



Signs & Symptoms

- > Fast/shallow breathing
- > Grunting
- > Flaring nostrils
- > Bluish tint to skin/lips (cyanosis)
- > Retractions

Pathophysiology

Lack of surfactant in the lungs. Surfactant is the key to help keep the lungs open and prevent them from collapsing. Pre-mature babies who are born essentially have immature lungs due to the lack of surfactant.

Diagnostics/Labs

- > X-Rays of heart and lungs
- > Echocardiogram
- > Blood work to rule out infection and sepsis (CBC, Hct, Hgb, cultures)

Respiratory Distress Syndrome

Treatment/Medication

- > Surfactant Replacement therapy
- > NCPAP (Nasal Continuous positive airway pressure)
- > Oxygen therapy
- > IV Fluids/nutrition replacement

Nursing Implications

- > Apply external warmth
- > Enteral Feeding
- > Skin care
- > Promoting involvement of parents
- > Emotional support/encouragement

Patient Teaching

- > Cluster care together to prevent fatigue, aspiration.
- > Skin-to-skin if baby's condition isn't severe
- > Touching, holding, talking to and giving care to their baby makes a big difference

D.O.B. 3/10/23

Gestational Age 36 Adjusted Gestational Age 38 wks 4 days

Birthweight 6 lbs. 7.8 oz./ 2800 grams

Current weight 6 lbs. 7.7 oz./ 2940 grams

APGAR at birth: Baby born @ home

Priority Nursing Diagnosis

- > Hypoxemia
- > Altered nutrition