Nurses Content
Downloaded from nursescontent.com

Normal Newborn Care

Midwifery & Obstetrical Nursing

Immediate care at birth, neonatal assessment, Apgar scoring, thermoregulation, cord care, eye care, vitamin K administration, newborn identification, immunisation and breastfeeding support.

For educational purposes only.

CHAPTER 21 / MIDWIFERY AND OBSTETRICAL NURSING 21. Normal Newborn Care

1. Essential immediate care

Prepare warm environment, resuscitation equipment and trained staff. Assess breathing/tone immediately, dry, keep warm, skin-to-skin and delayed cord clamping when appropriate; stable newborns benefit from early breastfeeding within first hour. Apnoea/gasping or HR <100 after initial steps requires timely effective ventilation per neonatal resuscitation algorithm. No routine suctioning of vigorous newborn. Record birth time and maternal/newborn identification.

NURSE'S CONTENT / MIDWIFERY AND OBSTETRICAL NURSING 35

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

2. Apgar assessment

Component	0	1	2
Appearance	Pale/blue	Body pink, extremities blue	Completely pink
Pulse	Absent	<100/min	>= 100/min
Grimace	None	Grimace	Cry/cough/active response
Activity	Limp	Some flexion	Active movement
Respiration	Absent	Slow/irregular	Good cry/breathing

Score at 1 and 5 min; if 5-min score <7 repeat per neonatal protocol. Do not delay resuscitation until Apgar scored; score does not alone diagnose asphyxia. Colour assessment has limitations.

3. Examination and thermoregulation

Typical term newborn: gestation 37+0-41+6 weeks, RR 30-60/min, HR often 100-160/min, temperature 36.5-37.5 C in stable state. Assess head/fontanelle, eyes/red reflex by trained provider, palate, heart/pulses, lungs, abdomen, cord, genitalia/anus, skin, limbs/hips, spine, tone and reflexes (rooting, suck, Moro, grasp). Measure weight/length/head circumference and plot gestation-appropriate growth. Prevent evaporation, convection, conduction and radiation heat loss; warm linens, skin-to-skin, delayed bath (ideally >= 24 h), avoid overheating.

4. Cord, eye, vitamin K and immunisation

Keep cord clean/dry according to protocol, no unapproved application. Eye prophylaxis according to programme. Vitamin K prophylaxis prevents vitamin K deficiency bleeding; IM dose is product/weight/gestation-specific under protocol (commonly 1 mg IM for term infants). India UIP birth vaccines: BCG, OPV-0, hepatitis B birth dose within

Nurses Content
Downloaded from nursescontent.com

24 hours. Verify current schedule, route/site, product, consent and records. Identify baby with matching identifiers per policy; never separate without safe handover.

5. Family education

Teach responsive feeding, thermal care, safe sleep supine on firm flat separate surface, hygiene, cord care, expected urine/stool and follow-up. Danger signs: poor feeding, breathing difficulty, apnoea, fever/hypothermia, convulsions, reduced activity, jaundice <24 h or worsening, signs of infection. Urgent evaluation, not home remedies.

6. Important Examination Questions

Long Answer Questions

1. 1. Describe essential newborn care and Apgar scoring with nursing role.

Short Answer Questions

1. 1. Explain thermal care
2. 2. list newborn reflexes and birth immunisation
3. 3. discuss vitamin K prophylaxis.

Very Short Answer Questions (with answers)

1. 1. What is vitamin K used to prevent? - Vitamin K deficiency bleeding.
2. 2. Maximum Apgar score? - 10.

NURSE'S CONTENT / MIDWIFERY AND OBSTETRICAL NURSING 36

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

7. Quick Revision

- Breathing and warmth take priority.
- Verify baby identification.
- Educate caregivers about urgent signs.

8. Conclusion

Breathing and warmth take priority. Verify baby identification. Educate caregivers about urgent signs.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. What is the purpose of newborn vitamin K prophylaxis?

A. Prevent haemolytic jaundice from blood-group incompatibility
B. Treat low blood glucose from inadequate intake
C. Prevent early-onset infection from maternal colonization
D. Prevent vitamin K deficiency bleeding

Nurses Content
Downloaded from nursescontent.com

2. Which set of heat-loss mechanisms should newborn thermal care address?

A. Evaporation, convection, conduction and radiation

B. Evaporation alone without environmental heat loss

C. Only conduction and radiation

D. Only convection while leaving wet skin undried

3. Which sleep arrangement should be taught for a stable newborn?

A. Prone on a soft pillow

B. Supine on a firm, flat separate surface

C. Side-lying with loose bedding

D. Supine on a sloping padded surface

Nurses Content
Downloaded from nursescontent.com

Answer key and explanations

1. D - Prevent vitamin K deficiency bleeding

Vitamin K prophylaxis prevents bleeding associated with vitamin K deficiency.

2. A - Evaporation, convection, conduction and radiation

Newborn thermal care aims to reduce all four heat-loss mechanisms.

3. B - Supine on a firm, flat separate surface

Safe-sleep teaching includes the supine position and a firm, flat separate surface.

Source and attribution

Online chapter: https://nursescontent.com/learn/midwifery-obstetrical-nursing/unit-21-normal-newborn-care/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.