Delivery of preterm baby at a hospital best suited to provide an appropriate level of care

What is the level of the neonatal intensive care unit where the pregnant woman at risk of preterm delivery is presenting? And does the local institution have the necessary personnel and resources to care for her newborn?

If it does, she can deliver locally

If it does not, arrange transport (ideally of the pregnant mother, but if delivery is imminent, then of the newborn) to an appropriate hospital

Address Barriers:
- Provider (MFM/OB) awareness of the likelihood of a preterm birth
- Counseling: Referral to an institution that has a nursery with an appropriate level of care for the newborn based on the risk status of the pregnant woman during her pregnancy

Levels of Newborn Units
- Level 1, Well newborn nursery
- Level 2, Special care nursery
- Level 3, Neonatal intensive care unit (NICU)
- Level 4, Regional neonatal intensive care unit (Regional NICU)

Address Barriers:
- Can the pregnant woman be safely transported?
- What is the risk that she will actually deliver preterm?
- What is the best mode of transportation?
- Contingencies if the mother or newborn will need treatment during transport
- Provider education

Address Barriers:
- Does the hospital have the appropriate designation for the needs of the population that it serves?
- Does it have the personnel and resources to meet the requirements of the designation that it has?
- Provider education
Delayed Umbilical Cord Clamping at vaginal or cesarean births

Preterm delivery of newborn

Address Barriers:
- Provider education
- Provider habits during delivery
- Perceived urgency to get the newborn into the hands of the pediatric staff

- Delay cord clamping for 30-60 sec.
  Or
  - Perform cord milking
Disclaimer

This algorithm and key driver material was written by a group of experts in the field of Preterm Birth. It was then reviewed by the Society for Maternal-Fetal Medicine’s (SMFM’s) Publications Committee, Executive Committee and Risk Management.

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