

The concept of “Golden Hour” in neonatal life

Abstract

The concept of “Golden Hour” has recently been introduced in field of neonatology to highlight the importance of neonatal care in the first 60 minutes of postnatal life. This concept has been adopted from adult trauma where the initial first hour of trauma management is considered as golden hour. The “Golden hour” concept includes practicing all the evidence based intervention, in the initial sixty minutes of postnatal life for better long-term outcome for both term and preterm neonates.

The first hour of neonatal life includes neonatal resuscitation, post-resuscitation care, transportation of sick newborn to neonatal intensive care unit, respiratory and cardiovascular support and the initial course in nursery.

The current evidence supports the concept of golden hour in preterm and still there is no evidence looking for the benefit of this golden hour approach in term neonates.

The presentation will highlight the benefit of the golden hour approach mainly in term neonates.