

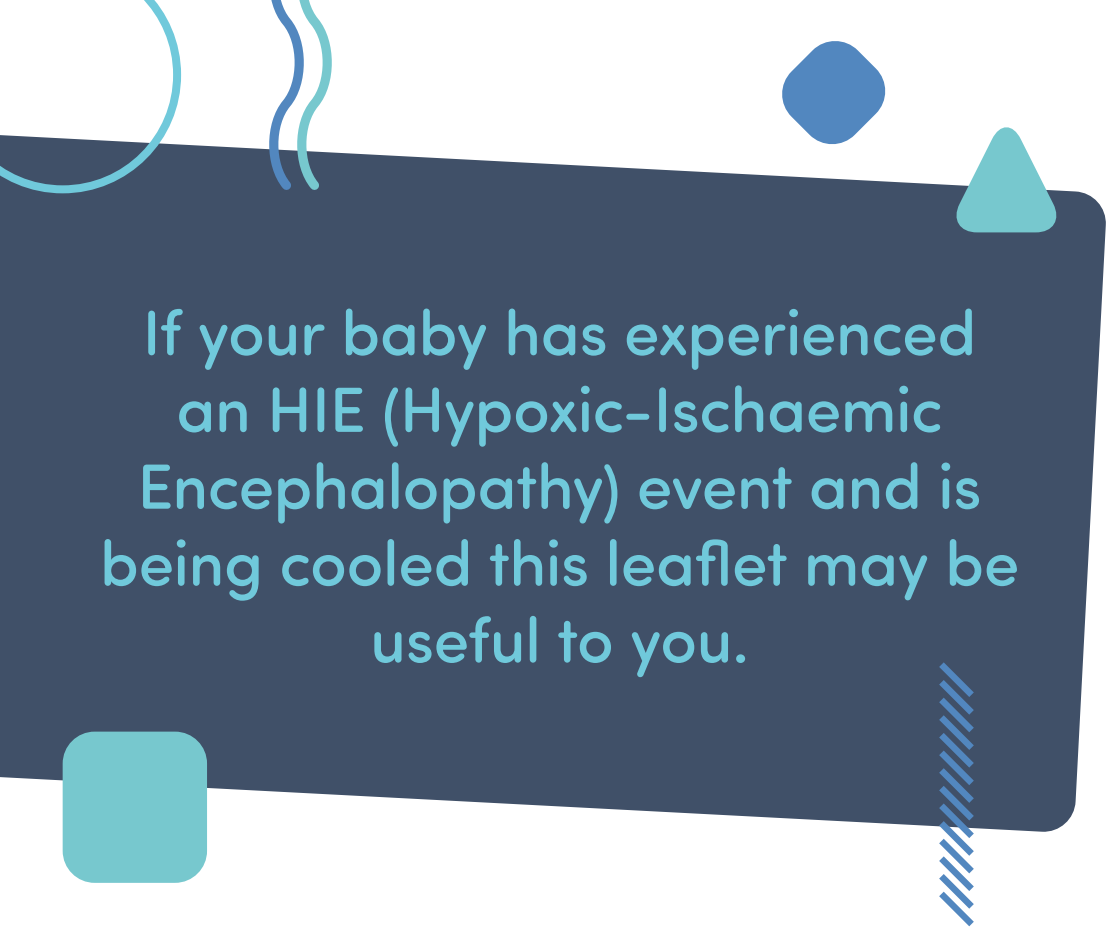


Cooling Therapy after HIE

Information & Support



HIE AWARENESS & SUPPORT



If your baby has experienced an HIE (Hypoxic-Ischaemic Encephalopathy) event and is being cooled this leaflet may be useful to you.


We're here to let you know about some of the support that is available and to reassure you that you're not on your own.

You may not have heard of cooling before, and we know how scary things can be. We'll try to keep things simple and guide you through the cooling process.

What is cooling?

Cooling (also known as therapeutic hypothermia) is a recognised treatment after an HIE event. Not all babies qualify for cooling and your medical team will be able to explain the criteria to you. Doctors and nurses use specialist equipment to reduce the baby's core temperature from 37°C to between 33 - 34°C for 72 hours.

Cooling needs to be started as soon as possible after the HIE event, it is a way of protecting the brain. Depending on where your baby was born, they may have to be transferred to a hospital that has the specialist equipment. The cooling process can still start though, even as they are being transferred.



Your baby will be closely monitored throughout the cooling process, and you can talk to them and reassure them, your voice will be really familiar!



Bonding with your baby

It may be possible to have cuddles with your baby while they are being cooled (called “cooling cuddles”) - it’s worth asking the unit if this could be considered.

If you can’t hold them straight away though you can still touch them. Some parents find that putting a hand on their head and one on their feet gives the feeling of a cuddle. We know you are longing for a proper cuddle and there’ll be plenty of making up to do when you can.

You can also talk, sing or read to your baby. You may feel silly at first, but no-one is judging, and nurses will encourage you.

It may be nice to put a teddy in the incubator if your unit allows this, just check with a nurse. You could also consider bonding hearts. These are cotton hearts that you can keep next to your skin for a few hours and place one next to your baby, then when it’s time to leave the unit, swap them over so that your baby can still smell you and vice versa. If you’d like some, please do get in touch we’ll send some out.

What happens after cooling?

After 72 hours your baby will be slowly warmed up, again being monitored throughout.

All babies are different and progress at their own rate, and have a tendency to write their own rules. The hospital may continue to do tests but they will encourage you to be as involved as possible with their care (such as changing nappies) and feeding, including tube feeding.

Being in hospital

It can be overwhelming going to see your baby in hospital for the first time and you may feel anxious.

They may have tubes and wires, all to help them, and the nurses will be able to explain more about what each of them does. We understand this is not how you planned your baby’s start in life. You may find it helpful to have a look at our information leaflet (either ask a nurse for a copy, or you can read online on our website), for hints and tips from families who have had hospital stays.



Words of support

We know it's an extremely worrying time, and it can feel like you're the only ones going through this.

Here are some words of support from other families who have experienced the cooling process:

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One of the things mums might want to do is to start expressing milk for when the cooling process is over (if it's their choice to breastfeed). It's not always easy, especially if you're not with your baby, but partners can help by bringing snacks (all the snacks!), washing the breast pump and bottles out, giving lots of reassurance. Even the smallest amount of milk can be used for mouth care - don't be disheartened if milk doesn't come in easily. Ask the team on the unit too for some support if you're finding it hard.”

- HIE Dad

“



I felt a bit awkward at first talking to our baby while they were being cooled, but I really got a sense that they could hear me, and it made me feel better too. Sometimes I just told them about the weather outside, or what song had been on the radio, and I always told them how much I loved them. I still enjoy my little chats now we're home... and don't worry what anyone else thinks!”

- HIE Mum

“

It's ok to be unsure of how to feel around your little one. This is a very stressful and emotional roller coaster ride that no one can prepare you for. When it was apparent that we were on the roller coaster we kept a diary of events from when we first went in so that we would not have to struggle to remember everything that happened. Most importantly though is to take care of yourselves and accept any offers of help, and don't be afraid to ask questions of the doctors and nurses!”

- HIE Dad

**Please do get in touch at any time.
We hear you and we're here for you.**

Contacting Peeps:

Give us a call on **0800 987 5422**



Send us a text or a **WhatsApp** message on **07838 197 945**

Ping over an email to **info@peeps-hie.org**



Find us on social media and send a message, just search **PeepsHIE**.

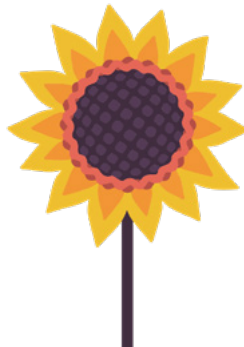
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We understand that sometimes making the first phone-call or sending the first message can be daunting. We promise though that we are here for you, and you'll always get a warm welcome.
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We have a website and an app too so that you can easily find information at any time, day or night - sleep is sometimes a rare thing isn't it, especially if you're in hospital?

The address is **www.peeps-hie.org** (just scan the QR code at the end of this leaflet), or search for **PEEPS HIE** in the Apple App or Google Play Store.



www.peeps-hie.org



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