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Improving the Management of Hyperbilirubinemia in a Limited-Resource Area

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1. The knowledge of and adherence to guidelines for the prevention and treatment of hyperbilirubinemia is rather low among health care workers on East Java, Indonesia and need to be improved. (this thesis)
2. Pediatric residents, and most likely also their supervisors, should increase their knowledge of hyperbilirubinemia management, and the barriers to follow the guidelines should be explored. (this thesis)
3. A web-based decision support tool, such as the BiliNorm, is user-friendly and facilitates adherence to existing hyperbilirubinemia guidelines, and may potentially improve the standard of newborn care. (this thesis)
4. Before implementation of the Bilistick[®], a handheld point of care device to diagnose hyperbilirubinemia, on Java, Indonesia, it needs further improvement with minimal false negative test results. (this thesis)
5. The irradiance levels of phototherapy in hospitals based on Java are not measured during treatment. To lower the risk of insufficient phototherapy with 'low irradiance' devices, manufacturers should include radiometers with phototherapy devices to optimize their performance. (this thesis)
6. TcB measurement is sensitive enough to predict hyperbilirubinemia in preterm neonates, justifying close transcutaneous bilirubin monitoring. Confirmation with TSB before treatment is still required. (this thesis)
7. A national registry data base on infants with severe hyperbilirubinemia is essential to measure the improvement of care of newborns with hyperbilirubinemia. (Future research)
8. The production of low-cost phototherapy devices equipped with intensity meters is essential to optimize the quality of phototherapy practice in Indonesia (Future research)
9. "Akan sulit untuk kita memulai sesuatu, dan sulit juga untuk menghentikan dirimu." ("It is hard to start, but also hard to stop you").
10. "Akan ada banyak tantangan karena berbeda, ketika anda percaya itu benar, tetap bekerjalah dengan baik." ("There will be a lot of challenges to be different, but when you believe it is right, keep up the good work.")