

The Quick Newborn Assessment Card (QNBAC)-Developed by Melanie J. Johnson RN, BSN

Vital Signs

- Heart rate: 110- 160 BPM
- Respiratory: 30 – 60 RPM
- Temperature: 97.7F – 99.7F
- Blood Pressure: Systolic (50 – 90 mmHg)
Diastolic (20 – 60 mmHg)

Chest and Respiratory

- Normal rate (30 – 60 RPM)
- Regular rate and rhythm?
- Rales, rhonchi, wheezing, retractions?
- Presence of nasal flaring?
- Skin color? (Pink, pale, cyanotic, mottling?)
- Presence of barrel?
- Unequal rise and fall of chest wall?

Genitalia

- Male:** Scrotum appearance? (Full rugae?), Penis (hypospadias, epispadias), Testicles and #? Discharge?
- Female:** Labia majora and minora (fat distribution), Clitoris size? Vagina and vaginal tags? Discharge or pseudomenses?

Musculoskeletal

- Symmetry of muscle groups?
- Hip clicks?
- Full ROM for arms, legs, fingers, toes, eyes, mouth, neck?
- Muscle tone?
- Flexion of extremities?

Reflexes

- Assess for the following reflexes: Moro, Babinski, Rooting, Plantar reflex, Stepping reflex, Grasp, Suck, Gag, Tonic neck.

Cardiovascular

- Normal rate (110- 160 BPM)
- Regular rate and rhythm?
- Presence of heart murmur?
- Presence of precordial activity?
- Skin color? (Pink, pale, cyanotic, mottling?)
- Capillary refill < or > 3 seconds?
- Bounding pulses? (brachial, radial, femoral)



General Appearance/Visual Inspection:

- Asleep, Active, or Lethargic?
- Crying and quality of cry?
- Hypertonic, floppy, jittery?
- Skin color? Birthmarks?
- Relative size and length? (SGA, AGA, LGA)

Head and Neck:

- Head:** Symmetrical? Caput succedaneum or cephalhematoma? Hair distribution? Abrasions? Vacuum extractor hematoma? Sutures overriding, approximated, or spread? Fontanels?
- Neck:** Full ROM? Supple? Presence of fat patch on back of neck? (can signify Down's syndrome)
- Eyes:** Symmetrical? Color? Discharge? Birthmarks? Position?
- Ears:** Shape and size? (Pinnia in relation to outer canthus of eye to detect low-set ears?) Infant response to loud noise? (Startle reflex should be present.)
- Face:** Symmetrical? Birthmarks? Nose position? Cleft lip or plate? Moist, pink gums? Epstein's pearls in mouth? Presence of Erythema Toxicum (NB rash)? Milia?

Abdomen

- Rounded? Distended? Soft?
- Bowel sounds x 4 quadrants?
- Loops of bowel visible?
- Umbilical clip condition and cord drainage?
- Umbilical hernia?

Miscellaneous

- Nutrition: Breast or bottle feed? Last feeding?
- Safety: Bulb syringe and car-seat?
- Knowledge level of parents? (First-time or second-time parents)
- Educational level of parents?(May deter teaching if not at proper educational level)