

## The Difference of Different Positions on Oxygen Saturation in Respiratory Distressed Neonates

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### Background

Respiratory distress is defined as condition in which patient not able to get enough oxygen or defined as a progressive impairment of the lung to exchange gas.

### Aim of the Study

This study aimed to determine the effect of different positions on oxygen saturation of respiratory distressed newborn and the duration required to each position.

### Patient and Methods

The study consisted of 50 neonates suffering from respiratory distress in Neonatal Intensive Care Unit at Tanta University Hospital. Three Tools were used to collect data: Structured questionnaires sheet, Physical assessment sheet and position's record's sheet.

### Results

Results revealed that there is a statistical significant difference in the three positions after 120 minutes of mean value of Pulse rate with different durations in relation to positions and period of follow up. The study revealed that there was a statistical significant difference in the three positions during the five duration regarding the mean value of oxygen saturation in relation to position and period of follow up. The study showed that the best time for maximum oxygen saturation was 120 minutes in semi-fowler position.

### Conclusion

It was concluded that changing body position has an important and safe effect on the oxygenation of the neonates suffering from respiratory distress. It was found that semi-fowler position was the best position to improve oxygen saturation rather than supine and prone position. The duration required to achieve maximum oxygen saturation in the three positions is 120 minute.

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