

## Critical Golden Hours

### Objectives

- Define the golden hours and its importance to VLBW neonates
- Describe the physiological vulnerabilities of VLBW neonates and the associated risks
- Understand and apply management strategies unique to the ELBW to mitigate risks
- Recognize the value and principles of effective teams and communication
- Demonstrate knowledge of the golden hours bundle for ELBW neonates

### Content Outline

1. Overview
  - A. Golden Hours
  - B. VLBW neonates
2. Physiological Vulnerabilities of VLBW neonates: Overview, Risks and Management
  - A. Skin
  - B. Brain/Central nervous system
  - C. Cardiovascular
  - D. Respiratory
  - E. GI
3. Standardization and Protocols
  - A. Bundles
4. Teamwork
  - A. Principles of effective teams
5. Patient and Friendly Centered Care
  - A. Prenatal consultation
  - B. Communication
6. Golden Hours Bundle of Care Quick Reference

### Reading Material Resources

**Module GH0122: Critical Golden Hours** is based on the chapter listed below. A copy is included with the module.

Chapter 1, Golden Hours: Care of the Very Low Birth Weight Neonate. Bissinger, R.L., Annibale, D.J., and Fanning, B.A. The National Certification Corporation (NCC), Chicago, IL 2019.