

Infant Vital Signs

Curriculum Overview

Designed for:

- High school students
- Post-secondary courses in health care

Length:

The activities in this curriculum will last approximately six hours.

Goal:

To help participants learn how to measure basic infant vital signs.

Synopsis:

The purpose of this curriculum is to teach students about auscultation, blood pressure, vital signs, and physical assessments of infants. Students will learn and practice the process and procedures involved in measuring infant vital signs.

Curriculum Components:

- Curriculum – Complete lessons, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Instructor guide
- Presentation slides

Learning Objectives:

Introduction to Auscultation of the Infant

- Identify auscultation sites for heart, lungs, and abdomen of infant clients
- Demonstrate the correct pattern for auscultation
- Recognize abnormal cardiac, respiratory, and abdominal sounds in infants

Introduction to Infant Blood Pressure

- Define key terms associated with equipment and blood pressure
- Demonstrate how to explain the procedure to a patient's parent
- Explain how to measure appropriate cuff size and choose a measurement location
- Perform the steps in accurately measuring a patient's blood pressure using the technique of auscultation
- Outline the differences between hypertension, hypotension, and normal values per the American Academy of Pediatrics
- Explain how to document blood pressure

Introduction to Infant Vital Signs

- Demonstrate where to locate the apical impulse or other locations to assess infant heart rate
- Explain the signs of increased work of breathing and how to assess infant respiratory rate and effort
- Outline differences in normal infant heart and respiratory rate compared to those of adults
- Explain why infant heart and respiratory rate must be counted for a full minute
- Demonstrate understanding of and ability to adapt to an infant's developmental stage

Newborn Physical Assessment

- Explain infant assessment in relation to APGAR scores
- Demonstrate how to collect weight, height, and head circumference on infants
- Identify sutures and fontanelles on a normal infant skull
- Identify common abnormalities with the infant skull following birth
- Demonstrate care the umbilical cord
- Explain normal umbilical cord appearance in the week following birth