



NIDCAP Training

Documentation of NIDCAP Observations: Journal Page

The following journal page provides you with a record to fill out in conjunction with each NIDCAP observation you do. This will allow you to plan the opportunities for your practice observation in order to maximize your learning.

You may wish to create a folder (journal) of all your observations using the Journal Pages as a ready index of work accomplished.

When you embark on the Advanced Practicum (Following an Infant and Family from Admission to Discharge), it is recommended that you fill out a Journal Page for each observation and collect the observations and Journal Pages in one file or journal. This will allow you to look over your work's progress.

Be sure to reflect on your feelings and thoughts while you observe the nursery, infant and caregiver. Reflect on yourself, your role, and your reaction as you write up and formulate the narrative and envision yourself in support of the nursery. Keep a diary of notes with each observation and other experiences related to your training and work in the nursery.

Heidelise Als, PhD, 1996, 2000

Adapted from Lutes, 1993

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NIDCAP Bedside Journal Page

Trainee Name _____ Trainee Title _____

Trainee Hospital _____

Trainer Name _____ Trainer Hospital _____

Infant Name _____ Date of NIDCAP Observation _____

Date of Birth _____ Gender: Male Female

Gestational Age at Birth _____ On Day of NIDCAP Observation _____

Infant NIDCAP Practice Category: ☐ Critically Ill ☐ Relatively Stable☐ Stable Growing ☐ Ready to go Home ☐ Healthy Fullterm☐ Advanced NIDCAP® Practicum: Day _____ since birth; Observation # _____

Observation Parameters:

Start Time _____ End Time _____

of Observers and Names _____

Care Observed _____

What were the strengths of environment, bedspace, and bedding? _____

What were the challenges of environment, bedspace, and bedding? _____

What are the infant's strengths? _____

What are the infant's vulnerabilities? _____

What are the caregiver's strengths? _____

What are the caregiver's vulnerabilities? _____

When were infant and caregiver in synchrony and balance? _____

What went well for the infant? When did the infant shine? _____

When did the caregiver shine? _____

When did the caregiver miss the infant? _____

Summary impression of infant's competence and emerging next steps _____

Summary impression of family's competence if observed _____

Perinatal History _____

Infant History since Delivery _____

Family History_____

Key Recommendations_____

Time between Observation and Write-Up_____ Time for Write-Up_____

[illegible]