

# N432 Newborn Worksheet

Name: Tiraé Littles

Date: 9/4/24

**This assignment is due at 2359 CST the evening before you are assigned to the nursery.**

**Complete table (40 points) Include in-text citations in APA format. Attach Reference page.**

<b>Area</b>	<b>Normal Findings</b>	<b>Expected Variations</b>
<b>Skin</b>	Normal, smooth, flexible, good skin turgor, well hydrated, warm (Ricci et al., 2021).	Jaundice, acrocyanosis, milia, mongolian spots, stork bites (Ricci et al., 2021).
<b>Head</b>	Normal, varies with age, gender and ethnicity (Ricci et al., 2021).	Microcephaly, macrocephaly, and enlarged fontanels (Ricci et al., 2021).
<b>Fontanels</b>	Flat, firm, soft (Ricci et al., 2021).	Sunken, or bulging fontanels (Ricci et al., 2021).
<b>Face</b>	Normal full cheeks, facial features symmetric (Ricci et al., 2021).	Facial nerve paralysis, nevus flammeus, nevus vasculosus (Ricci et al., 2021).
<b>Eyes</b>	Normal: clear and symmetrically placed on face, online with ears (Ricci et al., 2021).	Chemical conjunctivitis, subconjunctival hemorrhages (Ricci et al., 2021).
<b>Nose</b>	Normal small placement in the midline and narrow. ability to smell (Ricci et al., 2021).	malformation or blockage (Ricci et al., 2021).
<b>Mouth</b>	Normal aligned in midline, symmetric intact soft and hard palate (Ricci et al., 2021).	Epstein pearls, erupted precocious teeth, thrush (Ricci et al., 2021).
<b>Ears</b>	Normal: soft and pliable with quick recoil when folded and released (Ricci et al., 2021).	Low-set ears, hearing loss (Ricci et al., 2021).
<b>Neck</b>	Normal: short, creased, moves freely, baby holds head in midline (Ricci et al., 2021).	Restricted movement, clavicular fractures (Ricci et al., 2021).
<b>Chest</b>	Normal: round, symmetric, smaller than head (Ricci et al., 2021).	Nipple engorgement, whitish discharge (Ricci et al., 2021).
<b>Breath Sounds</b>	clear and equal in all quadrants (Ricci et al., 2021).	wheezing, stridor, and grunting (Ricci et al., 2021).
<b>Heart Sounds</b>	Regular rhythm, S1 and S2 present (Ricci et al., 2021).	persistent murmur, abnormal rhythm (Ricci et al., 2021).
<b>Abdomen</b>	Normal protuberant contour soft three vessels in umbilical cord (Ricci et al., 2021).	Distended, only two vessels in umbilical cord (Ricci et al., 2021).
<b>Bowel Sounds</b>	soft, gurgling sounds, auscultate bowel sounds in all four quadrants	hypoactive/ non active, absent, abdominal distention (Ricci et al.,

	and no masses or tenderness upon palpation (Ricci et al., 2021).	2021).
<b>Umbilical Cord</b>	moist, clean and clear (Ricci et al., 2021).	signs of infection, excessive bleeding, discharge (Ricci et al., 2021).
<b>Genitals</b>	Normal male: smooth glans, meatus centered at tip of penis (Ricci et al., 2021).  Normal female: swollen female genitals as a result of maternal estrogen (Ricci et al., 2021).	Edematous scrotum in males, vaginal discharge in females (Ricci et al., 2021).
<b>Anus</b>	healthy skin, skin intact (Ricci et al., 2021).	imperforate anus (Ricci et al., 2021).
<b>Extremities</b>	Normal: extremities symmetric with free movements (Ricci et al., 2021).	Congenital hip dislocation, tuft or dimple on spine (Ricci et al., 2021).
<b>Spine</b>	Normal: extremities symmetric with free movements (Ricci et al., 2021).	Congenital hip dislocation, tuft or dimple on spine (Ricci et al., 2021).

**For the following questions and tables, include in-text citations in APA format. Attach Reference page.**

1. What safety and security measures are in place at facilities for newborns? **(5 points)**  
Safety and security measures include: Identification bands for both the newborn and parents, secured entry and exit, and surveillance camera. It is crucial for facilities to ensure the safety of newborns, this helps prevent abductions and ensures the newborn is receiving proper care. "It is crucial for maternity and obstetric units to have an infant protection solution in place, such as the Cuddles Infant Protection Solution. This solution utilizes a secure and soft band in conjunction with a perimeter control system to safeguard newborns in a hospital or maternity ward" (Accutech, 2021). "Whenever anyone tries to take a baby out of a restricted area of the hospital, the nursing staff is immediately alerted and they can act accordingly to prevent infant abduction. This system also sends alerts if the Cuddles band is tampered with or removed" (Accutech, 2021).
2. What are normal ranges for an infant's heart rate and respiratory rate? **(2 points)**  
Heart rate: 110-160 beats per minute (Ricci et al., 2021).  
Respirations: 30 to 60 breaths per minute (Ricci et al., 2021).

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

The normal range for an infant's temperature is 97.7-99.5F (Ricci et al., 2021). "The infant's temperature is taken axillary, this route is non-invasive, and minimizes discomfort" (Ricci et al., 2021).

**Complete Table (10 points)**

Medication	Dosage	Administration Site	Possible side effects	Why is this administered
Vitamin K	1mg	Vastus lateralis	Erythema and bruising at the injection site	Vitamin K promotes proper blood clotting
Erythromycin	1g	Eyes	Eye irritation, allergic reaction	To prevent ophthalmia neonatorum, from infections: gonorrhea and chlamydia.
Hepatitis B	0.5ml	IM outer thigh	pain at site, redness or swelling	This vaccine is administered to protect the newborn from hep b virus.

**Complete Table (20 points)**

Name of Test	Why is this test ordered
Blood Glucose	Blood glucose tests are ordered to ensure the newborn does not have hypoglycemia. Newborns are more susceptible to having low blood sugars after birth due to the body's lack of ability to regulate blood sugar levels effectively.
Blood type and Rh Factor	This test helps to evaluate the newborns blood type. Rh factor is a protein found in RBC that helps with assessing blood compatibility.
Coombs Test	This test is ordered to screen for jaundice.
Bilirubin levels	This test is ordered to monitor bilirubin levels, abnormal bilirubin levels can rule out physiological jaundice, liver disorders and other infections.

<b>Newborn Screen</b>	This test screens infants to rule out any abnormalities that may have not been observed yet by the healthcare team; such as genetic disorders, or blood disorders.
<b>Hearing Screen</b>	The newborn hearing screen is an important test to determine if the infant has hearing loss. Early detection is vital, so if there is an issue it can be fixed in a timely manner.
<b>Newborn Cardiac Screen</b>	The newborn cardiac screen is beneficial to the healthcare team as it assists with diagnosing any congenital heart defects, and issues regarding the infant's oxygen status.

1. Identify 3 educational topics that could be discussed with caregivers of the infant. **(6 points)**
  - Breastfeeding and proper nutrition
  - Car seat safety
  - SIDS
  - Postpartum care
  - New born after care: diaper changes, umbilical cord care, baths, developmental milestones, proper burping techniques.
  
2. Identify 2 nursing diagnoses that could be identified for a newborn patient. **(10 points)**
  - Altered thermoregulation related to hypo or hyperthermia as evidenced by the newborns lack of capability to regulate their own body temperature thoroughly.
  - Risk for infection related to weakened immune system as evidenced by observed signs of infection. redness, swelling, elevated temp, irritability, and poor feeding.

**Attach Reference page:**

Accutech. (2021, January 15). *Top 5 Best Practices for Infant Security in Hospitals*. Accutech Security. <https://www.accutechsecurity.com/top-5-best-practices-for-infant-security-in-hospitals/>

Ricci, S., Kyle, T., & Carman, S. (2021). *Maternity and pediatric nursing* (4th ed.). Wolters Kluwer.

Sutterhealth. (2024). *Newborn Medications and Vaccinations | Sutter Health*.

[Www.sutterhealth.org. https://www.sutterhealth.org/health/newborns/newborn-medications-vaccinations](https://www.sutterhealth.org/health/newborns/newborn-medications-vaccinations)