

Southampton Oxford Neonatal Transport Guideline

INCUBATOR HUMIDITY FOR THE EXTREME PRETERM

Criteria

- Babies <1kg
- Gestation <30 weeks
- Requiring humidity as per protocol

Equipment

- NeoHelp
- Sterile water
- 2 x packs of sterile gauze

How-To Guide

- Place NeoHelp in transport incubator whilst the baby is still in the unit incubator. Ensure the transport incubator is set at 37 degrees.
- Open 2 packs of sterile gauze and add 10ml of sterile water on to each pack.
- Place each pack into the inner corners of the NeoHelp.
- Leave the NeoHelp in the incubator for at least 15 minutes to ensure the humidity in the bag gets up to 80%. See below for how to measure the humidity level.
- Move the NeoHelp to the baby and place baby into the NeoHelp whilst they are still in the unit incubator. Ensure that the wet gauze remains in the corners and does not touch the babies' skin.
- Secure lines and when ready transfer to transport incubator.
- Ensure temperature probe is attached to babies' skin and monitor axilla temperature as per usual. Titrate temperature of incubator as needed to ensure the baby does not become hypo or hyperthermic.
- On arrival to receiving hospital keep baby in NeoHelp until transferred over. They can stay in the bag until the humidity in the unit incubator has reached appropriate levels.

Measuring humidity level

- Clean the humidity gauge with a clinell wipe.
- After the NeoHelp bag has been in the transport incubator with wet gauze in for 15 minutes – place the humidity gauge inside the NeoHelp bag to measure the humidity before putting the baby into it.
- Then test the humidity approximately halfway through the journey.
- Finally test the humidity on arrival to receiving unit before the baby is transferred from transport incubator.

Thermal Management

- Ensure continuous monitoring insitu.
- Monitor temperature as per normal protocol and record your humidity findings on the transport observation chart.

Version number and changes since last version:
1.0 New document (2020)
1.1 No change (2025)

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Ratified by Neonatal Guideline Group: 10th February 2025
Review date: February 2028