

## Medical History and Observation Background Sheet

**Name of Infant:** Henry H. **Gender:** Male  
**Hospital & Record #** \_\_\_\_\_

**Date:** \_\_\_\_\_  
**Name of Observer:** \_\_\_\_\_  
**Parents' Names, Address, and Telephone No.** \_\_\_\_\_

### MATERNAL HISTORY

Pre-Pregnancy Health \_\_\_\_\_  
Pregnancy \_\_\_\_\_  
Labour & Delivery: Premature rupture of membranes  
Medications: Antenatal steroids x 1  
Other (G/P): 2/2

**Mother's Age** 27 **Father's Age** No record  
**Family Situation** Living together  
**Other Children** x 1 **Ages** 3

### INFANT HISTORY

**DOB:** \_\_\_\_\_ **EDC:** \_\_\_\_\_  
**Post LMP Age at Birth:** 28 weeks 3 days  
**Mode of Delivery** Emergency: C-Section  
**Apgars:** 7 @ 1 min; 9 @ 5 min \_\_\_\_\_ 10 min  
**Birthweight:** 1450 g 91%  
**Length at Birth:** Not available; \_\_\_\_\_ cm \_\_\_\_\_ %  
**Head Circ. at Birth:** Not available; \_\_\_\_\_ cm \_\_\_\_\_ %  
**PI** Not available; \_\_\_\_\_ %  
**AGA** ✓ **SGA** ☐ **LGA** ☐  
**Other** \_\_\_\_\_

### Respiratory Function:

**Respirator** ☐ \_\_\_\_\_ **No. of Days** \_\_\_\_\_  
**CPAP** ☐ 6 \_\_\_\_\_ **No. of Days** \_\_\_\_\_  
**Oxyhood** ☐ \_\_\_\_\_ **No. of Days** \_\_\_\_\_  
**Nas. Cannula** ☐ \_\_\_\_\_ **No. of Days** \_\_\_\_\_  
**Hi Insp O2** \_\_\_\_\_  
**No Aid** ☐ \_\_\_\_\_  
**Other** \_\_\_\_\_

### Medications:

**Surfactants** \_\_\_\_\_ **No. of doses** \_\_\_\_\_  
**Antibiotics** ✓ which ones? \_\_\_\_\_  
**Steroids** \_\_\_\_\_  
**Sedatives & Analgesics** \_\_\_\_\_  
**Bronchodilators** \_\_\_\_\_  
**Diuretics** \_\_\_\_\_  
**Anticonvulsants** \_\_\_\_\_  
**Other** \_\_\_\_\_

### Mode of Feeding:

**IV** ✓ **Gavage:** **Nasal** ☐ **Oral** ✓  
**Breast** ☐ **Cup** ☐ **Bottle** ☐  
**Type:** **Breast Milk** ✓ **Formula** ☐ \_\_\_\_\_ **Cal**

**Caregiving Interval** 6 hr

**Feeding Interval** 1 hr

**Other** \_\_\_\_\_

### Complications:

**Asphyxia** ☐ **RDS** ✓ **BPD** ☐  
**Sepsis** ☐ **A&B** ☐ **NEC** ☐  
**IVH** ☐ **Grade** R \_\_\_\_\_/L  
**ROP** ☐ **Stage** R \_\_\_\_\_/L  
**PDA** ☐ **Med/Surgery** \_\_\_\_\_  
**Bili (HI)** ✓/\_\_\_\_ **Lights (Type)** Neoblu  
**Surgery** \_\_\_\_\_  
**Other** \_\_\_\_\_

### CURRENT STATUS

**Age Post LMP** 29 wks 2 days  
**Age Post Birth** \_\_\_\_\_ wks 6 days  
**Weight** Not recorded g \_\_\_\_\_ %  
**Height** Not recorded cm \_\_\_\_\_ %  
**Head Circ** Not recorded cm \_\_\_\_\_ %

### Respiratory Function:

**Respirator** ☐ CPAP \_\_\_\_\_ **FIO2** \_\_\_\_\_  
**Nasal Cannula** \_\_\_\_\_ ☐ cc \_\_\_\_\_ **FIO2** \_\_\_\_\_  
**Insp O2 Req'd (prec 24hrs)** 21%  
**Mean FIO2** \_\_\_\_\_ **Mean PCO2** \_\_\_\_\_  
**Mean MAP** \_\_\_\_\_ **Heartrate (Range)** 13-170  
**O2 Sats (Mean, sd & Range)** 95-98%  
**Resp. Rate (Mean, sd & Range)** 22-44

### Medications:

Caffeine

### Mode of Feeding:

**IV** ✓ **Gavage:** **Nasal** ☐ **Oral** ✓  
**Breast** ☐ **Cup** ☐ **Bottle** ☐  
**Type:** **Breast Milk** ✓ **Formula** ☐ \_\_\_\_\_ **Cal**

**Caregiving Interval** 6 hrs or as needed

**Feeding Interval** 18 ml @ 2 hours

**Other:** EBM and Bank breast milk IV to be removed.

### Current Issues and Concerns:

Jaundice (phototherapy). Just promoted to full milk feeds.

### Current Medical Problems:

**Pneumothorax** ☐ **Tracheostomy** ☐  
**Hypoglycemia** ☐ **Hypoxic Events** ☐  
**Hyperbilirubinemia** ✓ **Acidosis: pH<7.3** ☐  
**Hydrocephalus** ☐ **Hypotension** ☐  
**NEC** ☐ **PDA** ☐ **Feeding Difficulty** ☐  
**Renal** ☐ **Sepsis** ☐ **Bleeding Tendency** ☐  
**Seizures** ☐ **Anemia** ☐ **Apnea** ☐  
**Bradycardia** ☐ **# Episodes/Day** \_\_\_\_\_

## Current Observation Circumstances

**Location:** Fullterm nursery ☐ Isolation Rm. ☐ Intermediate ☒ NICU ☐  
NICU Parent Rm. ☐ Parent's Room ☐ Home ☐ Other \_\_\_\_\_

**Environment:** Table ☐ Open Crib ☐ Incubator ☒ Mock Crib ☐ Other \_\_\_\_\_

### Bedding, Clothing, and Other Facilitation:

Mattress ☒ Hammock ☐ Waterbed ☐  
Bunting/ Nest ☒ Clothing ☐ Water Glove ☐  
Hat ☐ Pacifier ☐ Side rolls/Foot rolls ☐  
Sheepskin: Natural ☐ Synthetic ☐  
Blanket: Loose ☐ Secure ☐ Tight ☐  
Incubator/crib cover: Partial ☐ Thin/Light ☐ Thick/Dark ☐  
Personal Items: Pictures ☐ Photos ☐ Decals ☐ Stuffed Animals ☐  
Others: Gel pillow, welcome card, CPAP hat, eye shield/mask; Arm chair with footstool by bed.  
Mobile computer set up nearby.

### Ambient Light, Sound, and Activity Levels:

**Sound:** 1 2 3 4 5 6 7 8 9

**1** is very quiet as if in a closed door parent room without interruption; **9** is very loud, for instance with radio on high volume, staff voices, telephone ringing and monitors sounding.

Describe: Sounds of CPAP, phone, typing, air conditioning, moderate talking, hand washing, alarms (moderate volume)

**Light:** 1 2 3 4 5 6 7 8 9 (with phototherapy)

**1** is a semi-dark room, shielded incubator, no overhead lights; **9** is bright overhead and/or side lights, no covering on crib or incubator

Describe: Sunny day, blinds open, overhead panels on middle setting.

**Activity:** 1 2 3 4 5 6 7 8 9

**1** is very calm, quiet, soothing or no activity around the baby, e.g. no staff movement, or very soft, unhurried walking, etc.; **9** is hectic, continuously changing activity, with visitors, staff, x-ray machine, personnel hurrying about, water running, equipment being moved, etc.

Describe: One father arrived, room cleaner, student nurse, doctor taking blood, some traffic

**Caregiver(s) Observed:** Physician ☒ Nurse ☒ Parent ☐ OT/PT ☐ Other \_\_\_\_\_

**Caregiving Actions Observed:** (list in chronological sequence) heel stick blood sample; temperature; nappy change; position change; adjust leads; tube feed

**Time and Duration of Observation:**

|                                |        |
|--------------------------------|--------|
| Before caregiving interaction: | 10 min |
| During caregiving interaction: | 34 min |
| After caregiving interaction:  | 16 min |
| Total:                         | 60 min |

## Behavioural Observation

Name: Henry H. \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Observation: \_\_\_\_\_

Observer(s) Name(s): \_\_\_\_\_

Name of Hospital: \_\_\_\_\_

Gestational Age at Birth: 28 weeks, 3 days

Current Post Conceptional Age: 29 weeks, 1 days

Corrected Age: 5 days after birth

## INTRODUCTION

Henry was born at xxxx hospital almost 12 weeks early and is now five days old since birth. Two observers conducted the observation, which took place between 10.45 and 11.45 during blood sampling, nursing care and tube feeding. The purpose of the observation was to help plan his care.

## OBSERVATION

**Nursery Environment:** Henry shared the small High Dependency Nursery with two other infants all in incubators. Henry's incubator stood next to a window near the room entrance and adjacent to a work area with a sink and bins. Some nursery themed paintings decorated the pastel coloured wall. Big arm chairs and footstools stood at every bedside. Staff used a central computer on a mobile stand in the middle of the room. It was a bright winter morning and sunlight streamed into the room. Permanent moderately bright overhead lighting brightened the room and a special treatment lamp for phototherapy added a bluish glow around Henry. A father came to be with another baby; Henry's doctor arrived to take a sample of Henry's blood and then left. A room cleaner moved furniture and mopped the floor. At times it was quiet, apart from the background sound of the air conditioning; at other times the sound increased as staff moved about, talked, washed their hands and engaged in various other daily activities. Monitor bells occasionally sounded. Overall the room appeared moderately crowded and busy with fluctuating background sounds and quite bright light.

**Henry's Bed Space and Bedding:** Henry lay on a soft mattress and a gel pillow, in a "nest" with a padded border around his legs. A bright light for treating his jaundice shone over him. He wore a mask to shield his eyes. Small sensors on his chest and his right foot relayed information about his vital signs to a monitor above his bed. A splint on his right arm held a fine line in place through which he received medication directly into his blood stream (cannula / IV). A flow of moist air to help his lungs expand (CPAP) supported his breathing. A pump activated the airflow under steady pressure pump (continuous positive air pressure – CPAP) stood beside his bed. The air blew through small prongs in his nose; soft straps attached to his hat held them in place. He wore a small nappy. A piece of tape fixed on his chin a narrow, flexible feeding tube that led into his mouth. Various pieces of equipment, mounted on the wall behind his bed, additionally provided for his care. A decorative card attached to his incubator welcomed Henry and his parents.

**Henry's Behaviour Before Caregiving (10 minutes):** Henry lay on his tummy and appeared to sleep, his legs folded under him with his feet tucked inside the boundary of his nest. His mouth hung limply slightly drooped open and he looked strained. He kept his right hand close to his face, his fingers curled around the edge of his splint, and the left arm stretched out and close to his body. He looked pinkish red and darker across his face. He mostly breathed with an irregular pattern that involved short pauses. Sometimes he briefly established a steadier rhythm. He took around 40 breaths a minute and made small twitchy movements of his body, face or limbs. Sometimes, as he paused his breathing he gasped and began to move about which appeared to get his breathing going again. Towards the end of this period he

paused longer, then stretched, arched his back and then curled himself up with rounded back. After this he looked a little paler. Throughout this time his heart beat steadily between 135 and 155 times a minute and the oxygen level in his blood stayed steady between 96-97%.

**Henry's Behaviour During Caregiving** (34 minutes). As a doctor and a nurse approached his bedside and prepared to care for Henry, he became more active, stretched, and pushed himself up on his arms and spread his fingers wide. His nurse turned off the bright treatment light, reached in, adjusted Henry's CPAP nose piece and removed the splint from his arm. Henry fussed and wriggled, and he spread his fingers wide again and again. He moved his lips a few times. After the nurse gave him a drop of sucrose he appeared to taste and suck it. The nurse cradled Henry with her hands, one hand on his head and one over his legs, as the doctor rubbed Henry's heel and then pricked it to take blood, lifting up his foot. Henry wriggled and fussed more, yawned and again stretched his fingers wide. He quickened his heart beat to 182 beats a minute, continued to breathe irregularly with short pauses, kept his blood oxygen level around 96- 98% and appeared pinker again. As the doctor finished, she deftly tucked Henry's feet back inside his nest. Henry's heart beat slowed somewhat to 172 beats a minute.

Henry's nurse lifted Henry up out of his nest, turned him onto his side, and began to take his temperature under his arm. Henry threw his arms and legs up in the air, then folded them back in, as he brought one hand to rest on his head, and reached out to grasp his bedding with the other. His movements appeared a little shaky. Henry's nurse then removed the eye shield. Henry folded his arms and draped the left arm across his body. The nurse covered this arm with her hand as she took his temperature for the second time. After this, as she checked all his leads and cables, Henry stretched one arm above his head and grasped his CPAP tubing. He half opened his eyes, and for a moment looked almost awake.

As his nurse talked to Henry she started to change his nappy. Henry became more aroused, kicked his legs out, stretched his arms, grasped at his head again and his tubing and opened his hands wide. As he did so he kept one hand near his face. When his nurse then cleaned his bottom she held his legs tucked in with his feet sole to sole. As soon as she let go of his legs Henry pressed his feet into his bedding. He began to hiccough and quickened his heart beat again to 180 times a minute. He continued to breathe slowly, and irregularly and sometimes paused while he maintained the level of oxygen in his blood steady. His nurse now proceeded to reorganise Henry's bed, his tubes and leads. Henry's hiccoughs stopped and he lay with his arms draped limply across his body. His nurse then tested whether his feeding tube was in place and whether any food was left in his stomach. She drew up some fluid from his stomach with a syringe attached to the feeding tube and then started his tube feed, while she rested one hand over his legs as the milk began to flow into his stomach. The phone rang and as she readied herself to answer she handed Henry's feeding over to a colleague. Over a period of nine minutes, Henry received 18 millilitres of milk. He became more and more restless throughout his feeding and made many efforts to bring his hands to his mouth, tried to get his thumb into his mouth and eventually succeeded to suck on his fingers. With that he settled his heart beat back into a range of 160 beats a minute. As the feeding continued Henry gagged, and grimaced, drew back his upper lip, and seemed to indicate that the feeding tasted bad to him. A froth of saliva appeared at his lips. His body made small jumpy movements. Towards the end of the feeding he settled his right hand under his chin while he grasped his leads with the left. His heart beat between 160 – 167 times a minute and the oxygen level in his blood stayed steadily close to 100%. He continued to breathe with a slow, irregular rhythm and paused every so often.

**Henry's Behaviour After Caregiving (16 minutes):** Once his feeding finished, Henry looked as if he was attempting to fall asleep, which appeared difficult for him. He continued to stretch and wriggle, gagged several times, and he looked strained. He brought his hands together close to his mouth, and pressed one foot against the other inside the wall of his nest. Sometimes he grasped towards the bedding. He looked red with some paler areas that revealed yellow undertones. He continued to move his mouth and spat up a little milk. His heart beat around 165 beats a minute, the oxygen level in his blood stayed close to 100%. He continued to breathe slowly and irregularly alternating with quicker breaths after some pauses.

## SUMMARY

**Summary of Medical History:** Henry was delivered by emergency Caesarean section at 28 weeks and 3 days of pregnancy due to complications that arose during the premature labour. The birth took place at another hospital where he stayed for four days. He arrived at this nursery only a day ago. Before his birth, his mother had received medication to advance his lung maturation (steroids). Henry's birth weight of 1450 grams showed that he had grown very well in his mother's womb. He was heavier than 91 of 100 boys born at his age at birth (91%ile), according to the UK World Health Organization Growth Charts, published in 2009. The transfer information that accompanied Henry on admission showed some gaps, e.g. head circumference and body length were missing. Henry appeared quite lively at birth as his Apgar scores of 7 at one minute and of 9 at 5 minutes after birth indicated. The Apgar scores, named after a US paediatrician, who developed this measure of breathing, colour, heart rate, muscle tone and activity each scored on 0-2 point scales, for a total best score of 10. Thus, Henry's scores showed that he managed the birth transition out of the womb into the hospital environment quite well. The doctors at his birth hospital supported his breathing with CPAP, a form of continuous breathing support, for the first few days, and now Henry alternates between CPAP and breathing on his own, 4 hours at a time. He also now receives caffeine to stimulate his breathing. Every two hours Henry receives 8 millilitres of exclusively his own mother's or a donor's breast milk. He now shows mild jaundice (yellowness) of his skin. This is a common condition in preterm infants, whose livers are often still too immature to break down and eliminate the left over used-up red blood cells, called bilirubin, in their blood stream, which then build up in the skin and body fat including the infant's brain, where they may cause damage, and make the infant appear yellow. Special lights are effective in helping break down the bilirubin. Henry receives the special light therapy (phototherapy) to help him eliminate the extra bilirubin. Since his arrival yesterday his nursing notes recorded a stable heart beat (138-170) and blood oxygen level above 95%. He varied his breathing between 22 and 44 breaths a minute.

Henry's parents came to see him as soon as he had settled in his new setting. His mother told the observers that she felt unwell today. She explained that she hoped to come to be with Henry the next day in order to continue to enjoy holding him skin-to-skin for kangaroo care. His mother also told the observers that Henry has a three year old sister, named Anna.

**Behavioural Summary:** The observation today showed that Henry is a strong little boy, who is still quite sensitive. He showed his strength by keeping a stable heart rate and steady oxygen levels in his blood. He made efforts to breathe effectively. Before the care interaction began, Henry achieved short periods of steady rhythmical breathing. During the care interaction Henry used squirming movement to get his breathing going again after he had paused. He made many efforts to keep his limbs tucked in and to bring his hands together and/or to his face. He strove to get his thumb and fingers to his mouth and was briefly successful in sucking his fingers. He grasped and held on to his bedding, his splint and his

tubing. He mostly kept his legs tucked up with his feet resting against each other or pressing into the bedding. Altogether this helped him to settle repeatedly briefly between bouts of restlessness. Henry began to open his eyes during his nappy change as if he might want to look around or at someone. He looked pink-red almost all the time.

Henry showed his sensitivity in his at times halting breathing and the pauses he made. He was quite restless through much of the observation. During heel prick and nappy change, he quickened his heart beat and he hiccupped. He made small jumpy, twitchy movements. When his nurse or the doctor touched or moved him he stretched his arms, legs and fingers wide and he sometimes appeared to startle and shake. When his nurse fed him he gagged and spat up saliva and milk; he communicated distaste in his facial expression. At the end of the observation, Henry seemed to lose energy and let his arms lay limply across his body or on the bedding while his mouth drooped open.

## GOALS

From the observation today, it appears that Henry is working to achieve a steadier, more effective breathing pattern using movement to prompt himself to breathe during short pauses. He strives to get himself more comfortable by tucking himself together, and use his hands and feet to do so. He appears to be working to get his fingers to his mouth to suck more successfully and easily. During care giving as he began to open his eyes he indicated that he is working to reach longer moments of quiet wakefulness.

## RECOMMENDATIONS

The following recommendations might help Henry to achieve his next steps successfully:

- Consider to provide Henry with a quiet, calm and muted environment, which might help Henry with his efforts to breathe effectively, to rest and to digest his food more easily.

Continue to make comfortable chairs suitable for kangaroo care available for Henry's parents. Resting against their chest skin to skin likely will help him with his breathing and digestion. It will also make it possible for Henry and his parents to continue to enjoy closeness and comfort, and will encourage his mother's milk supply to increase as well as give him the opportunity to show when he is ready to practice breast feeding.

- Continue to provide a nest for Henry; adjust the boundaries to help him to keep his legs tucked in with something to press his feet into when he is unsettled. When he is on his side extra support behind his back might help him to breathe effectively and to keep his shoulders forwards, which likely will make it easier for him to get his fingers to his mouth to suck.
- When Henry no longer receives phototherapy consider tucking him in a soft blanket.
- Consider softly talking to Henry and then cradling him gently in your hands, giving him time to be aware of your presence and to settle down before you begin to care for him.
- Consider removing the mask protecting his eyes from the phototherapy light when the light is switched off and before you engage with him in any other activity.



- Continue to offer sucrose before any procedure that might be painful. Consider also to offer him a small soother to suck when he shows that he might like to do that.
- During any activities that might cause Henry discomfort, consider if a second person might offer comfort more easily by helping Henry to grasp, suck and rest. Invite his parents to plan their day to give them opportunities to do as much of his care interactions as they choose.
- Consider pacing Henry's feeding so that the milk enters his stomach very slowly; perhaps pause the flow when he shows signs of discomfort such as when he gags, squirms, or grimaces. Continue to support him gently during feeding with the tube so that he feels the comfort of your hand. This also may help you to feel his breathing patterns and movements, which will help you judge when Henry might profit from a pause in the flow of milk.
- Consider how you might make it feasible to watch over Henry for a while after you completed all the care interactions in order to see if he might profit from your help to get comfortably settled.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Title/Role: \_\_\_\_\_

## **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.



## NIDCAP Bedside Journal Page

Trainee Name: \_\_\_\_\_

Trainee Title: \_\_\_\_\_

Trainee Hospital: \_\_\_\_\_

Trainer Name: \_\_\_\_\_

Trainer Hospital: \_\_\_\_\_

Infant Name: Henry H.

Date of NIDCAP Observation: .

Date of Birth: \_\_\_\_\_

Gender: Male X Female

Gestational Age at Birth: 28w+3d

On Day of NIDCAP Observation: 29w+2d

Infant NIDCAP Practice Category: ☐ Critically Ill ☒ Relatively Stable

☐ Stable Growing ☐ Ready to go Home ☐ Healthy Fullterm

☐ Advanced NIDCAP® Practicum: Day 6 since birth; Observation # 1

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

- Suitable seating for kangaroo care, sufficient for each baby
- Nesting support and gel pillow
- Decorative, welcome card gives a personal touch

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

- Bright - sunny day, blinds open
- Cluttered
- Traffic in and out of room
- Noisy at times – talking, phone, doors and drawers, furniture being moved, monitors, hand washing and constant background noise of air-conditioning and CPAP
- Nest provided limited support
- Phototherapy mask – left on after lights switched off.
- Bili lights – heated baby up?
- Pacifier missing

What are the infant's strengths?

- Stable Hr and O2
- Efforts to breathe effectively using motor system
- Brief periods of regular respiration
- Many self regulatory efforts using hands – hand to head/face/mouth, bracing, clasping, grasping and holding on, tucking in limbs and bracing the feet into the bedding. Almost reached 4A.

What are the infant's vulnerabilities?

- Pattern of diffuse activity around efforts to breathe
- Slow, irregular respiration with many short pauses
- Bursts of activity associated with any activity around him
- Twitches, tremors, hiccoughs, gagging and spitting up
- Big, abrupt and jittery movements
- Loss of tone in arms, and somewhat in face
- Grimacing, strained facial expression

What are the caregiver's strengths?

- Willing to support observers – co-operative, cheerful,
- Provided some support with still holding during heel stick and feed
- Talked to the baby at times

What are the caregiver's challenges?

- To be aware of what the baby is signaling and what to expect of him
- Three babies to care for with 2 hourly feeds and a student to monitor so felt rushed
- Unhappy with the way the baby had been left – cables all tangled, not well positioned?!
- Was concerned that feed would be late.
- Focus on task rather than baby

When were infant and caregiver in synchrony and balance?

- Efforts were made to consider the baby's comfort; the nurse seemed distracted and had difficulty to engage with him.

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

- Baby succeeded in getting fingers to mouth and sucked them
- Almost aroused to 4A briefly during care

When did the caregiver shine?

- The doctor insisted on waiting for sucrose. Her technique to rub heel helps blood come quickly and easily.
- Nurse supported baby during heel stick on observer's request

When did the caregiver miss the infant?

- The nurse was often distracted and missed the infant but she did realize he needed "sorting out" to make him comfortable, which she did later.

Summary impression of infant's competence and emerging next steps

- Steadier, more effective breathing
- Keeping hands by mouth, more success with sucking fingers
- Using grasping/holding to settle
- Getting into comfortable position to rest
- Digesting food more comfortably
- Reaching moments of waking.

Summary impression of family's competence if observed

- Mother was there; felt unwell; planned to come the next day for K-Care

Key recommendations

- Quiet, calm, shady environment
- Providing appropriate seating for skin to skin when ready
- Nesting – surface for bracing feet; adapt to provide better back support on side
- Cover when off lights
- Remove eye shield when phototherapy lights are off

- Approach – voice and touch to give time to adjust to presence and to settle before beginning. Find out what works for him.
- Sucrose – give before procedure
- Turn with rolling rather than lifting
- Nappy change – flex legs and feet sole to sole
- Sucking – soother during procedure. Guide fingers to mouth to support efforts to suck them. May need soother during feeds.
- Pace caregiving to keep settled – still hands etc
- Pace feeding slowly and in response to cues
- Stay to observe after care to ensure he is settled

#### Observation Parameters:

Start Time: 10.45      End Time: 11.45    # of Observers 2  
Care given: Heel stick, temperature, nappy change, tube feeding.

Time between Observation and Write-Up: 2 hours

Time for Write-Up: 4 hours

#### Perinatal History

- Healthy preterm baby delivered by Emergency section due to mother's premature labour.
- 1 dose of antenatal steroids.
- Apgars 7 and 9 at 1 and 5 mins,
- Birth weight 1450g (91%)

#### Infant History since Delivery

- CPAP from birth.
- IV nutrition until today. Donor EBM and Maternal EBM now on full milk feeds 18 ml 2 hourly (150 ml per Kilo per day)
- Transferred from UCLH on day 5. Cycling on and off CPAP.
- Receives caffeine. Phototherapy for mild jaundice from day 5

#### Family History

2<sup>nd</sup> live birth. Sister aged 3. Mother currently unwell and at home

#### Growth Parameters: At Birth

#### Day of NIDCAP Observation

Weight 1450\_g (3lb 3 oz\_oz) 91%

Not recorded

Length Not recorded

Head Circumference Not recorded .

## REFLECTIONS:

I was disappointed that Henry's mother had to go home since she felt ill. I had hoped to welcome her and to find out from her how Henry usually responds to caregiving and all the things that she has noticed about him to give us a fuller picture. It would also have been useful to find out how much she had been involved in his caregiving before he arrived here. Her story of the birth and how the family are would also have been interesting. I was a bit surprised to hear that the father had not been in to see Henry and wondered if he had; this information was missing. I felt uneasy about this little baby having been moved from hospital to hospital without his parents and found myself speculating about family dynamics, and expectations and attachments.

The nurse and the doctors were very helpful and readily agreed to the observation. This pleases me because then I know they expect that NIDCAP will be a positive experience for them. In the beginning people were very nervous about NIDCAP; now most of them are fine with it and I always enjoy giving the feedback and asking for their ideas. When I talked to the nurse about it afterwards she told me things that had affected what she did, for example she was concerned because Henry was overheating under the phototherapy lights. I think she is very cheerful and a little proud so I try to choose my words carefully with her and prompt her to see things for herself. She talked about how she felt as if she was on a merry go round, running from one baby to the next to try to make sure they all got their feeding on time and for this reason she felt she had been rushed. She did some things to support the baby but really seemed to have her mind on others – always perhaps working out the next tasks she has to do 'to beat the clock'. We moreover had chosen the busiest time of day. She was also aware that he was restless in the bedding as it had been arranged for him by the night staff. She had not had time to get him sorted when she came on duty. She told me that now she had made him comfortable and I should go and see how much better he was. She was right! She clearly enjoys working with the students and I liked the way she was so enthusiastic about him and let him know that too. He glowed with pleasure at her praise. I gave her a copy of the report and hope I can catch up with her before too long to get some feedback. I have a feeling she will tell me what she thinks – frankly, and I hope so because this is much better than just being told it was "Fine".

I know the doctor quite well. She is always very helpful for us and the baby and likes the whole NIDCAP idea. She is very gentle; the problem for her is that she finds it really difficult to do the big procedures that are difficult for the baby. It can be hard to have empathy and technical precision and this could be a problem for her career in a world where some doctors think these are alternative choices rather than a natural combination. This is always in the back of my mind when talking to doctors, how to make softness hard enough for them.

It is always nerve wracking for me to have visitors in the nursery because I feel that they will expect very high standards of developmental care and this is not always the case. Then I feel a bit annoyed with everybody. It was good to talk to the nurse and to see it from her perspective and to think about her next steps too. Nevertheless it is difficult to watch care that is a monologue rather than a dialogue. Twice I intervened and asked her, first to help the baby during the blood sampling (she was working on her records at the computer) and secondly to remove his mask. I don't think she resented either of these requests; in retrospect I can see it made her more behind with the tasks that someone sooner or later is going to check up on. And that could make the difference between her getting her meal breaks or not. I try to look back at the early days before I did my training and wonder if I was so overawed by the complexity of tasks, with anxiety about handling tiny babies and concern that I might break some of the rules of operation in the NNU, fearful that I might do something wrong and show my ignorance, that I did not treat the baby as a little person either, perhaps. It is a long time ago.

Every time I do an observation I am reminded of my imperfections as an observer – things inevitably will be missed, ideas sometimes get stuck. It is quite a humbling experience. I know it is enough to be good enough, as with parents, but always one wants to be a little bit better.

We planned this observation around our availability rather than to suit the baby. This is a dilemma. The nurses will plan their morning so that we can fit in the observation but the baby has his own rhythm. So do we mess about with the nurse's plans again or do we go ahead with the observation and disturb the baby? Sometimes we spend an hour or more observing before an intervention which the nurse has respectfully delayed until the baby starts to arouse - it can be very tiring; it feels like the right thing to do. If we were free to choose a time I would have liked to meet the parents first and then decide what to do, when and how to do it.

# OBSERVATION SHEET

Name: Henry

Date: XX.XX.XXXX

Sheet Number: 1

10.45

Time:

| 0   | 2   | 4   | 6   | 8    |
|-----|-----|-----|-----|------|
| 0-2 | 3-4 | 5-6 | 7-8 | 9-10 |

Time:

| 0   | 2   | 4   | 6   | 8    |
|-----|-----|-----|-----|------|
| 0-2 | 3-4 | 5-6 | 7-8 | 9-10 |

|                       |                    |                     |   |   |   |   |
|-----------------------|--------------------|---------------------|---|---|---|---|
| <b>Resp:</b>          | Regular            | ✓                   |   |   | ✓ |   |
|                       | Irregular          | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Slow               | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Fast               |                     |   |   |   |   |
|                       | Pause              | ✓                   | ✓ | ✓ | ✓ | ✓ |
| <b>Color:</b>         | Jaundice           | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Pink               | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Pale               |                     |   |   |   | ✓ |
|                       | Webb               |                     |   |   |   |   |
|                       | Red                | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Dusky              |                     |   |   | ✓ |   |
|                       | Blue               |                     |   |   |   |   |
|                       | Tremor             |                     |   |   |   |   |
|                       | Startle            |                     |   |   |   |   |
|                       | Twitch Face        |                     | ✓ |   |   |   |
|                       | Twitch Body        | ✓                   | ✓ | ✓ |   |   |
|                       | Twitch Extremities | ✓                   | ✓ |   |   |   |
| <b>Visceral/Resp:</b> | Spit up            |                     |   |   |   |   |
|                       | Gag                |                     |   |   |   |   |
|                       | Burp               |                     |   |   |   |   |
|                       | Hiccough           |                     |   |   |   |   |
|                       | BM Grunt           |                     |   |   |   |   |
|                       | Sounds             |                     |   |   |   |   |
|                       | Sigh               | ✓                   |   | ✓ | ✓ | ✓ |
|                       | Gasp               | ✓                   |   | ✓ | ✓ | ✓ |
|                       | <b>Motor:</b>      | Flaccid Arm(s)      |   |   |   |   |
| Flaccid leg(s)        |                    |                     |   |   |   |   |
| Flexed/ Tucked Arms   |                    | Act. Post. R        | R | R | R | R |
| Flexed/ Tucked Legs   |                    | Act. Post. ✓        | ✓ | ✓ | ✓ | ✓ |
| Extend Arms           |                    | Act. Post. L        | L | L | L | L |
| Extend Legs           |                    | Act. Post.          |   |   |   |   |
| Smooth Mvmt Arms      |                    |                     |   |   |   |   |
| Smooth Mvmt Legs      |                    |                     |   |   |   |   |
| Smooth Mvmt Trunk     |                    |                     |   |   |   |   |
| Stretch/Drown         |                    |                     |   |   |   | ✓ |
| Diffuse Squirm        |                    | ✓                   | ✓ | ✓ | ✓ | ✓ |
| Arch                  |                    |                     |   |   |   |   |
| Tuck Trunk            |                    |                     |   |   | ✓ | ✓ |
| Leg Brace             |                    |                     |   |   |   |   |
| <b>Face:</b>          |                    | Tongue Extension    |   |   |   |   |
|                       | Hand on Face       |                     |   |   |   |   |
|                       | Gape Face          |                     |   |   |   |   |
|                       | Grimace            | ✓                   | ✓ | ✓ | ✓ | ✓ |
|                       | Smile              | strained expression |   |   |   |   |

|                                     |                      |                         |             |     |     |     |     |
|-------------------------------------|----------------------|-------------------------|-------------|-----|-----|-----|-----|
| <b>State:</b>                       | 1A                   |                         |             |     |     |     |     |
|                                     | 1B                   |                         |             |     |     |     |     |
|                                     | 2A                   | ✓                       | ✓           | ✓   | ✓   | ✓   |     |
|                                     | 2B                   |                         |             |     |     |     |     |
|                                     | 3A                   |                         |             |     |     |     |     |
|                                     | 3B                   |                         |             |     |     |     |     |
|                                     | 4A                   |                         |             |     |     |     |     |
|                                     | 4B                   |                         |             |     |     |     |     |
|                                     | 5A                   |                         |             |     |     |     |     |
|                                     | 5B                   |                         |             |     |     |     |     |
| <b>Face (cont.):</b>                | Mouthing             | ✓                       |             | ✓   |     |     |     |
|                                     | Suck Search          |                         |             |     |     |     |     |
|                                     | Sucking              |                         |             |     |     |     |     |
| <b>Extrem.:</b>                     | Finger Splay         |                         |             |     | ✓   | ✓   |     |
|                                     | Airplane             |                         |             |     |     |     |     |
|                                     | Salute               |                         |             |     |     |     |     |
|                                     | Sitting On Air       |                         |             |     |     |     |     |
|                                     | Hand Clasp           |                         |             |     |     |     |     |
|                                     | Foot Clasp           |                         |             |     |     |     |     |
|                                     | Hand to Mouth        |                         |             |     |     |     |     |
|                                     | Grasping             |                         |             |     | ✓   |     |     |
|                                     | Holding On           | ✓                       | ✓           | ✓   | ✓   | ✓   |     |
|                                     | Fisting              |                         |             |     |     |     |     |
| <b>Attention:</b>                   | Fuss                 |                         |             |     |     |     |     |
|                                     | Yawn                 |                         |             |     |     |     |     |
|                                     | Sneeze               |                         |             |     |     |     |     |
|                                     | Face Open            |                         |             |     |     |     |     |
|                                     | Eye Floating         |                         |             |     |     |     |     |
|                                     | Avert                |                         |             |     |     |     |     |
|                                     | Frown                |                         |             |     |     |     |     |
|                                     | Ooh Face             |                         |             |     |     |     |     |
|                                     | Locking              |                         |             |     |     |     |     |
|                                     | Cooing               |                         |             |     |     |     |     |
|                                     | Speech Mvmt.         |                         |             |     |     |     |     |
|                                     | <b>Posture:</b>      | (Prone, Supine, Side)   | P           | P   | P   | P   | P   |
|                                     |                      | (Right, Left, Middle)   | R           | R   | R   | R   | R   |
|                                     |                      | (Crib, Incubator, Held) | Incubator → |     |     |     |     |
|                                     | <b>Manipulation:</b> | Heart Rate              | 135         | 145 | 155 | 136 | 151 |
| Respiration Rate                    |                      | 44                      | 38          | 46  | 40  | 28  |     |
| TcPO <sub>2</sub> /SaO <sub>2</sub> |                      | 97                      | 97          | 97  | 96  | 96  |     |
|                                     |                      |                         |             |     |     |     |     |



**OBSERVATION SHEET**

Name: Henry

Date: XX.XX.XXXX Sheet Number: 2

|                                                                |                                     | Time: 10 12 14 16 18                  |     |     |     |      | Time: 10 12 14 16 18 |     |     |     |      |  |
|----------------------------------------------------------------|-------------------------------------|---------------------------------------|-----|-----|-----|------|----------------------|-----|-----|-----|------|--|
|                                                                |                                     | 0-2                                   | 3-4 | 5-6 | 7-8 | 9-10 | 0-2                  | 3-4 | 5-6 | 7-8 | 9-10 |  |
| <b>Resp:</b>                                                   | Regular                             |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Irregular                           | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Slow                                | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Fast                                |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Pause                               | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
| <b>Color:</b>                                                  | Jaundice                            | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Pink                                | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Pale                                | ✓                                     |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Webb                                | ✓                                     |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Red                                 | ✓                                     | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Dusky                               | ✓                                     |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Blue                                |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Tremor                              |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Startle                             |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Twitch Face                         | ✓                                     | ✓   |     |     |      |                      |     |     |     |      |  |
|                                                                | Twitch Body                         | ✓                                     | ✓   |     |     |      |                      |     |     |     |      |  |
|                                                                | Twitch Extremities                  |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Visceral/ Resp:</b>                                         | Spit up                             |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Gag                                 |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Burp                                |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Hiccough                            |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | BM Grunt                            |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Sounds                              |                                       | ✓   |     |     |      |                      |     |     |     |      |  |
|                                                                | Sigh                                |                                       | ✓   | ✓   |     |      |                      |     |     |     |      |  |
|                                                                | Gasp                                |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Motor:</b>                                                  | Flaccid Arm(s)                      |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Flaccid leg(s)                      |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Flexed/ Tucked Arms                 | Act. ✓                                | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Flexed/ Tucked Legs                 | Act. ✓                                | ✓   | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Extend Arms                         | Act. ✓                                |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Extend Legs                         | Act. ✓                                |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Smooth Mvmt Arms                    |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Smooth Mvmt Legs                    |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Smooth Mvmt Trunk                   |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Stretch/Drown                       | ✓                                     |     |     | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Diffuse Squirm                      | ✓                                     |     | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Arch                                | ✓                                     |     | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Tuck Trunk                          | ✓                                     |     | ✓   | ✓   | ✓    |                      |     |     |     |      |  |
|                                                                | Leg Brace                           |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | <b>Face:</b>                        | Tongue Extension                      |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     | Hand on Face                          | ✓   |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     | Gape Face                             |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     | Grimace                               |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     | Smile                                 |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     | ① Nurse preparing. H does "push ups". |     |     |     |      |                      |     |     |     |      |  |
| ② Dr. arrives: asks for sucrose. Photo light off.              |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| ③ CPAP adjusted. Splint off. H → push ups                      |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| ④ Sucrose. Dr rubs heel. N support c-hands. Heel prick. Noisy. |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| ⑤ Blood taken. Included in A                                   |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Face (cont.):</b>                                           |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Mouthing                                                       |                                     | ✓                                     | ✓   |     |     | ✓    |                      |     |     |     |      |  |
| Suck Search                                                    |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Sucking                                                        |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Extrem.:</b>                                                |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Finger Splay                                                   | ✓                                   | ✓                                     | ✓   | ✓   | ✓   |      |                      |     |     |     |      |  |
| Airplane                                                       |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Salute                                                         |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Sitting On Air                                                 |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Hand Clasp                                                     |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Foot Clasp                                                     |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Hand to Mouth                                                  |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Grasping                                                       |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Holding On                                                     |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| Fisting                                                        |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Attention:</b>                                              | Fuss                                |                                       |     | ✓   |     |      |                      |     |     |     |      |  |
|                                                                | Yawn                                |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Sneeze                              |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Face Open                           |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Eye Floating                        |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Avert                               |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Frown                               |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Ooh Face                            |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Locking                             |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Cooing                              |                                       |     |     |     |      |                      |     |     |     |      |  |
| <b>Posture:</b>                                                | (Prone, Supine, Side)               | P                                     | P   | P   | P   | P    |                      |     |     |     |      |  |
|                                                                | (Right, Left, Middle)               | R                                     | R   | R   | R   | R    |                      |     |     |     |      |  |
|                                                                | (Crib, Incubator, Held)             | Incubator                             |     |     |     |      |                      |     |     |     |      |  |
|                                                                | <b>Manipulation:</b>                |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                | Heart Rate                          | 144                                   | 143 | 171 | 163 | 182  |                      |     |     |     |      |  |
|                                                                | Respiration Rate                    | 32                                    | 44  | 34  | 36  | 20   |                      |     |     |     |      |  |
|                                                                | TcPO <sub>2</sub> /SaO <sub>2</sub> | 96                                    | 96  | 97  | 96  | 98   |                      |     |     |     |      |  |
|                                                                |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |
|                                                                |                                     |                                       |     |     |     |      |                      |     |     |     |      |  |

heel prick



# OBSERVATION SHEET

Name: Henry

Date: XX.XX.XXXX

Sheet Number: 3

| Time:                  |                    | 20      | 22  | 24  | 26  | 28                   | Time:                                                                                                                                                                                                                                                                   |                       | 20     | 22  | 24  | 26   | 28   |
|------------------------|--------------------|---------|-----|-----|-----|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------|-----|-----|------|------|
|                        |                    | 0-2     | 3-4 | 5-6 | 7-8 | 9-10                 |                                                                                                                                                                                                                                                                         |                       | 0-2    | 3-4 | 5-6 | 7-8  | 9-10 |
| <b>Resp:</b>           | Regular            |         |     |     |     |                      | <b>State:</b><br>1A Temperature<br>1B Turned. Jittery<br>2A Placed on side.<br>2B Mask off<br>3A Arm across chest.<br>3B Leads adjusted.<br>4A Nappy change<br>4B Clean nappy on.<br>5A Leads adjusted. Moved up bed.<br>5B Repositioned<br>6A light sensor<br>6B<br>AA | 1A                    |        |     |     |      |      |
|                        | Irregular          | ✓       | ✓   | ✓   | ✓   | ✓                    |                                                                                                                                                                                                                                                                         | 1B                    |        |     |     |      |      |
|                        | Slow               | ✓       | ✓   | ✓   | ✓   | ✓                    |                                                                                                                                                                                                                                                                         | 2A                    | ✓      | ✓   |     |      | ✓    |
|                        | Fast               |         |     |     |     |                      |                                                                                                                                                                                                                                                                         | 2B                    | ✓      | ✓   | ✓   | ✓    | ✓    |
|                        | Pause              |         | ✓   | ✓   | ✓   |                      |                                                                                                                                                                                                                                                                         | 3A                    | ✓      | ✓   | ✓   | ✓    | ✓    |
| <b>Color:</b>          | Jaundice           | ✓       | ✓   | ✓   | ✓   | ✓                    | 3B                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
|                        | Pink               | ✓       | ✓   |     |     |                      | 4A                                                                                                                                                                                                                                                                      |                       |        | ✓   |     |      |      |
|                        | Pale               |         | ✓   | ✓   | ✓   | ✓                    | 4B                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
|                        | Webb               |         |     |     |     |                      | 5A                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
|                        | Red                | ✓       | ✓   | ✓   | ✓   | ✓                    | 5B                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
|                        | Dusky              |         |     |     |     |                      | 6A                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
| Blue                   |                    |         |     |     |     | 6B                   |                                                                                                                                                                                                                                                                         |                       |        |     |     |      |      |
|                        | Tremor             |         |     |     |     |                      | AA                                                                                                                                                                                                                                                                      |                       |        |     |     |      |      |
|                        | Startle            | ✓       |     |     |     |                      | <b>Face (cont.):</b>                                                                                                                                                                                                                                                    | Mouthing              |        |     |     |      |      |
|                        | Twitch Face        |         |     |     |     |                      | Suck Search                                                                                                                                                                                                                                                             |                       |        |     |     |      |      |
|                        | Twitch Body        |         |     |     |     |                      | Sucking                                                                                                                                                                                                                                                                 |                       |        |     |     |      |      |
|                        | Twitch Extremities |         |     |     |     |                      | <b>Extrem.:</b>                                                                                                                                                                                                                                                         | Finger Splay          | ✓      | ✓   | ✓   | ✓    | ✓    |
| <b>Visceral/ Resp:</b> | Spit up            |         |     |     |     |                      | Airplane                                                                                                                                                                                                                                                                | ✓                     | ✓      |     |     |      |      |
|                        | Gag                |         |     |     |     |                      | Salute                                                                                                                                                                                                                                                                  | ✓                     | ✓      |     |     |      |      |
|                        | Burp               |         |     |     |     |                      | Sitting On Air                                                                                                                                                                                                                                                          | ✓                     |        | ✓   | ✓   |      |      |
|                        | Hiccough           |         |     | ✓   | ✓   | ✓                    | Hand Clasp                                                                                                                                                                                                                                                              |                       |        |     |     | near |      |
|                        | BM Grunt           |         |     |     |     |                      | Foot Clasp                                                                                                                                                                                                                                                              |                       |        |     |     | ✓    |      |
|                        | Sounds             |         |     |     |     |                      | Hand to Mouth                                                                                                                                                                                                                                                           |                       |        |     | ✓   | ✓    |      |
|                        | Sigh               |         |     |     |     |                      | Grasping                                                                                                                                                                                                                                                                | head                  | ✓      | ✓   | ✓   | ✓    |      |
|                        | Gasp               |         |     |     |     |                      | Holding On                                                                                                                                                                                                                                                              | tube                  |        |     |     |      |      |
| <b>Motor:</b>          | Flaccid Arm(s)     |         |     |     |     |                      | Fisting                                                                                                                                                                                                                                                                 |                       |        |     |     |      |      |
|                        | Flaccid leg(s)     |         |     |     |     |                      | <b>Attention:</b>                                                                                                                                                                                                                                                       | Fuss                  | ✓      |     |     |      |      |
|                        | Flexed/ Arms       | Act. ✓  | ✓   | ✓   | ✓   | ✓                    | Yawn                                                                                                                                                                                                                                                                    |                       |        |     |     |      |      |
|                        | Tucked/ Arms       | Post. ✓ | ✓   | ✓   | ✓   | ✓                    | Sneeze                                                                                                                                                                                                                                                                  |                       |        |     |     |      |      |
|                        | Flexed/ Legs       | Act. ✓  | ✓   | ✓   | ✓   | ✓                    | Face Open                                                                                                                                                                                                                                                               |                       |        |     |     |      |      |
|                        | Tucked/ Legs       | Post. ✓ | ✓   | ✓   | ✓   | ✓                    | Eye Floating                                                                                                                                                                                                                                                            |                       |        |     |     |      |      |
|                        | Extend Arms        | Act. ✓  | ✓   | ✓   | ✓   | ✓                    | Avert                                                                                                                                                                                                                                                                   |                       |        |     |     |      |      |
|                        | Extend Legs        | Post. ✓ | ✓   | ✓   | ✓   | ✓                    | Frown                                                                                                                                                                                                                                                                   |                       |        |     |     |      |      |
|                        | Smooth Mvmt Arms   |         |     |     |     |                      | Ooh Face                                                                                                                                                                                                                                                                |                       |        |     |     |      |      |
|                        | Smooth Mvmt Legs   |         |     |     |     |                      | Locking                                                                                                                                                                                                                                                                 |                       |        |     |     |      |      |
|                        | Smooth Mvmt Trunk  |         |     |     |     |                      | Cooling                                                                                                                                                                                                                                                                 |                       |        |     |     |      |      |
|                        | Stretch/Drown      |         |     |     |     |                      | Speech Mvmt.                                                                                                                                                                                                                                                            |                       |        |     |     |      |      |
|                        | Diffuse Squirm     |         | ✓   | ✓   |     |                      | <b>Posture:</b>                                                                                                                                                                                                                                                         | (Prone, Supine, Side) | R side |     |     |      |      |
|                        | Arch               |         |     |     |     |                      | <b>Head:</b>                                                                                                                                                                                                                                                            | (Right, Left, Middle) | R      | R   | R   | R    |      |
| Tuck Trunk             |                    |         |     |     |     | <b>Location:</b>     | (Crib, Incubator, Held)                                                                                                                                                                                                                                                 | Incubator             |        |     |     |      |      |
| Leg Brace              |                    | ✓       | ✓   | ✓   | ✓   | <b>Manipulation:</b> |                                                                                                                                                                                                                                                                         |                       |        |     |     |      |      |
| <b>Face:</b>           | Tongue Extension   |         |     |     |     |                      | Heart Rate                                                                                                                                                                                                                                                              | Temp                  | 172    | 176 | 181 | 180  | 169  |
|                        | Hand on Face       | ✓       | ✓   | ✓   | ✓   | ✓                    | Respiration Rate                                                                                                                                                                                                                                                        | Nappy                 | 37     | 30  | 28  | 44   | 38   |
|                        | Gape Face          |         |     |     |     |                      | TcPO <sub>2</sub> /SaO <sub>2</sub>                                                                                                                                                                                                                                     |                       | 97     | 98  | 97  | 99   | 96   |
|                        | Grimace            |         |     |     | ✓   | ✓                    |                                                                                                                                                                                                                                                                         |                       |        |     |     |      |      |
|                        | Smile              |         |     |     |     |                      |                                                                                                                                                                                                                                                                         |                       |        |     |     |      |      |

over ears

# OBSERVATION SHEET

Name: Henry

Date: XX.XX.XXXX

Sheet Number: 4

|                |                    | Time: 30 32 34 36 38 |     |     |     |            | Time: 30 32 34 36 38                                                                                                                                          |                         |           |           |   |   |
|----------------|--------------------|----------------------|-----|-----|-----|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------|-----------|---|---|
|                |                    | 0-2                  | 3-4 | 5-6 | 7-8 | 9-10       |                                                                                                                                                               |                         |           |           |   |   |
| Resp:          | Regular            |                      |     |     |     |            | ① N adjusts cable<br>② N rests hand on H. Aspirated tube<br>③ Feed started. N. hands over feet<br>④ N 7 phone<br>N2 takes over No contact c-H<br>⑤ Feed cont. | State: 1A               |           |           |   |   |
|                | Irregular          | ✓                    | ✓   | ✓   | ✓   | ✓          |                                                                                                                                                               | 1B                      |           |           |   |   |
|                | Slow               | ✓                    | ✓   | ✓   | ✓   | ✓          |                                                                                                                                                               | 2A                      |           |           | ✓ | ✓ |
|                | Fast               |                      |     | ↑   |     | ↑          |                                                                                                                                                               | 2B                      |           |           | ✓ | ✓ |
|                | Pause              | ✓                    | ✓   | ✓   | ✓   | ✓          |                                                                                                                                                               | 3A                      | ✓         | ✓         | ✓ | ✓ |
| Color:         | Jaundice           | ✓                    | ✓   | ✓   | ✓   | ✓          | 3B                                                                                                                                                            |                         |           |           |   |   |
|                | Pink               |                      |     |     |     |            | 4A                                                                                                                                                            |                         |           |           |   |   |
|                | Pale               |                      | ✓   | ✓   | ✓   | ✓          | 4B                                                                                                                                                            |                         |           |           |   |   |
|                | Webb               |                      |     |     |     |            | 5A                                                                                                                                                            |                         |           |           |   |   |
|                | Red                | ✓                    | ✓   | ✓   | ✓   | ✓          | 5B                                                                                                                                                            |                         |           |           |   |   |
|                | Dusky              |                      |     | ✓   |     |            | 6A                                                                                                                                                            |                         |           |           |   |   |
| Motor:         | Tremor             | ✓                    | ✓   |     | ✓   |            | 6B                                                                                                                                                            |                         |           |           |   |   |
|                | Startle            |                      | ✓   |     |     | ✓          | AA                                                                                                                                                            |                         |           |           |   |   |
|                | Twitch Face        |                      |     |     |     |            | Face (cont.):                                                                                                                                                 | Mouthing                | ✓         |           | ✓ |   |
|                | Twitch Body        |                      |     |     |     |            | Suck Search                                                                                                                                                   |                         |           | ✓         |   |   |
|                | Twitch Extremities |                      |     |     | ✓   |            | Sucking                                                                                                                                                       |                         |           | fingers ✓ |   |   |
| Visceral/Resp: | Spit up            |                      |     |     |     |            | Extrem.:                                                                                                                                                      | Finger Splay            | ✓         | ✓         | ✓ |   |
|                | Gag                |                      | ✓   |     |     | ✓          | Airplane                                                                                                                                                      |                         |           |           |   |   |
|                | Burp               |                      |     |     |     |            | Salute                                                                                                                                                        |                         |           |           |   |   |
|                | Hiccough           |                      |     |     |     |            | Sitting On Air                                                                                                                                                |                         |           |           |   |   |
|                | BM Grunt           |                      |     |     |     |            | Hand Clasp                                                                                                                                                    |                         |           |           |   |   |
|                | Sounds             |                      |     |     |     |            | Foot Clasp                                                                                                                                                    |                         |           |           |   |   |
|                | Sigh               |                      |     |     |     |            | Hand to Mouth                                                                                                                                                 | ✓                       | ✓         | ✓         |   |   |
|                | Gasp               |                      |     |     |     |            | Grasping                                                                                                                                                      |                         |           |           |   |   |
|                |                    |                      |     |     |     |            | Holding On                                                                                                                                                    |                         |           |           |   |   |
|                |                    |                      |     |     |     |            | Fisting                                                                                                                                                       |                         |           |           |   |   |
| Motor:         | Flaccid Arm(s)     |                      | ✓   | ✓   |     |            | Attention:                                                                                                                                                    | Fuss                    |           |           |   |   |
|                | Flaccid leg(s)     |                      |     |     |     |            | Yawn                                                                                                                                                          |                         |           |           |   |   |
|                | Flexed/ Arms Act.  | ✓                    | ✓   | ✓   | ✓   | ✓          | Sneeze                                                                                                                                                        |                         |           |           |   |   |
|                | Tucked/ Arms Act.  | ✓                    | ✓   | ✓   | ✓   | ✓          | Face Open                                                                                                                                                     |                         |           |           |   |   |
|                | Flexed/ Legs Act.  | ✓                    | ✓   | ✓   | ✓   | ✓          | Eye Floating                                                                                                                                                  |                         |           |           |   |   |
|                | Tucked/ Legs Act.  | ✓                    | ✓   | ✓   | ✓   | ✓          | Avert                                                                                                                                                         |                         |           |           |   |   |
|                | Extend Arms Post.  |                      |     |     |     |            | Frown                                                                                                                                                         |                         |           |           |   |   |
|                | Extend Legs Post.  |                      |     |     |     |            | Ooh Face                                                                                                                                                      |                         |           |           |   |   |
|                | Smooth Mvmt Arms   |                      |     |     |     |            | Locking                                                                                                                                                       |                         |           |           |   |   |
|                | Smooth Mvmt Legs   |                      |     |     |     |            | Cooing                                                                                                                                                        |                         |           |           |   |   |
|                | Smooth Mvmt Trunk  |                      |     |     |     |            | Speech Mvmt.                                                                                                                                                  |                         |           |           |   |   |
|                | Stretch/Drown      |                      |     |     |     |            | Posture:                                                                                                                                                      | (Prone, Supine, Side)   | R side    |           |   |   |
|                | Diffuse Squirm     | ✓                    | ✓   | ✓   | ✓   | ✓          | Head:                                                                                                                                                         | (Right, Left, Middle)   | R R R R R |           |   |   |
|                | Arch               |                      |     |     |     |            | Location:                                                                                                                                                     | (Crib, Incubator, Held) | Incubator |           |   |   |
|                | Tuck Trunk         |                      |     |     |     |            | Manipulation:                                                                                                                                                 |                         |           |           |   |   |
| Leg Brace      |                    | ✓                    | ✓   | ✓   |     | Heart Rate | 168 168 169 170 157                                                                                                                                           |                         |           |           |   |   |
| Face:          | Tongue Extension   |                      |     |     |     |            | Respiration Rate                                                                                                                                              | 28 27 40 28 44          |           |           |   |   |
|                | Hand on Face       | ✓                    | ✓   |     |     | ✓          | TcPO <sub>2</sub> /SaO <sub>2</sub>                                                                                                                           | 100 99 100 100 90       |           |           |   |   |
|                | Gape Face          |                      |     |     |     |            |                                                                                                                                                               |                         |           |           |   |   |
|                | Grimace            |                      |     | ✓   |     | ✓          |                                                                                                                                                               |                         |           |           |   |   |
| Smile          |                    |                      |     |     |     |            |                                                                                                                                                               |                         |           |           |   |   |

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**OBSERVATION SHEET**

Name: Henry

Date: XX.XX.XXXX

Sheet Number: 5

|                        |                    | Time: 40 42 44 46 48 |     |     |     |      | Time: 40 42 44 46 48                                                                                                                                                                                                                                                                                                                                                    |   |   |   |   |   |
|------------------------|--------------------|----------------------|-----|-----|-----|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
|                        |                    | 0-2                  | 3-4 | 5-6 | 7-8 | 9-10 |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| <b>Resp:</b>           | Regular            |                      |     |     |     |      | <b>State:</b><br>1A<br>1B<br>2A<br>2B<br>3A<br>3B<br>4A<br>4B<br>5A<br>5B<br>6A<br>6B<br>AA                                                                                                                                                                                                                                                                             |   |   |   |   |   |
|                        | Irregular          | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Slow               | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         | ✓ | ✓ | ✓ | ✓ | ✓ |
|                        | Fast               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Pause              | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| <b>Color:</b>          | Jaundice           | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Pink               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Pale               | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Webb               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Red                | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Dusky              |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Tremor             |                      |     |     |     |      | <b>Face (cont.):</b><br>Mouthing<br>Suck Search<br>Sucking                                                                                                                                                                                                                                                                                                              |   |   |   |   |   |
|                        | Startle            |                      | ✓   | ✓   | ✓   |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Twitch Face        |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Twitch Body        | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Twitch Extremities |                      |     | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| <b>Visceral/ Resp:</b> | Spit up            |                      |     |     |     |      | <b>Extrem.:</b><br>Finger Splay<br>Airplane<br>Salute<br>Sitting On Air<br>Hand Clasp<br>Foot Clasp<br>Hand to Mouth<br>Grasping<br>Holding On<br>Fisting                                                                                                                                                                                                               |   |   |   |   |   |
|                        | Gag                | ?                    | ?   | ?   | ?   |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Burp               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Hiccough           |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | BM Grunt           |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Sounds             |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Sigh               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Gasp               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| <b>Motor:</b>          | Flaccid Arm(s)     |                      |     |     |     |      | <b>Attention:</b><br>Fuss<br>Yawn<br>Sneeze<br>Face Open<br>Eye Floating<br>Avert<br>Frown<br>Ooh Face<br>Locking<br>Cooing<br>Speech Mvmt.<br><b>Posture:</b> (Prone, Supine, Side)<br><b>Head:</b> (Right, Left, Middle)<br><b>Location:</b> (Crib, Incubator, Held)<br><b>Manipulation:</b><br>Heart Rate<br>Respiration Rate<br>TcPO <sub>2</sub> /SaO <sub>2</sub> |   |   |   |   |   |
|                        | Flaccid leg(s)     |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Flexed/ Arms       | Act. ✓               | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Tucked/ Arms       | Post. ✓              | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Flexed/ Legs       | Act. ✓               | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Tucked/ Legs       | Post. ✓              | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Extend Arms        | Act. ✓               |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Extend Legs        | Post. ✓              |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Smooth Mvmt Arms   |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Smooth Mvmt Legs   |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Smooth Mvmt Trunk  |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Stretch/Drown      |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Diffuse Squirm     | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Arch               |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Tuck Trunk         |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| Leg Brace              | ✓                  | ✓                    | ✓   | ✓   | ✓   |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
| <b>Face:</b>           | Tongue Extension   |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Hand on Face       |                      |     | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Gape Face          |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Grimace            | ✓                    | ✓   | ✓   | ✓   | ✓    |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |
|                        | Smile              |                      |     |     |     |      |                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |   |   |



# OBSERVATION SHEET

Name: Henry

Date: XX.XX.XXXX

Sheet Number: 6

|                       |                    | Time: 50 52 54 56 58 |     |     |     |                      | Time: 60 62 64 66 68 |                                     |                         |     |     |     |      |
|-----------------------|--------------------|----------------------|-----|-----|-----|----------------------|----------------------|-------------------------------------|-------------------------|-----|-----|-----|------|
|                       |                    | 0-2                  | 3-4 | 5-6 | 7-8 | 9-10                 |                      |                                     | 0-2                     | 3-4 | 5-6 | 7-8 | 9-10 |
| <b>Resp:</b>          | Regular            |                      | ✓   |     |     |                      | <b>State:</b>        | 1A                                  |                         |     |     |     |      |
|                       | Irregular          | ✓                    | ✓   | ✓   | ✓   | ✓                    |                      | 1B                                  |                         |     |     |     |      |
|                       | Slow               | ✓                    | ✓   | ✓   | ✓   |                      |                      | 2A                                  | ✓                       | ✓   | ✓   | ✓   | ✓    |
|                       | Fast               |                      |     | ↑   |     |                      |                      | 2B                                  |                         |     |     |     |      |
|                       | Pause              | ✓                    |     | ✓   | ✓   | ✓                    |                      | 3A                                  |                         | ✓   | ✓   | ✓   |      |
| <b>Color:</b>         | Jaundice           | ✓                    | ✓   | ✓   | ✓   | ✓                    | 3B                   |                                     |                         |     |     |     |      |
|                       | Pink               |                      |     |     |     |                      | 4A                   |                                     |                         |     |     |     |      |
|                       | Pale               | ✓                    | ✓   | ✓   | ✓   | ✓                    | 4B                   |                                     |                         |     |     |     |      |
|                       | Webb               |                      |     |     |     |                      | 5A                   |                                     |                         |     |     |     |      |
|                       | Red                | ✓                    | ✓   | ✓   | ✓   | ✓                    | 5B                   |                                     |                         |     |     |     |      |
|                       | Dusky              |                      |     |     |     |                      | 6A                   |                                     |                         |     |     |     |      |
| Blue                  |                    |                      |     |     |     | 6B                   |                      |                                     |                         |     |     |     |      |
|                       | Tremor             |                      |     | ✓   |     |                      | AA                   |                                     |                         |     |     |     |      |
|                       | Startle            |                      |     |     |     |                      | <b>Face (cont.):</b> | Mouthing                            |                         |     |     |     |      |
|                       | Twitch Face        |                      |     |     |     |                      |                      | Suck Search                         |                         |     |     |     |      |
|                       | Twitch Body        |                      |     |     |     |                      |                      | Sucking                             |                         |     |     |     |      |
|                       | Twitch Extremities |                      |     |     |     |                      | <b>Extrem.:</b>      | Finger Splay                        |                         | ✓   |     |     |      |
| <b>Visceral/Resp:</b> | Spit up            |                      |     |     |     |                      |                      | Airplane                            |                         |     |     |     |      |
|                       | Gag                | ✓                    | ✓   | ✓   | ✓   | ✓                    |                      | Salute                              |                         |     |     |     |      |
|                       | Burp               |                      |     |     |     |                      |                      | Sitting On Air                      |                         |     |     |     |      |
|                       | Hiccough           |                      |     |     |     |                      |                      | Hand Clasp                          | ✓                       | ✓   | ✓   |     |      |
|                       | BM Grunt           |                      |     |     |     |                      |                      | Foot Clasp                          |                         | ✓   |     |     |      |
|                       | Sounds             |                      |     |     |     |                      |                      | Hand to Mouth                       | ✓                       | ✓   |     |     |      |
|                       | Sigh               |                      |     |     |     |                      |                      | Grasping bedding                    | ✓                       |     | ✓   |     |      |
|                       | Gasp               |                      |     |     |     |                      | Holding On           |                                     |                         |     |     |     |      |
| <b>Motor:</b>         | Flaccid Arm(s)     | R                    | R   |     |     | R                    | <b>Attention:</b>    | Fuss                                |                         |     |     |     |      |
|                       | Flaccid leg(s)     |                      |     |     |     |                      |                      | Yawn                                |                         |     |     |     |      |
|                       | Flexed/ Arms       | Act. Post.           | ✓   | ✓   | ✓   | ✓                    |                      | Sneeze                              |                         |     |     |     |      |
|                       | Flexed/ Tucked     | Act. Post.           | ✓   | ✓   | ✓   | ✓                    |                      | Face Open                           |                         |     |     |     |      |
|                       | Flexed/ Legs       | Act. Post.           | ✓   | ✓   | ✓   | ✓                    |                      | Eye Floating                        |                         |     |     |     |      |
|                       | Flexed/ Tucked     | Act. Post.           | ✓   | ✓   | ✓   | ✓                    |                      | Avert                               |                         |     |     |     |      |
|                       | Extend Arms        | Act. Post.           | R   | R   | R   | R                    |                      | Frown                               |                         |     |     |     |      |
|                       | Extend Legs        | Act. Post.           |     |     |     |                      |                      | Ooh Face                            |                         |     |     |     |      |
|                       | Smooth Mvmt Arms   |                      |     |     |     |                      | Locking              |                                     |                         |     |     |     |      |
|                       | Smooth Mvmt Legs   |                      |     |     |     |                      | Cooing               |                                     |                         |     |     |     |      |
|                       | Smooth Mvmt Trunk  |                      |     |     |     |                      | Speech Mvmt.         |                                     |                         |     |     |     |      |
|                       | Stretch/Drown      |                      | ✓   | ✓   |     |                      | <b>Posture:</b>      | (Prone, Supine, Side)               |                         |     |     |     |      |
| Diffuse Squirm        |                    | ✓                    | ✓   | ✓   | ✓   | <b>Head:</b>         |                      | (Right, Left, Middle)               |                         |     |     |     |      |
| Arch                  |                    |                      |     |     |     |                      |                      | <b>Location:</b>                    | (Crib, Incubator, Held) |     |     |     |      |
| Tuck Trunk            |                    | ✓                    | ✓   |     | ✓   | <b>Manipulation:</b> | Heart Rate           |                                     | 168                     | 163 | 167 | 172 | 179  |
| Leg Brace             |                    | ✓                    | ✓   |     | ✓   |                      |                      | Respiration Rate                    | 30                      | 40  | 32  | 22  | 44   |
| <b>Face:</b>          | Tongue Extension   |                      |     |     |     |                      |                      | TcPO <sub>2</sub> /SaO <sub>2</sub> | 97                      | 100 | 100 | 99  | 100  |
|                       | Hand on Face       |                      | ✓   |     | ✓   |                      |                      |                                     |                         |     |     |     |      |
|                       | Gape Face          |                      | ✓   | ✓   | ✓   | ✓                    |                      |                                     |                         |     |     |     |      |
|                       | Grimace            | ✓                    | ✓   | ✓   | ✓   | ✓                    |                      |                                     |                         |     |     |     |      |
|                       | Smile              |                      |     |     |     |                      |                      |                                     |                         |     |     |     |      |

Infant's Name: Henry

Date \_\_\_\_\_

Time: 10.45-11.45 am

Medical Record # \_\_\_\_\_

Other Notes \_\_\_\_\_

Hospital/Level: Level III

Caregiver \_\_\_\_\_

Discipline: Doctor, Nurse

Room/Nursery Census: 3:18

Acuity/Room Census: II x 3

Observer(s): 2

## Profile of the Nursery Environment and of Care Components Template Score Sheet — Part I

### A. Physical Environment of the Nursery

|                                                                                    |          |   |          |   |   |    |
|------------------------------------------------------------------------------------|----------|---|----------|---|---|----|
| 1. Location in relation to Labour and Delivery Suites and Mother's Postpartum Room | <i>1</i> | 2 | 3        | 4 | 5 | NA |
| 2. Overall Appearance                                                              | 1        | 2 | <i>3</i> | 4 | 5 | NA |
| 3. Physical Layout of the Infant's Care Area                                       | 1        | 2 | <i>3</i> | 4 | 5 | NA |
| 4. Density and Size of Bedspace                                                    | 1        | 2 | <i>3</i> | 4 | 5 | NA |
| 5. Design of Bedspace                                                              | 1        | 2 | <i>3</i> | 4 | 5 | NA |
| 6. Conduciveness for Family Participation                                          | 1        | 2 | <i>3</i> | 4 | 5 | NA |
| 7. Accessibility of Facilities and Services Supportive of Professionals            | 1        | 2 | <i>3</i> | 4 | 5 | NA |

### B. Physical Environment of the Infant's Bedspace

|                                          |          |          |            |   |   |    |
|------------------------------------------|----------|----------|------------|---|---|----|
| 1. Light                                 | 1        | <i>2</i> | 3          | 4 | 5 | NA |
| 2. Sound                                 | 1        | 2        | ← <i>3</i> | 4 | 5 | NA |
| 3. Activity                              | 1        | 2        | ← <i>3</i> | 4 | 5 | NA |
| 4. Visual Array Inside of Incubator/Crib | <i>1</i> | 2        | 3          | 4 | 5 | NA |
| 5. Olfactory Experience                  | 1        | <i>2</i> | 3          | 4 | 5 | NA |
| 6. Taste Experience                      | 1        | <i>2</i> | 3          | 4 | 5 | NA |

|                                                        |   |   |   |   |   |     |
|--------------------------------------------------------|---|---|---|---|---|-----|
| 7. Touch Experience                                    | 1 | 2 | 3 | 4 | 5 | NA  |
| 8. Nursery Temperature and Air Circulation             | 1 | 2 | 3 | 4 | 5 | NA* |
| 9. Bedding and Clothing                                | 1 | 2 | 3 | 4 | 5 | NA  |
| 10. Specific Supports for the Infant's Self-Regulation | 1 | 2 | 3 | 4 | 5 | NA  |

### **C. Specific Aspects of Direct Infant Care**

|                                                                                  |   |   |   |   |   |    |
|----------------------------------------------------------------------------------|---|---|---|---|---|----|
| 1. Position, Movement, and Tone                                                  | 1 | 2 | 3 | 4 | 5 | NA |
| 2. Feeding (Gavage/Breast/Bottle)                                                | 1 | 2 | 3 | 4 | 5 | NA |
| 3. Burping                                                                       | 1 | 2 | 3 | 4 | 5 | NA |
| 4. Diaper Changing and Skin Care                                                 | 1 | 2 | 3 | 4 | 5 | NA |
| 5. Bathing                                                                       | 1 | 2 | 3 | 4 | 5 | NA |
| 6. Timing and Sequencing of Caregiving Interactions                              | 1 | 2 | 3 | 4 | 5 | NA |
| 7. Transition Facilitation                                                       | 1 | 2 | 3 | 4 | 5 | NA |
| 8. State Organization                                                            | 1 | 2 | 3 | 4 | 5 | NA |
| 9. Organization of Alertness by the Use of Aspects of the Physical Environmental | 1 | 2 | 3 | 4 | 5 | NA |
| 10. Organization of Alertness by the Use of Aspects of the Social Environmental  | 1 | 2 | 3 | 4 | 5 | NA |

\* Nursery room temperature stable baby perhaps too warm due to phototherapy lights, according to the nurse's report.