

# Justifying humidification management options for infants delivered extremely premature- when and why? A randomised controlled trial. (Y HUMIDIFY).

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Royal Brisbane and Women's Hospital, Metro North Queensland Health
<b>Enrollment</b>	378 participants

## Plain Language Summary

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Babies born extremely prematurely — before 28 weeks of pregnancy — struggle to maintain their body temperature and are cared for in special heated, humidified incubators. While the warmth is essential, it is not yet clear when and how to safely reduce the humidity as these tiny babies grow. Too little humidity can cause problems with the skin and electrolytes; keeping it too long may have other risks. This study compares three different approaches to reducing incubator humidity to identify which approach best supports the baby's temperature stability.

Participants are premature infants admitted to the Royal Brisbane and Women's Hospital (or transferred within 12 hours of birth) who are less than 28 weeks gestational age and under 96 hours old at the time of enrolment. The study is being conducted in the neonatal intensive care unit and does not involve any changes to other routine care.

Babies with known chromosomal abnormalities, inherited skin conditions, or major surgical conditions such as abdominal wall defects are not eligible for this study.

## Key Eligibility Criteria

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### Inclusion (3)

- Premature infants aged < 28 weeks' gestation at the time of birth
- No more than 96 hours of age at the time of recruitment to allow for randomization and timely intervention commencement.
- Either inborn at the Royal Brisbane and Women's Hospital or out-born (as long as they are admitted within 12 hours from birth)

### Exclusion (4)

- Those with known or suspected chromosomal abnormalities
- Those with known or suspected congenital abnormalities
- Those with known or suspected inherited skin conditions i.e. Epidermolysis Bullosa
- Those with significant surgical conditions- specifically abdominal wall defects

## Locations (1 total)

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Royal Brisbane & Womens Hospital - Herston, QLD, Australia