

N432 Newborn Worksheet

Name: Sarah Minacci

Date: 10/21/2024

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.

Area	Normal Findings	Expected Variations
Skin	<ul style="list-style-type: none"> -Skin color consistent with genetic background -Acrocyanosis -Quick skin turgor -Skin dry, soft, and smooth -Vernix -Lanugo <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Milia on face -Mongolian spots on back and buttocks -Telangiectatic nevi (flat pink or red marks) -Venus flammeus (purple or red angioma below skin surface) -Erythema toxicum (pink rash that appears suddenly) <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Head	<ul style="list-style-type: none"> -32 to 37cm -Should be 2 to 3 cm larger than the chest -Sutures palpable and separated <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Sutures may be overlapped (molding) -Caput succedaneum (soft swollen mass on head due to pressure during labor) -Cephalohematoma (can result from trauma during birth) <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Fontanel	<ul style="list-style-type: none"> -Anterior fontanel palpable, diamond shaped, and 5cm in diameter -Posterior fontanel is smaller and triangle shaped. <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Might bulge when infant cries or coughs -Might be depressed if dehydrated <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Face	<ul style="list-style-type: none"> -Dry and soft -Possible lanugo <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Milia -Telangiectatic nevi -Nevus flammeus -Possible bruising from quick labor <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Eyes	<ul style="list-style-type: none"> -Symmetrical -Pupillary and red reflex present -Eyes demonstrate random, jerky movements -Can focus on objects within 12 inches <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Minimal to no tears -Possible subconjunctival hemorrhage from traumatic birth -Possible edema <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Nose	<ul style="list-style-type: none"> -Midline and flat -No nose bridge -Nose breathing <p style="text-align: right;">(Althoff & Belim, 2023)</p>	<ul style="list-style-type: none"> -Sneezing to clear nasal passages -Some mucus -Telangiectatic nevi <p style="text-align: right;">(Althoff & Belim, 2023)</p>
Mouth	<ul style="list-style-type: none"> -Lip movements symmetrical -Little saliva -Symmetrical tongue that moves 	<ul style="list-style-type: none"> -Epstein's pearls (small whiteish cysts on the gums)

	freely -Soft and hard palate intact (Althoff & Belim, 2023)	(Althoff & Belim, 2023)
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Ears	-Top of ears in line with the eyes -Cartilage firm and well formed -Baby should respond to noises (Althoff & Belim, 2023)	-Skin tags -Vernix behind ears (Althoff & Belim, 2023)
Neck	-Short and thick -skin folds -Should move freely side to side and up and down (Althoff & Belim, 2023)	-Vernix in skin folds -Telangiectatic nevi (Althoff & Belim, 2023)
Chest	-30 to 33cm -Barrel shaped -Diaphragmatic breathing -Clavicles intact -nipples symmetrical and well formed (Althoff & Belim, 2023)	-Breast nodules varying in size from 3mm to 10mm -Erythema toxicum (Althoff & Belim, 2023)
Breath Sounds	-Equal bilaterally -Unlabored -Diaphragmatic breathing -Clear to auscultation -Respiratory rate 30-60 bmp (Althoff & Belim, 2023)	-Short periods of apnea (less than 15 seconds) - Irregular respiratory rate -Respiratory rate increases with crying and decreases with sleeping (Althoff & Belim, 2023)
Heart Sounds	-Heart rate of 110-160 bmp -Auscultate at 4 th intercostal space left mid clavicular line -Clear heart tones (Althoff & Belim, 2023)	-Brief fluctuations in HR -Possible murmurs (Althoff & Belim, 2023)
Abdomen	-Round -Umbilical cord present -Dome shaped -Soft (Althoff & Belim, 2023)	-Erythema toxicum (Althoff & Belim, 2023)
Bowel Sounds	-Heard in all 4 quadrants -Normoactive (Althoff & Belim, 2023)	-May be hypoactive the first few days (Althoff & Belim, 2023)
Umbilical Cord	-Odorless -One vein, two arteries -Becomes dry and dark -Detaches within 2 weeks (Althoff & Belim, 2023)	-Should not have variations. Foul odor or presence of abdominal organs are unexpected findings. (Althoff & Belim, 2023)
Genitals	-Rugae on scrotum -Testes in scrotum -Labia majora covering labia minora and clitoris (Althoff & Belim, 2023)	-Edema of female labia -Rust colored urine for first few days -Blood tinged vaginal discharge in females (Althoff & Belim, 2023)
Anus	-Present and patent	-Should not have variations. Not

	-Meconium passed in first 24-48 hours after birth (Althoff & Belim, 2023)	passing stool or being covered by a membrane are unexpected findings. (Althoff & Belim, 2023)
Extremities	-Resistant to extension, mostly flexed -Symmetrical and equal in strength -bow legs and flat feet -Full ROM -Spontaneous movements (Althoff & Belim, 2023)	-Should not have variations hypertonia, hypotonia, and decreased ROM are all unexpected findings. (Althoff & Belim, 2023)
Spine	-Straight -Flat -Midline -Easily flexed (Althoff & Belim, 2023)	-Should not have variations, vertebrae openings can indicate spina bifida. (Althoff & Belim, 2023)

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 facilitates for newborns? (5 points)

There are typically several safety and security measures in place at the hospital for newborns. It is common practice to take footprints and photos of the newborn for identification purposes (Durham et al., 2023). Armbands are also placed on the mom, her partner, and the newborn and the bands contain the same identification number to keep the family together (Durham et al., 2023). The band of the baby and parents should be routinely checked every shift and every time the baby is taken from and returned to their room (Durham et al., 2023). Also newborns typically have a security tag on their ankle that will trigger an alarm system if they are taken off the unit (Durham et al., 2023). The labor and delivery, postpartum, and NICU are also locked units and require guests to buzz in (Durham et al., 2023). The parents should also be educated never to leave their newborn unattended (Durham et al., 2023).

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

Normal range for an infant's heart rate is: 110 to 160 beats per minute (Durham et al., 2023)

Normal range for an infant's respiratory rate is: 30 to 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 normal range for a newborn's temperature is 97.7°F to 99.0°F and it is assessed at the axillary site (Durham et al., 2023). It is best to assess at the axillary site because this is the most comfortable and least invasive site to obtain an accurate temperature (Althoff & Belim, 2023). Rectal temperatures are avoided unless really necessary because the rectal mucosa is very delicate and can be easily injured (Althoff & Belim, 2023).

Complete Table (10 points)

Medication	Dosage	Administration Site	Possible side effects	Why is this administered
Vitamin K	0.5-1.0 mg within 1 hour of birth (Durham et al., 2023)	Intramuscularly into the vastus lateralis (Durham et al., 2023)	Redness, pain, and swelling at the injection site (Durham et al., 2023)	This is given to prevent hemorrhagic disorders because Vitamin K (an important factor for clotting) is not produced in the gastrointestinal tract until around 7 days old. (Durham et al., 2023)
Erythromycin	1 cm bead of 0.5% ointment (Durham et al., 2023)	Topically to lower eyelid of each eye (Durham et al., 2023)	Edema and inflammation of the eyelids (Durham et al., 2023).	This is an antibiotic given prophylactically to prevent ophthalmia neonatorum caused by gonococcal or chlamydial eye infections, which can cause blindness (Durham et al., 2023).
Hepatitis B	1 shot, 0.5ml (Durham et al., 2023)	Intramuscularly, not in the same thigh as Vitamin K was administered (Durham et al., 2023)	Redness, swelling, and pain at injection site, irritability (Durham et al., 2023)	Provides protection against Hepatitis B which is spread through bodily fluids and can cause chronic liver inflammation (Durham et al., 2023).

Complete Table (20 points)

Name of Test	Why is this test ordered
Blood Glucose	This test is done to check infants for hypoglycemia which can cause neurological damage or even death if not caught soon enough (Durham et al., 2023). Preterm, small for gestational age, and other at-risk neonates have more immature livers might not have enough glucose or glycogen stores to maintain normal

	glucose levels, so blood glucose must be checked (Durham et al., 2023).
Blood type and Rh Factor	This tests looks to see if mother and baby's blood are compatible; if the mother is Rh negative and the baby is Rh positive then the mother's body can produce antibodies that will attack the baby's blood (Durham et al., 2023).
Coombs Test	This test is used to detect antibodies that attack red blood cells and determine if hemolytic disease of the newborn is related to Rh or ABO incompatibility (Durham et al., 2023).
Bilirubin levels	This test is used to monitor for high levels of bilirubin in newborns; typically elevated bilirubin levels are benign, but extreme levels of bilirubin can be toxic and cause acute bilirubin encephalopathy (Durham et al., 2023).
Newborn Screen	Screening tests are done to help identify congenital and other common disorders that may not be easily seen at birth (Durham et al., 2023). Generally, newborn screening programs focus on disorders for which early detection and treatment improve health outcomes such as testing for phenylketonuria (Durham et al., 2023).
Hearing Screen	This test is done before discharge to detect any hearing impairments so that the newborn can get prompt treatment (Durham et al., 2023).
Newborn Cardiac Screen	This test helps detect congenital heart diseases by assessing pulse oximetry readings in the right foot and right hand (Durham et al., 2023).

1. Identify 3 educational topics that could be discussed with caregivers of the infant. (6 points)

One educational topic that should be discussed with caregivers of an infant is safe sleep such as having the infant sleep on their back and alone in their crib without extra blankets, toys, or padding that could cause suffocation (Althoff & Belim, 2023). Parents should also be taught about newborn crying. Newborns cry for many different reasons, but parents should not try to feed their baby every time they cry because this can lead to an upset stomach; different swaddling and calming techniques can be taught to help comfort the baby (Althoff & Belim, 2023). Lastly, parents should be educated about car seat safety. Newborns should use rear facing car seats in the middle seat of the car; they should remain rear facing until 2 years old (Althoff & Belim, 2023).

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

Neonatal hypothermia related to inadequate clothing as evidenced by pallor, skin cool to touch, and caregivers only dressing baby in its diaper (Phelps, 2023).

Neonatal hyperbilirubinemia related to liver malfunction as evidenced by yellow mucous membranes and abnormal lab values (Phelps, 2023).

References

Althoff, A., & Belim, S. L. (2023). *RN maternal newborn nursing* (12th ed.). Assessment Technologies Institute, L.L.C.

Durham, R. F., Chapman, L., & Miller, C. S. (2023). *Davis advantage for maternal-newborn nursing:*

Critical components of nursing care (4th ed.). F.A. Davis Company.

Phelps, L. L. (2023). *Nursing diagnosis reference manual* (12th ed.). Wolters Kluwer.