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Transferring preterm infants into an open cot at <1400 grams

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Background: There is wide variation between when infants are transferred from an incubator to an open cot in neonatal units.

Objective: To evaluate the practices regarding the timing of transitioning infants into an open cot.

Method: Retrospective cohort study across two neonatal units assessing timing of transition to open cot. The corrected age and weight that infants were transferred into an open cot were collected along with hypothermic episodes, weight gain, mode of feeding at discharge and length of stay.

Results: Totally 185 preterm infants were analysed with mean gestational age 29 ± 2.4 weeks and birth weight 1142 ± 257 g. The mean weight of moving into an open cot was 1368 ± 160 g at a corrected age $33 + 2 \pm 1.8$ weeks. Half of the infants (48%) developed episodes of hypothermia, but none required to return to an incubator. The mean corrected age at discharge was 37 ± 1.7 weeks; 69% of the infants were breastfed. Of the total, 115 infants (62%) were transferred early at a mean weight 1277 ± 95 g compared to 70 infants of standard transfer with a mean weight 1516 ± 132 g. Infants of the early group had higher weight gain, were discharged earlier and had shorter length of stay.

Conclusions: Stable preterm infants can be safely moved to an open cot at <33 weeks and weight <1400 g. Earlier transfer into an open cot was associated with earlier home discharge, shorter length of stay and higher daily weight gain.

Biography

Anup Kage is a Consultant in Neonatology at Imperial College Healthcare, NHS Trust. He specializes in Children's & Adolescent Services.

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