

The Relation between Trunk-to-Head Bathing and the Traditional Head-to-Trunk Bathing on Newborns' Outcome

Abstract Background: Maintaining body temperature and decreasing stress are essential challenges in bathing newborn infants. Aim: to compare the effects of trunk-to-head bathing and the traditional head-to-trunk bathing on newborns' outcomes. **Subjects & Methods:** *Design:* A quasi-experimental research design was selected for this study. *Setting:* delivery room in Beni-Suef General Hospital. *Sample:* A convenient sample of 100 parturient women and her newborns in the previous setting. *Tools:* Three tools for parturient women and her newborn were used. The first tool was Women's Structured Interviewing Questionnaire Sheet. The second tool included questionnaires about infant outcomes. The Third tool included Neonatal timetable bathing (head to trunk and trunk to head) temperature, oxygen saturation, and heart rate checklists. **Results:** There were no significant differences in baseline temperature or oxygen saturation between groups. However, the heart rate in the experimental group was significantly higher than in the control group. There were no statistically significant differences between changing pattern of body temperature, heart rate and oxygen saturation between the two groups ($P>0.05$) but the neonatal temperature in the experimental group returned to baseline measurement faster than neonatal body temperature in control group when comparing between T1, T2, T3 and T4 in both groups. **Conclusion:** The trunk to head bathing intervention seems to be safe, effective and of particular importance for stable and healthy full-term newborns. Thermal stability of newborns is very important in newborns' care. Therefore, trunk to head bath procedures must be carefully reflected to advance a method that decreases heat loss by evaporation not only before and after the bath but also during the bath. **Recommendations:** The trunk to head bath practice should be standardized and supported by Ministry of Health and hospital administration. Increasing awareness of the routine trunk to head bath by obstetrics and pediatric nurses

Keywords: Trunk-to-Head bath, newborn, outcome