

# Swaddled Immersion Tub Bathing

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Nursing: Mother Baby

## INTRODUCTION

AWHONN's Neonatal Skin Care Evidence Based Clinical Practice Guideline recommends the use of swaddled immersion tub bathing of newborns over sponge bathing. Tub bathing is a safe and pleasurable alternative to sponge bathing in healthy, term newborns with many positive benefits for both caregivers and newborns.

### Benefits for newborns:

- Decreased crying and stress
- More stable heart rate
- Thermoregulation
- Glucose Stability

### Benefits for caregivers:

- Increased satisfaction
- Increased involvement
- Demonstrating bathing care consistent to what is done at home

According to the literature, swaddled immersion tub bathing does not increase the colonization of the cord, cord infection, or frequency of diaper dermatitis compared to sponge bathing. Swaddled immersion tub bathing does not delay cord healing in healthy, term newborns.

## PURPOSE

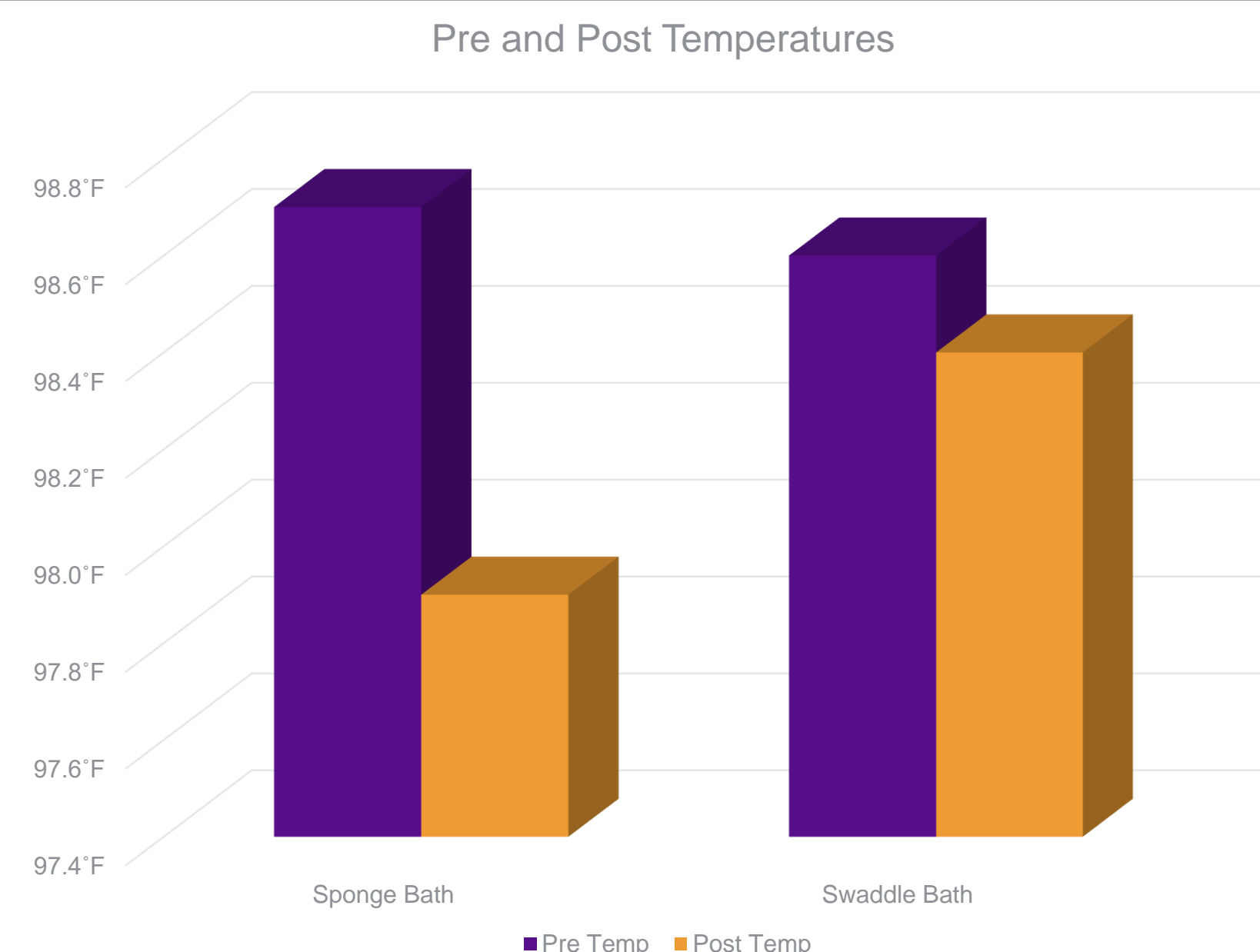
The purpose of this project was to align NYU Langone Health – Tisch Hospital with AWHONN's Neonatal Skin Care Evidence Based Clinical Practice Guideline in the use of swaddled immersion tub bathing. The goal was for newborns and caregivers to experience the benefits when switching from sponge to immersion bathing.

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## METHOD

1. Comment cards were used to collect baseline data on sponge bathing within the following areas: temperature, perceived infant stress/crying, and parental involvement.
2. Developed swaddled immersion bathing policy with assistance from staff.
3. Education of Patient Care Technicians (PCTs) completed on how to perform swaddled immersion baths and become “bath specialists” on the unit.
4. Pilot performed on 100 newborns to test out and streamline the process.
5. Comment cards, personal interviews of staff, and chart reviews were used to collect data on swaddled immersion bathing.
6. Analyzed pilot and overcame barriers identified from comment cards and interviews.
7. Initiative became common practice on Mother-Baby unit after all staff trained at Annual OB Competency Day.

## FIGURE



## RESULTS

**Qualitative data:** The PCTs and RNs interviewed verbalized a decrease in total crying and perceived infant stress during the Swaddled Immersion baths vs the sponge baths, as well as an increase in parental involvement during the bath.

**Quantitative data:** Collection of data via our comment cards and chart review of 61 total baths (31 Swaddled Immersion and 30 sponge) demonstrated a 0.8 degree F average temperature drop after a sponge bath vs. only a **0.1 degree F** average temperature drop after a Swaddled Immersion bath.

## CONCLUSIONS

Tub bathing is a safe and pleasurable alternative to sponge bathing in healthy, term newborns with many positive benefits for both parents and newborns:

- Decreased stress and crying
- More stable heart rate
- Thermoregulation
- Increased parent satisfaction and involvement

### Future Goals:

1. Continue to gain feedback regarding the immersion bathing.
2. Share knowledge with NYU Langone Health -Tisch Hospital NICU, as well as other campuses within NYU Langone Health.

## REFERENCES

1. Association of Women's Health, Obstetric and Neonatal Nurses. Neonatal Skin Care 4th Edition – Evidence Based Clinical Practice Guideline. 2018; 41-53.
2. Bryanton J, et al. Tub bathing versus traditional sponge bathing for the newborn. J Obstet Gynecol Neonatal Nurs. 2004; 33:704-712.