


# Newborn Physical Exam Template

**NURSE STUDY GUIDES**
**MATERNAL & CHILD HEALTH NURSING**

## The Newborn Assessment

### Cheat Sheet



APGAR Score		
Appearance	1 Minute	5 Minutes
Pink torso and extremities	2	
Pink torso, blue extremities	1	
Blue all over	0	
Pulse	1 Minute	5 Minutes
> 100	2	
< 100	1	
Absent	0	
Grimace	1 Minute	5 Minutes
Vigorous cry	2	
Limited cry	1	
No response to stimulus	0	
Activity	1 Minute	5 Minutes
Actively moving	2	
Limited movement	1	
Flaccid	0	
Respiratory Effort	1 Minute	5 Minutes
Strong loud cry	2	
Hypoventilation, irregular	1	
Absent	0	
<b>Totals:</b>		

8-10 normal, 4-6 moderate depression, 0-3 aggressive resuscitation

**Normal Measurements**  
**Weight:** 6-10 lbs.  
**Length:** 18-22 in.  
**Head circumference:** 33-35 cm.  
**Chest circumference:** 30-33 cm.

**Meds and Labs**

**Vitamin K:** prevent hemorrhage  
**Optic Antibiotic:** prevent newborn blindness  
**PKU Level:** within 24 hrs after feeding begins  
**Coombs' Test:** if mother Rh-neg.  
**Immunizations:** Hep-B can be given

**Newborn Assessment**

**Appearance:** pink, loud cry, well-flexed, full ROM  
  

**Fontanelles:**  
 anterior (diamond-shaped), posterior (triangular)

**Mouth:**  
 assess for cleft lip or palate

**Heart:**  
 assess for murmur

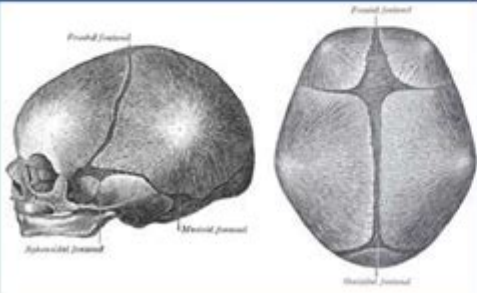
**Respirations:**  
 assess breathing

**Umbilical Cord:**  
 1 vein, 2 arteries clamped

**Extremities:**  
 equal length  
 10 fingers and toes

**Genitalia:**  
 male: testes palpable  
 female: discharge of blood or mucus normal

**Fontanelles**



**Possible Complications During Delivery**

Meconium Aspiration  
 Cord Presentation  
 Breech Presentation

Limb Presentation  
 Postpartum Hemorrhage

The newborn physical exam is a crucial aspect of pediatric care that provides healthcare professionals with the opportunity to assess the overall health and well-being of an infant shortly after birth. This examination is typically conducted within the first 24 to 48 hours of life and serves multiple purposes, including the identification of any immediate medical concerns, the establishment of a baseline for future evaluations, and the reassurance of parents regarding their child's health. A well-structured newborn physical exam template is essential for ensuring that all necessary components are addressed systematically. This article will explore the various components of a newborn physical exam, the importance of each section, and how to implement an effective template in clinical practice.

## Importance of the Newborn Physical Exam

The newborn physical exam is vital for several reasons:

1. **Early Detection of Medical Conditions:** Many conditions may not present immediately but can be detected through a thorough physical examination.
2. **Establishing Baselines:** The exam helps in establishing a baseline for the infant's growth and development, which can be referenced in future pediatric visits.
3. **Parental Education and Reassurance:** This exam provides an opportunity for healthcare providers to educate parents about their newborn's health and address any concerns they may have.
4. **Guiding Future Care:** The findings from the exam can guide further testing, referrals, and interventions if necessary.

## Components of the Newborn Physical Exam Template

A comprehensive newborn physical exam template typically includes the following components:

## 1. General Assessment

- Gestational Age: Assess the gestational age using a reliable scoring system (e.g., the Ballard score).
- Apgar Score: Document the Apgar score at 1 and 5 minutes after birth, which assesses the newborn's condition.
- Overall Appearance: Observe the infant's color, posture, and activity level. The infant should be active, with a pink complexion and a normal muscle tone.

## 2. Vital Signs

- Temperature: Measure and document the infant's axillary or rectal temperature.
- Heart Rate: Assess the heart rate, noting the rhythm and any murmurs.
- Respiratory Rate: Count the respiratory rate, noting any signs of distress or abnormal breathing patterns.
- Blood Pressure: Although not routinely measured, it may be essential in certain situations.

## 3. Head and Neck Examination

- Head Shape and Size: Note any abnormalities such as molding or cephalhematoma.
- Fontanelles: Assess the anterior and posterior fontanelles for size, tension, and fullness.
- Eyes: Check for symmetry, drainage, and pupil response.
- Ears: Inspect ear placement and structure; perform the newborn hearing screening if applicable.
- Mouth: Examine the oral cavity for clefts, teeth, or other anomalies.

## 4. Chest and Lung Examination

- Inspection: Observe chest symmetry and respiratory effort.

- Palpation: Check for tactile fremitus.
- Auscultation: Listen for breath sounds, noting any wheezes, crackles, or decreased air entry.

## **5. Cardiovascular Assessment**

- Heart Sounds: Auscultate for normal heart sounds and murmurs.
- Peripheral Pulses: Check the brachial and femoral pulses for symmetry and strength.

## **6. Abdomen Examination**

- Inspection: Observe for distension, masses, or discoloration.
- Palpation: Gently palpate for tenderness, organomegaly, and masses.
- Bowel Sounds: Assess the presence and quality of bowel sounds.

## **7. Genitourinary Assessment**

- External Examination: Inspect the genitalia for normal appearance and any abnormalities.
- Urine Output: Document the first void and assess for any abnormalities in color or consistency.

## **8. Extremities and Musculoskeletal Assessment**

- Inspection: Check for symmetry, movement, and any signs of deformities or abnormalities.
- Reflexes: Assess primitive reflexes such as the Moro reflex, grasp reflex, and rooting reflex.
- Hip Examination: Perform the Barlow and Ortolani maneuvers to check for hip dysplasia.

## 9. Skin Examination

- Color: Assess for jaundice, pallor, or cyanosis.
- Texture and Turgor: Check skin hydration and elasticity.
- Lesions: Document any rashes, birthmarks, or other skin abnormalities.

## Documentation of Findings

Accurate documentation is essential in the healthcare process. A well-organized template can facilitate this process by ensuring that all necessary information is captured. When documenting findings from the newborn physical exam, include:

- Date and Time: Record when the exam was performed.
- Examiner's Name: Include the name of the healthcare professional conducting the exam.
- Findings: Clearly document each section of the examination, including normal findings and any abnormalities.
- Plan: Outline any necessary follow-ups, referrals, or interventions based on the examination results.

## Implementing the Newborn Physical Exam Template

To successfully implement a newborn physical exam template in clinical practice, consider the following steps:

1. Educate Staff: Ensure that all healthcare providers are trained in the components and significance of each section of the exam.
2. Customize Templates: Adapt the template to fit the specific needs of your practice or institution, ensuring that it aligns with local protocols and guidelines.

3. **Utilize Technology:** Consider using electronic health records (EHR) systems that allow for easy documentation and retrieval of information.
4. **Regularly Update:** Keep the template current by periodically reviewing and updating it based on new guidelines or best practices in neonatal care.

## **Conclusion**

The newborn physical exam is a fundamental component of pediatric healthcare that provides invaluable information about an infant's health and development. A systematic approach using a comprehensive newborn physical exam template ensures that all critical aspects of the examination are addressed, reducing the risk of missing important findings. By implementing an effective template and adhering to best practices, healthcare professionals can provide the highest level of care to newborns and reassurance to their families. This proactive approach not only enhances the immediate care provided to infants but also sets the stage for their long-term health and well-being.

## **Frequently Asked Questions**

### **What is a newborn physical exam template?**

A newborn physical exam template is a standardized document or checklist used by healthcare providers to systematically assess the health and physical development of a newborn during their initial examination.

### **Why is a newborn physical exam important?**

The newborn physical exam is crucial for identifying any potential health issues, ensuring proper growth and development, and establishing a baseline for the baby's health which can inform future medical care.

## **What key components are typically included in a newborn physical exam template?**

A newborn physical exam template usually includes sections for vital signs, physical examination findings (such as head circumference, length, and weight), neurological assessment, skin evaluation, and reflex testing.

## **How does the newborn physical exam differ from routine pediatric check-ups?**

The newborn physical exam focuses specifically on assessing the newborn's immediate health and identifying any congenital issues, while routine pediatric check-ups monitor ongoing growth, development, and vaccinations as the child matures.

## **Are there any specific guidelines for conducting a newborn physical exam?**

Yes, guidelines from organizations like the American Academy of Pediatrics (AAP) recommend a thorough and systematic approach to the newborn physical exam, including assessment of the infant's vital signs, physical appearance, and overall health.

## **How often should a newborn physical exam be performed?**

The first newborn physical exam is typically performed within the first 24 to 48 hours after birth, followed by additional assessments in the first week and at regular intervals during the first year.

## **Can parents use a newborn physical exam template at home?**

While parents can use a simplified version of a newborn physical exam template to monitor their baby's health at home, it is crucial to consult healthcare professionals for accurate assessments and necessary medical care.

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