

N432 Newborn Worksheet

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Area	Normal Findings	Expected Variations
Skin	The skin will be warm and pink with cyanosis of the hands and feet, milia around the area of the nose and chin (Durham et al., 2023). There is peeling of the skin on babies less than 40 weeks gestation (Durham et al., 2023).	Preterm babies will have thin and translucent skin and more lanugo (Durham et al., 2023).
Head	Molding of the head, a circumference measurement of 32-36 cm, and soft fontanels (Durham et al., 2023).	Excessive molding of the head, making it difficult to palpate (Durham et al., 2023).
Fontanels	The fontanels are open and soft, posterior fontanels are a triangle shape (Durham et al., 2023).	Fontanels may bulge with crying (Durham et al., 2023).
Face	There will be white papules on the face, commonly known as milia (Durham et al., 2023).	The baby may or may not have papules (Durham et al., 2023).
Eyes	The iris is blue-gray or brown, the sclera is white or bluish-white, the pupils are equally reactive to light, and the eyes are equal and symmetrical in shape and size (Durham et al., 2023).	Edema or subconjunctival hemorrhage may be present because of the pressure during the birthing process (Durham et al., 2023).
Nose	The nose will have a small amount of mucus (Durham et al., 2023).	The baby's nose may be flattened or bruised due to the birthing process (Durham et al., 2023).
Mouth	The gums, lips, tongue, palate, and mucous membranes are pink and moist (Durham et al., 2023).	Dry lips are common (Durham et al., 2023).
Ears	The ears on top of the pinna are in alignment with the external canthus of the eye, with no deformities, and the baby responds more to high-pitched vocal sounds (Durham et al.,	The neonate's hearing may not be as acute until the eustachian tubes are clear (Durham et al., 2023).

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Neck	The neck has skin folds and is short (Durham et al., 2023).	There may be stork bites at the base of the neck (Durham et al., 2023).
Chest	The chest size will be 30.5-33 cm or 2-3 cm less than the circumference of the head (Durham et al., 2023).	The breast may be engorged in males and females due to maternal hormones (Durham et al., 2023).
Breath Sounds	Lung sounds are clear and equal. (Durham et al., 2023).	Scattered crackles may be heard after birth because of the retainment of lung fluid that will eventually be absorbed through the lymphatics (Durham et al., 2023).
Heart Sounds	S1 and S2 will be present, with regular rhythm with some variability that is related to respiratory changes and activity, brachial and femoral pulses are present and equal (Durham et al., 2023).	Heart murmurs are present in 30% of babies but will go away within 2 days (Durham et al., 2023).
Abdomen	The abdomen should be symmetrical, protuberant, soft, and round (Durham et al., 2023).	Hernias are more common in black neonates (Durham et al., 2023).
Bowel Sounds	Bowel sounds are typically absent right after birth but are present after the golden hour (Durham et al., 2023).	Bowel sounds may be hypo-active for a few days (Durham et al., 2023).
Umbilical Cord	The cord color is opaque with one vein and two arteries (Durham et al., 2023).	The cord may be whitish blue (Durham et al., 2023).
Genitals	In females, the labia majora covers the labia minora and clitoris and they may be edematous (Durham et al., 2023). A whitish vaginal is present because of a response to maternal hormones (Durham et al., 2023). The scrotum is large, pendulous, and edematous with rugae in males. The urinary meatus is at the top of the penis (Durham et al., 2023).	The urine may contain uric crystals that are red or rust-colored which is normal in the first few days of life (Durham et al., 2023).

Anus	The anus will be patent, and a stool will happen within 24 hours (Durham et al., 2023).	Anal fissures or fistulas might be visible (Durham et al., 2023).
Extremities	Arms and legs are equal in strength and symmetrical in length with 10 fingers and 10 toes (Durham et al., 2023).	Extremities will be flexed, and the hands of the neonate will be clenched (Durham et al., 2023).
Spine	A c-shaped spine with no openings felt or seen (Durham et al., 2023).	There should be no variations to a normal spine.

1. What safety and security measure are in place at facilitates for newborns? **(5 points)**

An infant security device may be placed on the cord of the neonate and remain on until hospital discharge, and an identification band on the newborn that matches the parents (Durham et al., 2023).

2. What is normal ranges for an infant's heart rate and respiratory rate? **(2 points)**

The heart rate is 110-160 beats per minute and the respiratory rate is 30-60 breaths per minute (Durham et al., 2023).

3. What is the normal range and method for getting an infant's temperature? Why is this? **(2 points)**

The temperature is taken in the axillary or rectal area because they are the most accurate, but usually the axillary is done because the rectal area is more invasive (Dunham et al., 2023). The normal temperature is 97.7-99 degrees Fahrenheit in the axillary area (Durham et al., 2023).

Complete Table (10 points)

Medication	Dosage	Administration Site	Possible side effects	Why is this administered
Vitamin K	0.5-1 mg is the usual dose for a newborn (Durham et al., 2023).	Vitamin K is administered intramuscularly within 1 hour of birth (Durham et al., 2023).	Erythema, pain, or swelling at the injection site may happen as a side effect (Durham et	Vitamin K is administered to prevent vitamin K deficiency bleeding (Durham et al., 2023).

			al., 2023).	
Erythromycin	The usual dosage is 0.5% for a newborn (Durham et al., 2023).	The ointment is put in the baby's eyes (Durham et al., 2023).	Inflammation or edema of the eyelids may occur as a side effect (Durham et al., 2023).	Erythromycin is administered as a prophylaxis for the treatment of gonococcal or chlamydial eye infections (Durham et al., 2023).
Hepatitis B	10 mcg is the normal dose for Hepatitis B (Durham et al., 2023).	The hepatitis B vaccine is administered intramuscularly (Durham et al., 2023).	The injection site may be sore (Durham et al., 2023).	Hepatitis B is administered in case the baby's mother is infected (Durham et al., 2023).

Complete Table (20 points)

Name of Test	Why is this test ordered
Blood Glucose	The blood glucose test is ordered to check the blood glucose levels in the newborn to check for hypoglycemia. The normal level for a neonate is 30-60 mg/dl (Pagana, 2022).
Blood type and Rh Factor	The blood type and Rh factor are necessary to determine whether the blood type has Rh antigens (Pagana, 2022). It detects if blood cross-matching will occur. (Pagana, 2022).
Coombs Test	The Coombs test is completed to identify immune hemolysis, which is the lysis of red blood cells, or to see if there is a hemolytic transfusion reaction (Pagana, 2022).
Bilirubin levels	The bilirubin test is ordered to see if a high bilirubin level is detected (Pagana, 2022). If a high level of bilirubin is present, it causes jaundice, which is a yellow skin discoloration (Pagana, 2022).
Newborn Screen	The newborn screen is done to check for congenital and other common disorders (Durham et al., 2023).
Hearing Screen	The hearing screen is performed to determine if there is hearing loss (Durham et al., 2023). By catching the hearing loss early, the caregiver can seek help for language development (Durham et al., 2023).

Newborn Cardiac Screen	The newborn cardiac screen is ordered to check for congenital heart defects (Durham et al., 2023).
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1. Identify 3 educational topics that could be discussed with caregivers of the infant. **(6 points)**

Three topics that could be discussed with the caregivers of the infant are safe sleeping habits for the newborn, such as putting the baby on their back, keeping soft and loose items out of the sleeping area, and not smoking around the infant (Durham et al., 2023).

2. Identify 2 nursing diagnoses that could be identified for a newborn patient. **(10 points)**

2 nursing diagnoses that could be identified for newborns are as follows:

Pain related to procedures; such as birth trauma as evidenced by the neonate's excessive crying (Durham et al., 2023).

Impaired gas exchange related to inadequate surfactant and immature lung tissue as evidenced by the neonate's respirations (Durham et al., 2023).

References

Durham, R., Chapman, L., & Miller, C. (2023). *Davis advantage for maternal-newborn nursing critical components of nursing care* (Fourth ed.). F.A. Davis Company.

Pagana, K. D., Pagana MD FACS, Timothy J., & Pagana MD FAAEM, Theresa Noel. (2022). *Mosby's® diagnostic and laboratory test reference* (16th ed.). Mosby.

