N432 Newborn Worksheet

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This assignment is due at 2359 CST Tuesday 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 Variation
Skin	The skin is pink and warm with cyanosis of hands and feet. Milia on nose and chin. Hair is on the back, shoulders, and forehead. Stork bite is present and raised, bright red spots on the skin (Durham et al., 2023).	Central cyanosis may be present within the first ten minutes of life. Baby may be jaundiced. A green/yellow vernix may indicate meconium passed during pregnancy or labor. More lanugo than normal indicate a preterm baby. Thin skin and increased vernix are another sign of a preterm baby. Longer nails for a baby that's over 40 weeks gestation may occur. Some may have a pilonidal dimple (Durham et al., 2023).
Head	Head circumference should measure between 32-36 centimeters (Durham et al., 2023).	If the baby's head is smaller than normal, this may indicate congenital malformation, alcohol, or drug ingestion when baby was in utero, or maternal infection during pregnancy. If the baby's head is bigger than normal, this could mean hydrocephalus (Durham et al., 2023).
Fontanels	Fontanels are open, intact, and soft. They are slightly depressed and may bulge with crying. The anterior fontanel is diamond shaped while the posterior one is triangular shaped (Durham et al., 2023).	Fontanels that are firm and constantly bulging may indicate increased pressure in the brain. Fontanels that are depressed may indicate dehydration. There may be bruises or lacerations from the vacuum or electrode. There may be swelling on their scalp (Durham et al., 2023).
Face	The chin is set back. Lips are sensitive to touch. Eyes and ears are symmetrical, as well as facial movements. Rooting occurs when cheek is brushed (LibreTexts, 2025).	Facial movements are not symmetrical. Facial parts, such as eyes, are not symmetrical to each other. Nose is not midline (LibreTexts, 2025).
Eyes	Eyes are equal and symmetrical in location and size. The baby can follow objects within twelve inches. Edema may be present. Iris is blue/gray or brown, and	Baby may have cataracts if there is an absent red-light reflex. Unequal pupil reactions indicate neurological damage. Blue sclera indicates osteogenesis imperfecta, which is a

	sclera is white. Subconjunctival hemorrhage may be present because of the pressure the baby experienced during birth. Pupils are reactive to light. Positive red light and blink reflex are noted. No tear production until two months. Nystagmus is related to immature muscular control (Durham et al., 2023).	genetic disorder in which the bones are brittle (Durham et al., 2023).

Nose	The nose may be flat or bruised because of the birth. The nares should be opened with a small amount of mucous present (Durham et al., 2023).	Excess drainage can cause respiratory distress. A flat nasal bridge may indicate Down syndrome. Nasal flaring is a sign of respiratory distress (Durham et al., 2023).
Mouth	The lips, gums, tongue, palate, and mucous membranes are pick, moist, and intact. Reflexes are positive. Their lips may be dry. Epstein pearls are present (Durham et al., 2023).	Hypoxia may be indicated by bluish mucous membranes. Dry mucous membranes mean dehydration. If the baby has teeth, it may be fine or may mean congenital abnormalities. If the groove between the nose and the upper lip is thinner, it may indicate fetal alcohol syndrome. Cleft lip or palate may be present, which is fixed with surgery (Durham et al., 2023).
Ears	Top of the ear is even with the external canthus of the eye. The external ear does not have deformities. The baby responds to noise by being startled. They respond more to high pitched frequencies (Durham et al., 2023).	Ears that are low set could indicate Down syndrome. Hearing loss may be present if the baby is not startled. Any skin tags, dimpling, or lesions may indicate kidney or other abnormalities (Durham et al., 2023).
Neck	Neck is short with skin folds. Positive tonic neck reflex may be present (Durham et al., 2023).	Large thick skin folds or webbing at the back of the neck could mean there is some genetic disorder. Absent tonic neck reflex may indicate nerve injury (Durham et al., 2023).
Chest	The chest is barrel shaped and symmetrical. Breast engorgement may be present in both female and male babies that is related to maternal hormones. There may be milky fluid from their nipples (Durham et al., 2023).	Funnel chest is present which is a congenital defect. Pigeon chest can obstruct respirations. Chest retractions show respiratory distress (Durham et al., 2023).
Breath Sounds	The lung sounds are clear and equal. Some crackles may be heard within the first few hours after delivery but should	Continuous crackles, wheezes, grunting, stridor, and apnea for longer than fifteen seconds indicate respiratory distress. Decreased or

	disappear eventually (Durham et al., 2023).	absent breath sounds may indicate aspirations or a collapsed lung (Durham et al., 2023).

Heart Sounds	The heart will be heard best at the third or fourth intercostal space. S1 and S2 are present. Regular rhythm with some variability. Murmurs may be preset but they will disappear within two days. Brachial and femoral pulses are present and equal (Durham et al., 2023).	Heart may be displaced to the right. Displaced PMI may mean an enlarged heart. Persistent murmurs may indicate a congenital heart defect. Femoral pulses that are weaker than brachial pulses may mean a congenital heart defect as well (Durham et al., 2023).
Abdomen	Abdomen is soft, round, and symmetrical. Passage of stool within forty-eight hours (Durham et al., 2023).	Abdomen that is not symmetrical may indicate possible abdominal mass. Hernias usually resolve on their own within the first year (Durham et al., 2023).
Bowel Sounds	Bowel sounds are heard (Durham et al., 2023)	Bowel sounds may be hypoactive. An abnormal would be absent bowel sounds in all four quadrants (Durham et al., 2023).
Umbilical Cord	The cord is opaque or whiteish blue with two arteries and one vein. They should be covered with Whartons jelly. Skin around the umbilical cord should have no infection, no redness, no swelling, drainage, or unpleasant smell (Dunham et al., 2023).	One umbilical artery and one vein may indicate a kidney or heart malformation. Inability to pass meconium within the first forty-eight hours may indicate problems with anus or ileus (Durham et al., 2023).
Genitals	**Females:** Labia majora covers labia minora and clitoris. Majora and Minora may be edematous. Blood-tinged discharge or whitish discharge is caused by a sudden decrease in maternal hormones. Urine may appear dark with crystals and shows as a reddish stain on the diaper. Baby should urinate within twenty-four hours. Urinary meatus is midline (Durham et al., 2023). **Males:** Urinary meatus is at tip of penis. Scrotum is large, pendulous, and	**Female:** Prominent clitoris and small, visible labia minora may happen in preemies. Unclear genitalia may require testing to determine sex. No urination in twenty-four hours may indicate possible obstruction, disease, or renal failure (Durham et al., 2023). **Males:** The urethral opening may be under the head of the penis. The urethral opening may be on top of the head of the penis. Testes may not have descended yet. Enlarged scrotum because of excess fluid in them. No

	edematous with rugae present. Both testes are palpable in the scrotum. Baby urinates within twenty-four hours. Urine may also have crystals in it and appear as a reddish color in the diaper (Durham et al., 2023).	urination in twenty-four hours may indicate an obstruction, disease, or renal failure. Unclear genitalia will require testing to determine sex. There may be an inguinal hernia (Durham et al., 2023).
Anus	Anus is open and passes stool within twenty-four hours (Durham et al., 2023).	Closed anus will require immediate surgery. Fissures or fistulas may be present (Durham et al., 2023).
Extremities	Arms and legs are symmetrical in length and strength. There are ten fingers and ten toes. Full range of motion is exhibited in the extremities. The joints do not click. Equal gluteal folds (Durham et al., 2023).	Extra digits or webbed digits may indicate a genetic disorder. Unequal gluteal folds may indicate congenital hip dislocation. Decreased range of motion or tone may indicate possible injury, neurological disorder, or a premature baby. Swelling, crepitus, or neck tenderness may mean a broken clavicle. Short fingers and wide space between toes are common with Down syndrome (Durham et al., 2023).
Spine	C-shaped spine with no openings felt or observed in the vertebra. No dimpling or sinuses should be seen (Durham et al., 2023).	Vertebrae openings may indicate spina bifida. Any dimpling or sinuses may indicate pilonidal cyst or a serious neurological disorder (Durham et al., 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 for newborns? **(5 points)**

- Once a baby is born, there will be ID bands placed on the baby, the birth giver, and the patient's partner. Make sure the baby is always warm. The parent(s) will be taught to support the head and neck of the baby. Teach the parent(s) about safe sleeping and placing the baby on their back. The baby should not be left alone or unattended on a flat surface, such as the birth givers bed. There may also be an infant safety tag for the baby (Durham et al., 2023).

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

- Normal range for an infant's respiratory rate is thirty to sixty breaths per minute. A normal range for heart rate for an infant is 110-160 beats per minute. It will rise if the baby is crying and will decrease when the baby is sleeping (Durham et al., 2023).

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

- Normal range is 97.9℉-99℉. Typically, axillary and rectum are the method for getting the temperature. An infant will not understand the need to hold the thermometer under their tongue. Axillary and rectum allow for more accurate readings because they measure the core temperature, which is important because there needs to be an accurate reading since infants are not good at temperature regulation. (Durham et al., 2023).

Complete Table (10 points)

Medication	**Dosage**	**Administration Site**	**Possible side effects**	**Why is this administered?**
Vitamin K	• 0.5 to 1 mg (Durham et al., 2023)	• In their thigh - vastus lateralis (Durham et al., 2023)	• Redness, pain, or swelling at injection sight (Durham et al., 2023)	• To help prevent vitamin K deficiency bleeding (Durham et al., 2023)
Erythromycin	• 0.5% erythromycin ophthalmic ointment is given. Only one centimeter drop is placed (Durham et al., 2023).	• Lower eye lid of each eye (Durham et al., 2023).	• Edema and inflammation of the eye lids (Durham et al., 2023).	• It is a prophylactic administration to prevent blindness from gonorrhea or chlamydia (Durham et al., 2023).
Hepatitis B	• Five micrograms	• IM injection	• Irritability, fever, diarrhea,	• It helps protect the infant

	(FDA, 2018)	into vastus lateralis (FDA, 2018).	fatigue/weakness, loss of appetite (FDA, 2018)	from getting hepatitis B. It also helps prevent the transmission of it from the birth giver to the baby (Durham et al., 2023).

Complete Table (20 points)

Name of Test	**Why is this test ordered?**
Blood Glucose	This test is ordered to assess the blood glucose of an infant. It becomes especially important in infants if the birth giver had gestational diabetes mellitus or if the baby is preterm or post-term (Durham et al., 2023).
Blood type and Rh Factor	The blood type is ordered to determine the blood type. The Rh factor is ran to see evaluate the birth givers and baby's Rh factor. If the birth giver is Rh negative and carries an Rh-positive baby, the patient will need to receive Rhogam (Durham et al., 2023).
Coombs Test	This is a test done on the jaundiced infant to detect any foreign antibodies that have attached to the baby's red blood cells (Cleveland Clinic, 2022). It can help diagnose anemia or hemolytic disease of the newborn.
Bilirubin levels	This test is ordered because extreme levels of bilirubin can be toxic and can cause neurological damage, such as acute bilirubin encephalopathy (Durham et al., 2023).
Newborn Screen	It screens for spinal muscular atrophy, sickle cell, cystic fibrosis, blood disorders, endocrine issues, heart defects, and hearing loss (CDC, 2024). This is important for both the medical team and the caregivers to know if there are health problems regarding their baby.
Hearing Screen	The hearing screen allows for early detection of hearing loss. This way, the parents can be provided with resources and early intervention (Durham et al.,

	2023).
Newborn Cardiac Screen	This test is done to assess the infant's heart. Parents will go home thinking their baby is fine, until they start worsening. It is a screening test that will help look for congenital heart defects (Durham et al., 2023).

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

- The first and most important educational topic I would discuss would be safe sleeping. I would teach that a baby needs to sleep by themselves and on their back with no loose bedding. Use a firm sleeping surface for them. Keep objects, such as stuffies or blankets, out.
- Second, I would teach about diaper dermatitis. This can happen if the diaper is not changed regularly or not cleaned thoroughly. I would teach them about changing the diaper frequently, such as every one to three hours. Use zinc-ointments or petroleum jelly as first sign. Avoid using powders as this can increase the risk of a yeast infection.
- Lastly, I would educate about things to do if the care giver ever gets frustrated. While having a baby is a fun chapter, it can be stressful and overwhelming if the baby is crying all the time. It is okay to leave the baby in the crib safely and walk away for a few minutes. There are different breathing exercises to help. Listen to music. Call a friend over. This will help ensure that both the baby and the care giver stay safe (Durham et al., 2023).

2. Identify 2 potential nursing diagnoses for a newborn patient. **(10 points**)

- Risk for hypothermia related to the inability for heat regulation (Salvador, 2023).
- Insufficient nutrition related to premature birth as evidenced by low weight range (Salvador, 2023).

References

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