

## The golden hour of Neonatal life: First hour after birth

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**G**olden hour of neonatal life is defined as the first hour of post-natal life in both preterm and post term neonates. This concept of golden hour has been introduced in field of neonatology to highlight the importance of neonatal care in the first 60 minutes of postnatal life. As per the recent researches it has been emphasized that the first hour of life in preterm neonates is much more crucial and carries more importance but neonatologists all around the world feel the importance of golden hour concept equally in both preterm and term neonates. Initial first hour of neonatal life includes neonatal resuscitation, post resuscitation care, transportation of sick newborn to neonatal intensive care unit, respiratory and cardiovascular support and initial course in nursery. The first hour of life for a preterm infant represents a time period during which the infant faces challenges that carry risks of short and long term injury, lifelong developmental delay and even death. Delivery room personnel have the opportunity to impact the transitional process, positively or negatively. During this time period the clinician is faced with complex discussions based on multiple systems that require attention knowing that care in these first minutes of life can translate into lifelong medical process. The studies that evaluated the concept of golden hour in preterm neonates showed marked reduction in hypothermia, hypoglycemia intraventricular hemorrhage [IVH], bronchopulmonary dysplasia [BPD] and retinopathy of prematurity [ROP]. In this article, we will discuss various components of neonatal care that are included in the 'Golden hour' of preterm and term neonatal care.

We will cover the following topics in detail:

- Antenatal counselling

- Delayed cord clamping
- Prevention of hypothermia / temperature maintenance
- Support to respiratory system
- Support to cardiovascular system
- Prevention of sepsis
- Prevention of hypoglycemia
- Early nutritional care
- Initiation of breast feeding
- Starting of therapeutic hypothermia for birth asphyxia
- Laboratory investigation
- Vitals monitoring
- Recording of birth weight, gender etc.
- Counselling of parents.

### Speaker Biography

Neha Srivastava is a Pediatric Consultant at Genesis Child Hospital, India. She is 34 years old, married since 8 years and a proud mother as well. She did her postgraduation in Pediatrics from Bangalore, India in 2015 and since then, working in same field. Neha Srivastava runs an NGO named Arrpann that works for the underprivileged children in slums, orphanages and streets. Arrpann organizes medical camps and provide free medical checkup and basic treatments for underprivileged kids. Neha Srivastava has special interest in Neonatology and has always been amused by seeing tiny babies coming to life. She will be joining her fellowship in Neonatology, this year December onwards. Her topic of discussion explains the importance of the first hour after birth and how crucial it is. Being a child specialist, the only way forward for her is to nurture and protect the innocence of childhood and keep every child healthy and happy.

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