



## **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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

Perinatal History \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Infant History since Delivery \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Family History \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Key Recommendations \_\_\_\_\_  
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Time between Observation and Write-Up \_\_\_\_\_ Time for Write-Up \_\_\_\_\_

