



## Food, Cloth, Accommodation and Activities Care for Infants with Heart Disease at Home (II)

### 心臟病嬰居家照護須知（二）(英文)

#### Meal

- Feed the infant milk on fixed hours. Do not feed the infant too much at one time. Feed in every three hours. Do not feed the infant for over a long period of time to avoid consuming too much of the strength.
- Milk feeding techniques :

Massage the infant' s chin and cheek to encourage them to suck.

Choose feeding teats with round hole and soft texture.

- Lift the infants head and chest as high as possible when feeding milk. Avoid lying flat.
- Add some nutrients according to the infant' s growth under physician suggestions ( i.e. breastmilk additive ) to enhance the nutrients taken by infants.
- To avoid aspiration pneumonia caused by choking, infants can consider feeding via nasogastric tube if the infants appear fatigue before reaching sufficient amount or experience excessively fast breathing rate.

#### Cloth

- Infants can wear loose, soft and cotton cloth. Avoid wearing tight cloths or bundle tight restraining band on the abdomen and chest to avoid pulmonary expansion.

- Do not wear excess clothes. Rule of thumb: The infant should wear as many clothes as the mother wears.
- Provide sufficient warmth to the infants when they feel cold or are shivering. Wipe dry the infants and change the clothes when they sweat.

## Accommodation

- Keep the room temperature around 24 ~ 26°C without being too cold or hold. Keep the air circulated.
- Keep the room quiet and clean.
- Infants should avoid access to public areas and contact with infected persons. Caregiver with a cold shall put on the mask.

## Activity

- Infants should sleep for at least 16 hours a day.
- Do not let infants engage in activities with big motion or for long period of time.
- Stop the activities if the infants breathe faster ( over 60 times per minute ). Allow the infants to rest or give oxygen to help breathing.

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