



Care procedures

Nappy change

Camba F, Oude-Reimer M, Frauenfelder O, Ceccatelli M, Jørgensen E, Hanks-Drielsma I, Silva E

Statement of the standard

Nappy change is performed with a technique that minimises skin damage, discomfort, and physiologic instability.



For parents and family

- Parents and family are informed by healthcare professionals about nappy change, skin care, behavioural signs of discomfort in the infant during nappy change, and how to react accordingly.
- Parents are offered the opportunity to carry out nappy change (cleaning the skin, offering postural support or holding the infant in skin-to-skin contact).



For neonatal unit

- A unit guideline on nappy change is available and regularly updated.



For health service

- N/A

Benefits

Short-term benefits

- Improved comfort
- Improved physiological stability during the procedure
- Reduced perineal skin damage
- Protected sleep
- Supported parents' role and bonding
- Improved parental awareness of their infant's behavioural cues, and participation in the care of their infant

Long-term benefits

- Reduced complications associated with prematurity
- Improved parental awareness of their infant's behavioural cues, and participation in their's infant's care



For healthcare professionals

- A unit guideline on nappy change is adhered to by all healthcare professionals.
- Training on nappy change, infant behaviour during nappy change, strategies to optimise comfort, minimise disturbance, and skin care is attended by all responsible healthcare professionals.



For hospitals

- Training on nappy change, infant behaviour during nappy change, strategies to optimise comfort, minimise disturbance, and skin care is ensured.
- Disposable absorbent nappies of different sizes suitable for infants of various weights are available.
- Specific skin cleaning agents and skin protection products according to different ages are available.



european standards of
care for newborn health

Here you can access the full standard:
[https://newborn-health-standards.org/
nappy-change/](https://newborn-health-standards.org/nappy-change/)



european foundation for
the care of newborn infants