



POSTNATAL RISK ASSESSMENT MATRIX (PRAM)

'FIRST HOUR OF CARE' – 'KEEPING MUM'S & BABIES TOGETHER'

PROFORMA & PATHWAY TO PROMOTE NORMAL ADAPTATION TO LIFE

Full risk assessment of baby & Mother to be completed

-Cord blood can
be taken before
cutting the cord

-Observations
whilst skin to
skin eg GBS and
MEC obs

-Use of thermo-
regulation and
hypo-glycaemia
guideline where
appropriate if
baby
observations
are not within
normal limits

-If suturing
required – can
be done whilst
baby skin to
skin

-Weigh baby
and give
vitamin K after
the first hour

Delayed Cord Clamping

**To allow baby full
blood volume**

- For a minimum of 1 minute (unless resuscitation required)
- 2-3 minutes if possible
- For All births including LSCS where possible
- Keep baby covered/warm whilst delaying cord clamping
- Ensure cord stopped pulsating before clamping

Keeping Baby Warm

**To allow
thermoregulation**

- Dry baby thoroughly, put hat on
- Replace wet towels with warm, dry ones
- Check Mother's temperature within half an hour of birth
- Check Baby's temperature within half an hour of birth
- Ideal birth environment temperature between 23°C - 25°C

Skin to Skin

**Uninterrupted to
allow adaptation**

- Will support thermoregulation process
- Cover Mum and Baby whilst skin to skin
- Observations may be completed whilst skin to skin
- If Mum cannot do this, encourage Partner to do skin to skin
- Ensure baby is in a position to maintain the airway

**Baby to be fed
within First hour
Breast or Formula**

- Breast feeding can be done whilst skin to skin
- Ensure baby is kept warm whilst feeding
- If low blood sugar or poor latching give pre-birth collected colostrum (via syringe) alongside breast feeding

Baby Name

Date of Birth

Time of Birth

Cord Clamped at

If not delayed:

Reason why

Temperatures & timings:

Mum's Temp °C

Time of Temp

Baby Temp °C.....

Time of Temp

Environment Temp °C

Time of Temp

Skin to Skin timings:

Started at

Finished at

Feeding timings:

Time of 1st feed

Type of feed

If not fed within the hour:

Reason why

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