

Sunita Paltoo
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Today in clinical at Nyack hospital I was put into newborn assessment. I had the opportunity to care for a first time mom who was from Georgia not the state the country. There was a huge language barrier given there were no translator available on the phone or tablet device. However, I was able to use my cell phone and utilize google translator application where we were able to communicate with text. Mom gave me permission to take the baby to the nursery for a newborn assessment under the circumstances the baby would return after 15mins.

My patient was a baby girl initial TE cesarean/ low transverse born 01/25/2023 (39 weeks 1 Day), Apgar 9/9 blood type O+. Patient was given erythromycin ointment on bilateral eyelids. Hepatitis B vaccine and phytonadione (vitamin K). Vitals, temperature 98.4 F, pulse 143, respiration 43 BP 70/50 current weight 9lbs 7oz, birth weight 9lbs 15 Oz totaling +5% weight loss which is normal within the first week of birth. Patient length measured 52cm, head 37.5cm and chest 36cm. Patient measurements are above average, scoring within the 90th percentile on growth chart, baby is considered LGA baby. Patient assessment was within normal limits for skin, head and neck, respiratory/cardiovascular, abdomen, genitalia, musculoskeletal, neurological reflexes, behavior/sleep patterns and nutrition. Mom and baby demonstrated strong bond, withing 15 minutes mom was standing at the door of the nursery impatiently waiting for her baby girl to return to the room.

This clinical I learned how to measure baby maturity rating utilizing the Ballard scale. The Ballard scale consists of neuromuscular and physical maturity possible score -10 to 50, it assess several different neuromuscular reflexes including (posture, square window/wrist, arm recoil, popliteal angle, scarf sign and heel to ear). The physical maturity consists of observation of skin, lanugo, plantar surface, breast, eye/ear, and genitals. The patient scored 44 on the Ballard scale making the baby a gestational age of 42 weeks. Another interesting piece of knowledge I learn today was from nurse Karen, she demonstrated how to draw blood from a neonate.

Some of my strong points for this clinical was my ability to communicate with a patient mom although there was a language barrier and limited options. The skills I need to improve on is being able to do newborn assessment accurately and efficiently, during my assessment the baby was unclothed longer than expected making the neonate at risk for hypothermia.

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope”. Romans 15:13. I chose this quote because it was a part of blessing, I spoke over the baby girl as she enters the world, praying for a life of peace.