@ÊÄê-ðàvÊi>àPj@Í# •àsí à_ì^ ?ÞpnÁí