

N432 Newborn Worksheet

Name: Anisha Coleman

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

| Area | Normal Findings | Expected Variations |
|-----------------------|--|---|
| Skin | Smooth, flexible, hydrated warm (Ricci et al., 2021) | Jaundice, Mongolian spots, stork bites (Ricci et al., 2021) |
| Head | Symmetrical, round (Ricci et al., 2021) | Enlarged fontanel (Ricci et al., 2021) |
| Fontanel | Open, soft, flat (Ricci et al., 2021) | Microcephaly (Ricci et al., 2021) |
| Face | Full cheeks, facial features symmetric (Ricci et al., 2021) | Facial paralysis, nevus flammeus or vasculosus (Ricci et al., 2021) |
| Eyes | Clear and symmetrical, online with ears (Ricci et al., 2021) | Conjunctivitis (Ricci et al., 2021) |
| Nose | Small, midline, narrow (Ricci et al., 2021) | Malformation (Ricci et al., 2021) |
| Mouth | Midline, symmetrical, soft and hard palate intact (Ricci et al., 2021) | Thrush (Ricci et al., 2021) |
| Ears | Soft and pliable with quick recoil when folded and released (Ricci et al., 2021) | Low-set, hearing loss (Ricci et al., 2021) |
| Neck | Short, creased, move freely, midline (Ricci et al., 2021) | Restricted movement (Ricci et al., 2021) |
| Chest | Round, symmetric, smaller than head (Ricci et al., 2021) | Supernumerary nipples (Ricci et al., 2021) |
| Breath Sounds | Normal throughout (Ricci et al., 2021) | Fine crackles, diminished (Ricci et al., 2021) |
| Heart Sounds | Presence of S1 and S2 (Ricci et al., 2021) | Murmur (Ricci et al., 2021) |
| Abdomen | Protuberant contour, soft, three vessels in umbilical cord (Ricci et al., 2021) | Tenderness, distention (Ricci et al., 2021) |
| Bowel Sounds | Heard in all four quadrants (Ricci et al., 2021) | Absent, hyperactive (Ricci et al., 2021) |
| Umbilical Cord | Clean, dry (Ricci et al., 2021) | Bleeding, redness, drainage, foul odor (Ricci et al., 2021) |

| | | |
|--------------------|--|--|
| Genitals | Males: smooth glans, centered meatus Females: swollen genitals (Ricci et al., 2021) | Males: enlarged scrotum Females: vaginal discharge (Ricci et al., 2021) |
| Anus | Passage of meconium (Ricci et al., 2021) | Anal fissures/fistulas, no meconium passage with 24 hrs after birth (Ricci et al., 2021) |
| Extremities | Normal, symmetrical movement (Ricci et al., 2021) | Congenital hip dislocation (Ricci et al., 2021) |
| Spine | Symmetrical (Ricci et al., 2021) | Tuft, dimple (Ricci et al., 2021) |

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

- What safety and security measures are in place for newborns? (5 points)
 - Place all infants on their back when sleeping to prevent sudden infant death syndrome (SIDS), develop and implement a proactive infant abduction prevention plan, use electronic sensors while in the hospital, car seats must be appropriate for newborn size and weight, use rear-facing safety, wash hands before and after providing care, monitor umbilical cord stump and circumcision site for signs of infections (Ricci et al., 2021).**
- What are normal ranges for an infant's heart rate and respiratory rate? (2 points)
 - Normal heart rate finding for infants is 110-160 bpm (Ricci et al., 2021)**
 - Normal respiration rate finding for infants is 30-60 breaths/min at rest (Ricci et al., 2021)**
- What is the normal range and method for acquiring an infant's temperature? Why is this? (2 points)
 - Normal temperature finding for infants is 97.7 – 99.5F (Ricci et al., 2021)**
 - Method used for checking temperature of a newborn is axillary. Rectal is no longer used for the risk of perforation (Ricci et al., 2021)**

Complete Table (10 points)

| Medication | Dosage | Administration Site | Possible side effects | Why is this administered? |
|-------------------|--|--|------------------------------|--|
| Vitamin K | 0.3 – 0.5mg weighing less than 1000g, orally (Hand et al., 2022) | Intramuscular (IM) into the vastus lateralis muscle (Ricci et al., 2021) | Bleeding (Hand et al., 2022) | Necessary for production of adequate clotting factors (Ricci et al., |

| | | | | |
|---------------------|---|--|--|--|
| | | | | 2021) |
| Erythromycin | Differ per patient, use in eyes once at birth (Mayo Clinic, 2025) | Eyes (Ricci et al., 2021) | Eye irritation (Mayo Clinic, 2025) | Prevent ophthalmia neonatorum that leads to blindness (Ricci et al., 2021) |
| Hepatitis B | Dosage varies due to weight (CDC, 2025) | Intramuscular into the anterolateral thigh (CDC, 2025) | Reaction at the injection site (CDC, 2025) | To prevent HBV infection (CDC, 2025) |

Complete Table (20 points)

| Name of Test | Why is this test ordered? |
|---------------------------------|---|
| Blood Glucose | Prolonged asymptomatic signs lead to adverse neurologic sequelae (Ricci et al., 2021) |
| Blood type and Rh Factor | To indicate the presence of blood antigens (Consolini, 2023) |
| Coombs Test | To evaluate jaundice and determine foreign antibodies (Stanford Medicine, 2025) |
| Bilirubin levels | To assess the risk of hyperbilirubinemia and jaundice (Consolini, 2023) |
| Newborn Screen | To identify conditions that can affect a child's long-term health or survival (CDC, 2024) |
| Hearing Screen | To detect hearing loss in response to soft clicks (Consolini, 2023) |
| Newborn Cardiac Screen | To test for critical congenital heart disease (Consolini, 2023) |

1. Identify 3 educational topics that should be discussed with caregivers of the infant. (6 points)
 - **During feeding, hold the newborn upright and support their head**
 - **Schedule first follow-up appointments within 2-4 days after discharge (Ricci et al., 2021)**
 - **To prevent suffocation and aspiration, lay newborns on their backs, remove fluffy bedding, and frequently check on newborn**

2. Identify 2 potential nursing diagnoses for a newborn patient. **(10 points)**
- **Imbalanced nutrition less than body requirement related to inability to digest food as evidence by insufficient muscle tone (Phelps, 2020).**
 - **Infection related to alteration in skin integrity as evidence by suppressed inflammatory response (Phelps, 2020).**

Attach Reference page:

Centers for Disease Control. (2024). *About Newborn Screening*. U.S. Centers for Disease Control and Prevention. <https://www.cdc.gov/newborn-screening/about/index.html>

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Consolini, D. (2023). *Screening Tests for Newborns*. Merck & Co., Inc. <https://www.msmanuals.com/professional/pediatrics/care-of-newborns-and-infants/screening-tests-for-newborns>

Hand, I., Noble, L., Abrams, S. (2022). *Vitamin K and the Newborn Infant*. American Academy of Pediatrics. <https://publications.aap.org/pediatrics/article/149/3/e2021056036/184866/Vitamin-K-and-the-Newborn-Infant>

Mayo Clinic. (2025). *Erythromycin (ophthalmic route)*. Mayo Clinic. <https://www.mayoclinic.org/drugs-supplements/erythromycin-ophthalmic-route/description/drg-20068673>

Phelps, L. (2020). *Nursing Diagnosis Reference Manual: Eleventh Edition*. Wolters Kluwer

Ricci, S., Kyle, T., Carmen, S. (2021). *Maternity and Pediatric Nursing: Fourth Edition*. Wolters Kluwer

Stanford Medicine. (2025). *The Coombs' Test*. Stanford University. <https://med.stanford.edu/newborns/professional-education/jaundice-and-phototherapy/the-coombs-test.html>