

A **brief examination** should occur within the first few minutes of life to:

- Assess for signs of successful transition to the extra-uterine environment
- Determine sex
- Identify significant congenital anomalies
- Reassure parents

Án the healthy baby this examination should be undertaken while the baby maintains 'skin to skin' with the mother.

Every newborn baby should receive a comprehensive physical examination within 24h of birth. **If the baby is unwell or premature, this examination may be staged as clinically indicated.** If baby is preterm use the New Ballard Score for maturation assessment of gestational age. Findings should be documented and the results discussed with parents. A follow up comprehensive examination is recommended within the first 7-10 days of birth. All parents are contacted within 1-3 days of discharge to determine ongoing needs/supports required.

Components of the Comprehensive Newborn Physical Exam:

General Appearance

- Skin color
- State of Alertness
- Activity
- Range and symmetry of spontaneous movement
- Posture
- Muscle Tone

Growth Status

- Weight and Length
- Head Circumference

Skin

- Colour
- Texture
- Integrity
- Anomalies

Head

- Shape and symmetry
- Scalp
 - Caput
 - Cephalohematoma
- Anterior and posterior fontanels
- Sutures

Face

- Symmetry of structure, features and movement
- Eyes
 - Size and structure
 - Position in relation to the nasal bridge
 - Red Reflex
- Ears
 - Position and structure
- Nose:
 - Position and symmetry of nares and septum
 - Patency of nares bilaterally
- Mouth
 - Size
 - Symmetry of movement
 - Shape and structure - lips, palate, tongue
- Jaw size

Neck

- Structure/Lymph nodes/Thyroid palpable
- Symmetry of movement
- Range of movement

Clavicles, Arms and Hands

- Length
- Proportion
- Symmetry
- Hand creases
- Structure and number of digits

Chest/Cardiorespiratory

- Chest
 - Chest size, shape, symmetry
 - Breast tissue
 - Number and position of nipples
- Respiratory
 - Chest movement and effort with respiration
 - Breath sounds/Airway
 - Respiratory rate
- Cardiac
 - Skin colour - central/peripheral
 - Heart sounds
 - Heart rate
 - Heart rhythm
 - Pulse Oximetry
 - Pulses: brachial, femoral

Abdomen

- Shape and symmetry
- Major organs (liver and spleen, palpable, size)
- Umbilicus (number of vessels)

Genitourinary

- Has the baby passed urine?
- Inguinal hernia, Lymph nodes
- Genitalia: Male, female, ambiguous
 - Male: penis, foreskin, testes
 - Female: clitoris, labia, hymen

Anus

- Position
- Patency - Has the baby passed meconium?

Hips, Legs and Feet

- Use Ortolani and Barlow's maneuvers to assess hips for stability
- Legs and feet:
 - Length and proportion
 - Symmetry
 - Anomalies (e.g. club feet)
 - Structure and number of digits

Back

- Spinal column/Ribs
- Scapulae and buttocks for symmetry
- Skin (sacral dimple/sinus)

Neurologic

- Behavior
- Posture
- Muscle tone
- Movements
- Cry
- Reflexes: Babinski, grasp, moro, rooting, stepping, suck