



## SGRRIM & HS COLLEGE OF NURSING, DEHRADUN

### NEW BORN EXAMINATION

**Definition:** It is the systematic general and specific examination carried out in the new born infant and the advices given to mother regarding neonatal care.

#### Purpose:

1. To detect any deviation from normal.
2. To assess the growth and development.
3. To impart advice to mother regarding infant care.
4. To priorities the plan of management.

#### Articles Required:

- |  |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Apron   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Equipment for maintaining normal environmental temperature (heater or fan). | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Sheet for mummification.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Torch, Wooden spatula   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Nasogastric tubes   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Weighing machine  |                          |                          |                          |                          |                          |
| 7. TPR tray  |                          |                          |                          |                          |                          |
| 8. Tape measures.  |                          |                          |                          |                          |                          |
| 9. Eye care, cord care and bath tray.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Extra gauze, cotton and paper  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Examination table.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Soft rubber catheter / rectal thermometer                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Stethoscope  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Clean gloves   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### General Instruction:

- |  |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Temperature should be maintained to prevent chilling.   |                          |                          |                          |                          |                          |
| 2. Minimum exposure should be ensured.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Baby should not be examined soon after feed.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Fan should be turned off in winter and it should be slow in summer.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Room should be dust free.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Maintenance of asepsis should be ensured.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Never leave the baby alone.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Always instruct the mother/relative to be with the baby.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. New born assessment should be performed immediately after birth, 24 hours after birth and before discharge. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

#### Procedure:

- |   |                          |   |                          |                          |                          |
|---|--------------------------|---|--------------------------|--------------------------|--------------------------|
| 1. Explain and reassure the mother.   |                          |   |                          |                          |                          |
| 2. Wash hands.  | <input type="checkbox"/> | <input type="checkbox"/>                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Collect and prepare the articles and bring to the bed side and examinations table. | <input type="checkbox"/> | <input type="checkbox"/>                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Apgar scouring is done.  |                          |   |                          |                          |                          |
| 5. General appearance is monitored.   |                          |   |                          |                          |                          |
| • Temperature   | -                        | Febrile / afbrile   |                          |                          |                          |
| • Posture   | -                        | Piseed /Semi fixed / extended / symmetrical / asymmetrical. |                          |                          |                          |
| • Colour  | -                        | Cyanosis - Yes / No   |                          |                          |                          |

- Physical appearance - Birth injury / congenital anomaly.
- General measurement - Weight - Head circumference –
- Length - Mid-arm circumference –
- Chest circumference - Abdomen circumference -
- Vital signs
  - Axillary / rectal temperature
  - Apex beat
  - Respiration

### Specific Examination:

#### Head

Any instrumental marks	-	present / absent
Cephalhaematoma	-	present / absent
Caput Succedaneum	-	present / absent
Moulding	-	present / absent
Sutures, anterior and Posterior fontanel	-	Normal / Abnormal (Sunken, bulging, tense, closed, over riding)
Size	-	Normal / Abnormal (Microcephaly / Macrocephaly)
Any Congenital anomaly	-	present / absent (Encephaly / Microcephaly / Macrocephaly)
Hair	-	Minimal / Average Woolly and fuzzy / silky / black
Face	-	Normal / Oedematous

#### Eyes

Colour	-	Normal / Jaundice / Congenital Conjunctivitis / Congenital cataract / Sub conjunctival haemorrhage
Movement	-	Co-ordinated / Unco-ordinated
Tears	-	present / absent
Eye lids	-	Oedematous / Co-ordinated with eye movement
Sclera	-	Normal / Bluish / Field spots present
Pupils	-	Right – reacting /not reacting Left – reacting /not reacting
Shape & Size	-	Normal / Abnormal

#### Ears

Position & size	-	Normal / Abnormal
Cartilage	-	Developed / Undeveloped
Ear recoil	-	Present / Absent
Any discharge	-	Present / Absent

#### Nose

Shape & size	-	Normal / Abnormal
Nostrils	-	Right – Patent / blocked Left – Patent / blocked
Nasal septum	-	Normal / deviated
Nasal discharge	-	Present / absent (If present colour)

#### Mouth, throat & neck

Lips and gums	-	Open / pink / cyanosed / Cleft lip / Cleft palets
Lip movement	-	Symmetrical / Asymmetrical
Tongue	-	Pink / Cyanosed / Pallar / Tongue tie / Oral thrush
Oral Secretions	-	Excessive / Normal / Meconium stained / Blood stained / Frothing
Throat	-	Lymphnodes - Palpable / Not palpable
	-	Oesophagus - Patent / Atresia
<b>Chest</b>		
Shape	-	Normal / Abnormal
Movement	-	Symmetrical / Asymmetrical
Xiphoid retraction	-	Present / Absent
Breast nipples	-	Symmetrical Asymmetrical
Milk	-	Present / Absent
<b>Abdomen</b>		
Appearance	-	Rounded / Protuberant / Soft / hard
Bowel sounds	-	Present / Absent
Liver	-	Palpable / Not palpable
Spleen	-	Palpable / Not palpable
Umbilical Cord	-	Number of vessels
Colour	-	Pale / Black
Wharton's Jelly	-	Excessive / minimal / infected / healthy
Hernia	-	Present / Absent
<b>Urinary System</b>		
Urine	-	Voided / retention / anuria
Any congenital anomaly	-	Hypospadiasis / Epispadiasis / Any other.
<b>Genitalia</b>		
Male - Testes	-	Descended / undescended
- Rugae	-	Present / Absent
Female – Labia minora	-	Normal / Abnormal
- Labia majora	-	Normal / Abnormal
Vaginal discharge	-	Absent / Hemorrhagic / Whitish / Foul smelling
Anus	-	Patent / Imperforated
Meconium	-	Passed / Retained
<b>Skeletal system</b>		
Upper extremity	-	Symmetrical / Asymmetrical
Movement	-	Free / restricted
Hands	-	Open palms / clenched
Creases	-	Present / Absent
Nails	-	Elongated / depressed
Congenital anomaly	-	Absent / Polydactyly / Syndactyly / Anomaly
Lower extremity	-	Symmetrical / Asymmetrical / Free movement / Restricted movement
Congenital anomaly	-	Absent / Talipes equinovarus / Polydactyly
Planter creases	-	Normal / Minimal / Excessive
Pedal Oedema	-	Present / Absent
<b>Spine and Hip</b>		
Position	-	Symmetrical / Asymmetrical
Pilonidel dimple	-	Present / Absent
Congenital anomely	-	Absent / Menigocele / Menigomyolocale / Spina bifida

Hip movement	-	/ Any other Free / Restricted
<b>Nervous system</b>	-	Reflexes
Sucking and rooting	-	Present / Absent
Grasp reflex	-	Present / Absent
Moro's reflex	-	Present / Absent
Glabellar tap/ blinking reflex	-	Present / Absent
Tonic neck reflex	-	Present / Absent
Parachute reflex	-	Present / Absent
Stepping / dancing reflex	-	Present / Absent
Scarf sign	-	Present / Absent
Babinski sign	-	Present / Absent

6. Inform the mother about the baby's condition and well being.
7. Record the findings in the newborn assessment record.

**Reference:**

1. Nicki L. Potts, Barabar L. Mandelco, Paediatric Nurisng, 2<sup>nd</sup> edition, Page no. – 408 – 409
2. O.P. Ghai, Essentials Paediatrics, 4<sup>th</sup> edition, Page no. – 1 – 24
3. Nursing Procedure Mannual, Rufaida College of Nursing, Page no. 192.
4. Jacob annamma , Clinical Nursing Procedures: The Art of Nursing Practice ,2<sup>nd</sup> edition Page no.-613-620.