



Hypothermia Therapy (Neonatal Cooling)

Hypothermia therapy is one established treatment that can minimize permanent brain damage from hypoxic-ischemic encephalopathy (HIE). However, it must be given very shortly after birth/the oxygen-depriving incident in order to be effective (ideally within six hours). This treatment is known as hypothermia therapy, but it has many other names, such as “therapeutic hypothermia,” “cooling therapy,” and “neonatal cooling.”



Hypothermia therapy involves cooling the baby down to a temperature below homeostasis to allow the brain to recover from a hypoxic-ischemic injury. Typically, the target temperature is about 33.5 degrees Celsius (92.3 degrees Fahrenheit) (1).



There are two ways that hypothermia therapy can be administered:

Using a cooling cap for “selective brain cooling” or
By cooling the baby’s entire body (“whole-body cooling”)



Either of these options can be effective; the choice to use one over the other is dependent on what protocols are in place and what equipment a particular NICU has (2).

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Care during hypothermia therapy

Before, during, and after hypothermia therapy, medical professionals must carefully monitor the baby's health and provide interventions if necessary. Among other things, this may entail:

- Conducting blood gas tests and managing acidosis (excessive acid in the blood)
- Maintaining normal glucose and electrolyte levels
- Providing respiratory and cardiovascular support as needed
- Testing for and treating infections
- Maintaining sedation at an appropriate level
- EEG monitoring (for signs of seizure activity) and controlling [seizures](#)



How does hypothermia therapy work?



Hypothermia Therapy (Neonatal Cooling)

How Does Hypothermia Therapy Work?

Babies with hypoxic-ischemic encephalopathy (HIE) undergo cooling. But what does the process look like, and how does it help stop the spread of brain damage?

THE PROCESS



Using a cooling cap or blanket, a newborn's body temperature is lowered to 33.5 degrees Celsius.



The newborn's body temperature is lowered for 72 hours.



Decreased body temperature slows the baby's metabolic rate.



Cells are able to recover, preventing the spread, severity and permanence of brain damage.



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When should my baby get hypothermia therapy?

If your baby was diagnosed with hypoxic-ischemic encephalopathy (HIE), doctors have to begin hypothermia therapy very shortly after the oxygen deprivation occurred. Hypothermia



therapy should ideally be commenced within six hours of birth, under certain circumstances, this may be done within 12 hours (2).

An HIE diagnosis can be difficult, but our team is here to help. Call us when you're ready.

The sooner hypothermia therapy begins, the greater the chance that the baby's potential disabilities will be minimized. There are certain criteria that babies have to meet in order to qualify for the therapy, and these can vary slightly depending on the hospital your baby is in. Babies that meet one or more the following criteria should be given therapeutic hypothermia (2):

www.hiehelpcenter.org

Doctors should administer cooling therapy shortly after birth; this provides the greatest chance for the baby's potential disabilities to be minimized.

An infographic with a light blue background. At the top is the website address 'www.hiehelpcenter.org' in a small blue box. The main text is in a bold, blue, sans-serif font. To the right of the text is a blue alarm clock with orange motion lines behind it. In the bottom left corner is the HIE Help Center logo, which consists of a stylized orange and blue circular design with the text 'HIE Help Center' next to it.



- An oxygen-depriving complication/birth injury occurred
- The baby's [Apgar score](#) (at 10 minutes of life) was five or lower
- The baby underwent prolonged resuscitation
- The baby experienced severe acidosis
- The baby had an abnormal umbilical or neonatal blood gas test result

Additionally, one or both of the following:

- The baby had seizures
- The baby was showing clinical signs of brain damage

Failure to provide hypothermia therapy to a baby that needs it is [medical malpractice](#). It is important to note that, in many cases, HIE itself may be caused by malpractice.

Re-warming the baby after hypothermia therapy

Although the exact ways that hypothermia therapy protects the brain are not fully known, one of the purported benefits is that it reduces the chance of reperfusion injury. Reperfusion injury occurs when blood flow is restored too quickly to injured parts of the brain; this can worsen brain damage (3).

After therapeutic hypothermia, the baby must be rewarmed slowly in order to prevent reperfusion injury. The baby's temperature should be increased by 0.2 – 0.5 degrees Celsius, until it reaches 36.5 degrees Celsius. Because there is an increased risk of seizure activity during rewarming, doctors should also consider EEG monitoring (2).



Where do babies get hypothermia therapy?

Not all hospitals will be equipped to provide therapeutic hypothermia because not all NICUs are the same. Community hospitals, for example, may not have brain cooling equipment, but they should have the ability to transfer the baby to a bigger or more specialized hospital that can provide cooling. It is a good idea to inquire about what kind of care a neonatal care unit can provide when researching hospitals.

Medical negligence can cause HIE. Do you have a case?

Call us today for a free legal consultation.

*Research update: the window of time to provide hypothermia therapy may be longer than previously thought

Traditionally, it has been thought that hypothermia therapy must be administered within six hours of birth in order to be effective. However, recent research indicates that this may not be the case (4). Laptook et al. (2017) set out to investigate whether hypothermia therapy given six to 24 hours after birth could benefit infants with HIE. They conducted a randomized clinical trial on 168 infants with moderate or severe HIE. Their results were inconclusive. However, Bayesian analysis indicated that hypothermia therapy may have slightly reduced the chance of death and disability.



The authors call for further research on the window of time in which hypothermia therapy can be effective, stressing that if belated administration of hypothermia therapy is even slightly better than no hypothermia therapy, that knowledge would still be profoundly important. Of course, the neuroprotective effects of cooling treatment are stronger the sooner it is given, so medical professionals should still administer it as quickly as possible.

About the HIE Help Center

The HIE Help Center is run by [ABC Law Centers](#) (Reiter & Walsh, P.C.), a medical malpractice firm exclusively handling cases involving HIE and other [birth injuries](#) since the firm's inception in 1997.

If you suspect your child's HIE may have been caused by medical negligence, please contact us today to learn more about pursuing a case. We provide free legal consultations, during which we will inform you of your [legal options](#) and answer any questions you have. Moreover, you would pay nothing throughout the entire legal process unless we obtain a favorable settlement.

Related reading:

- [Is HIE a birth injury?](#)
- [What's the relationship between HIE and medical malpractice?](#)

Sources

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