



Comprehensive nursing management of newborns in the neonatal intensive care unit: A narrative review

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Abstract

The Neonatal Intensive Care Unit (NICU) provides advanced, lifesaving care for newborns with complex medical needs arising from prematurity, perinatal complications, and congenital conditions. While technological advancements have significantly improved neonatal survival, nursing management remains the cornerstone of effective intensive care delivery. Neonatal nurses provide continuous clinical surveillance, implement specialized interventions, prevent complications, and support families during critical periods. This review presents an in-depth, nursing-centered analysis of newborn care in the NICU, focusing on admission stabilization, thermoregulation, respiratory and cardiovascular management, nutrition, fluid and electrolyte balance, infection prevention, neurological and developmental support, pain and skin care, family-centered practice, and discharge planning. Emphasis is placed on evidence-based nursing interventions that promote physiological stability, neurodevelopment protection, and long-term health outcomes. The review highlights the expanding scope of neonatal nursing and underscores the importance of skilled, holistic, and compassionate care in improving neonatal outcomes.

Keywords: Neonatal intensive care, NICU nursing, newborn management, neonatal nursing practice, preterm infant