

N432 Focus Sheet 5 2020—Newborn, RKC Ch 17, 18, 23,24; ATI Ch 23-27 ; Newborn Assessment Power Point; breastfeeding power point; Newborn reflexes u-tube video; Alexander street video on Newborn assessment.

RKC 17 & 18; ATI Ch 23

1. What does APGAR stand for?
 - a. When are APGAR scores assigned?
 - b. What is a “normal” APGAR score versus a score that requires an intervention?
2. Describe the Initial assessment of a newborn immediately after birth?
 - a. Describe the order of interventions during the immediate period after the infant is born.
3. What are the normal expected ranges for a newborn for each of the following

weight	
Length (crown of head to to heel of foot)	
Head circumference (occipital to frontal)	
Chest circumference (nipple line)	
Temperature	
Pulse	
Respiration	
Blood Pressure	

4. What does the New Ballard Scale (gestational age assessment) assess? (There is a PPT in the Resources with a link to at U-tube video on the New Ballard Scale and an Alexander Street video on Newborn Assessment)
5. Define:
 - a. AGA
 - b. SGA
 - c. LGA
 - d. IUGR
 - e. Term
 - f. Preterm or premature
 - g. post term or postdate
 - h. Postmature
6. Review and summarize each component of the physical exam (Also see power point slides) (There is a PPT in the Resources with a link to at U-tube video on the newborn reflexes)

Posture:

Skin:

Milia
 Telangiectatic nevi
 Nevus flammeus
 Erythema toxicum
 Mongolian spots/Grey slate spots ???
 Lanugo

Neonatal acne
 Stork bites
 Head:
 Caput succedaneum
 Cephalohematoma
 Eyes:
 Ears:
 Nose:
 Mouth:
 Epstein pearls
 Neck:
 Chest:
 Abdomen:
 Anogenital:
 Extremities:
 Spine:
 Reflexes:
 Sucking & rooting reflex
 Palmar grasp
 Plantar grasp
 Moro reflex
 Tonic neck reflex (fencer position)
 Babinski reflex
 Stepping
 Senses:
 Vision
 Hearing
 Touch
 Taste
 Smell
 Habitation

7. How is a newborn's blood type determined?
 - a. Discuss maternal/newborn blood group incompatibility
 - i. When would you see this?

8. What are the normal Expected laboratory values for a newborn?

HGB	
Platelets	
Hct	
Glucose	
RBC count	
Bilirubin	
24 hr	
48 hr	
3-5 days	
Leukocytes	

9. What are the 3 primary complications noted with newborns? What are the nursing interventions for each of these complications?

RKC Ch 18; ATI Ch 24

1. Summarize the physical assessment of a newborn
 - a. When and how is the Neonatal screening (sometimes called metabolic screening) done?
 - b. What is the importance of this test?
 - c. Describe the collection sample procedure.
2. What are the signs of respiratory distress in the newborn?
3. Summarize the interventions for stabilization and resuscitation of airway.
4. What would you teach parents regarding:
 - a. Bathing
 - b. Diaper changes
 - c. Feeding
 - d. Newborn Sleep
 - e. Elimination
 - i. Meconium
 - f. Infection control
 - g. Umbilical cord care
 - h. Hand hygiene
5. Medications to know:

Medication	Indications (why is this needed for THIS patient?)	Nursing Implications (what are you watching for?)	Dose	When is this medication usually given?
Erythromycin				
Vitamin K (Aquamephyton)				
Hepatitis B				

6. Why is it important to monitor newborns for cold stress?
 - a. What signs and symptoms are noted with this?
 - b. What treatment is used?
 - c. Apply the nursing process to thermoregulation components and list appropriate nursing interventions
7. Define:
 - a. Evaporation
 - b. Conduction
 - c. Convection
 - d. Radiation

8. Hypoglycemia in the newborn is defined as:
 - a. Why is it important to monitor newborns for hypoglycemia? Which babies are at risk for hypoglycemia?
 - b. What are the signs and symptoms?
 - c. What is the treatment?

ATI Ch 25; Breastfeeding PowerPoint

1. Describe the key nutritional needs of the newborn.
2. According to the American Academy of Pediatrics, how often should newborns breastfeed?
 - a. What infant specific benefits have been found with breastfeeding?
3. List interventions to promote successful breastfeeding.
 - a. Should you use pacifiers?
4. Breastmilk can be stored in each of the following for how long?
 - a. _____ hr at room temperature
 - b. _____ days refrigerated in sterile bottles
 - c. _____ months in frozen sterile containers in the freezer compartment of a refrigerator
 - d. _____ months in a deep freezer
5. How often should bottle-fed babies feed?
6. What should be assessed when determining proper nutrition for the newborn?
7. What cues are exhibited by a newborn to show feeding readiness?
8. What techniques can you teach parents in order to wake a sleepy baby to feed?
9. What techniques can you teach parents comforting a fussy baby?
10. What is failure to thrive?

ATI Ch 26

Since the majority of OB is about education/teaching, you are responsible for all information in this chapter, as you will use it clinically and during theory/exam.

1. Write up 5 things you would include in the discharge teaching for the newborn.

RKC Ch 23 & 24; ATI Ch 27

1. Define NAS
 - a. Describe what the neonate going through substance withdrawal would look like.
2. How can infants be tested for maternal drug use and what nursing care should be implemented for infants who are withdrawing?
3. What medications are often used to help with withdrawal symptoms?
4. RDS is a result of surfactant deficiency in the lungs causing poor gas exchange and ventilatory failure. What is surfactant?
 - a. What complications arise from RDS?
 - b. What risk factors are included in the assessment for RDS?
 - c. What does an RDS infant look like?
5. SGA vs LGA, compare and contrast.
 - a. Both babies are at risk for hypoglycemia

	SGA	LGA
Risk factors:		
Findings		
Care considerations		

6. Discuss the variations between physiologic and pathologic jaundice.
 - a. What tests are done to determine the severity of the jaundice (high bilirubin level)?
 - b. How are elevated bilirubin levels in newborns treated?
 - c. What assessments and nursing interventions are done for an infant who is under a bilirubin ultraviolet light or on a bilirubin blanket?
7. Congenital anomalies: Describe
 - a. Patent ductus arteriosus
 - b. Tetralogy of Fallot
 - c. Down Syndrome
 - i. Simian crease