

A decorative graphic on the left side of the slide, consisting of a network of light blue lines and circles that resemble a circuit board or a neural network. The lines are vertical and horizontal, with some diagonal connections, and the circles are small and white with blue outlines.

# BASIC CARE SKILLS

TAKING MY BABY'S VITAL SIGNS

# VITAL SIGNS

- Temperature
- Heart rate and placement of EKG leads
- Oxygen level and changing pulse ox probe
- Respiratory rate- Normal rate is 40-60 breaths per minute
- Blood Pressure
- Pain

# TEMPERATURE

- Normal temperature range is 97.7-99.5 degrees Fahrenheit
- Your baby's temperature will be checked at the beginning of every set of cares, before/after a bath, and before/after kangaroo care
- Take the probe out and push a plastic cover on it until you see a blue topper push up; place the probe in your baby's armpit making sure it is not sticking out the backside of your baby's arm. Wait for the thermometer to chime with a temperature.
- Once temperature has been taken; push on the blue topper and the plastic cover will come off to be thrown away. Place the probe back into its holder



# HEART RATE

- Normal heart rate: 80-230 beats per minute; will vary on infant's gestational age
- Placement of EKG Leads
  - White lead placed over right side of chest, avoid placing on nipple
  - Black lead placed over left side of chest, avoid placing on nipple
  - Green lead placed over left lower chest near last rib



# OXYGEN

- Your baby's oxygen level is being monitored through the red light probe that can go either around the foot or wrist/palm
- Normal oxygen levels: 88-100
  - Infant's born less than 1500 grams on supplemental oxygen (greater than 25 cc or .25 FiO<sub>2</sub>) oxygen levels are: 88-95

# OXYGEN PROBE

- Pulse Ox probe is the probe that illuminates red
- The probe location needs to be changed at least every 12 hours
- To change the probe location: Possible locations: both feet, wrist or palm



- Disconnect probe from monitor cable
- Unwrap blue posey that is covering the pulse ox probe
- Slowly unwrap the probe from your baby and change location
- Wrap snug (not tight or loose) around either the foot, wrist or palm
- Replace blue posey to cover pulse ox probe
- Connect probe back into the monitor cable



# BLOOD PRESSURE

- Blood pressure is checked once a shift on your baby when they are in a calm/quiet state
- The appropriate sized cuff should be connected to the monitor cable. If you are having difficulties placing it around your baby's leg ask your nurse to assess the size of the cuff
- Place the blood pressure cuff on the lower leg of your baby
- Press the Start/Stop button on the monitor



# PAIN

- Sometimes we have to do things that will be painful for your baby. When this happens, things we do to reduce pain:
  - Sucrose (sugar) drops with a pacifier
  - Swaddling
  - Medicine if they need it
  - Containment
  - Music
  - Kangaroo care
- How is pain assessed:
  - Look for changes in facial expressions, muscle tone, vital signs, behavior and crying. The nurse also has a pain scale they utilize.

