

# Introduction to Infant Vital Signs Curriculum

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## Lesson One – Introduction to Infant Vital Signs

# REVIEW: Practice and Assessment of Taking Infant Vital Signs

**30 minutes**

### **Purpose:**

Participants will practice taking vital signs on Trainers, models, or trainers and then complete a test to assess mastery.

### **Materials:**

- *Introduction to Infant Vital Signs Check-Off Instructor Resource*
- *Introduction to Infant Vital Signs Check-Off*
- Infant Vital Signs Trainer
- Stethoscope
- *Introduction to Infant Vital Signs Test*
- *Introduction to Infant Vital Signs Test – Answer Key*

### **Facilitation Steps:**

1. Give participants the *Introduction to Infant Vital Signs Check-Off*.
2. Access the *Introduction to Infant Vital Signs Check-Off Instructor Resource* page. Following the steps on the check-off page, demonstrate taking vital signs on the Infant Vital Signs Trainer. Refer to the Quick Start Guide for more information on use.
3. Students should properly document this on their *Introduction to Infant Vital Signs Check-Off* handout.
4. Hand out the *Introduction to Infant Vital Signs Test* to participants. Give them a couple of minutes to complete it.
5. Have participants self-check or peer check the answers as you share them from the Answer Key.

# Introduction to Infant Vital Signs Check-Off (Instructor Resource)

**PART ONE:** Demonstrate how to use the training tool to take vital signs using the following steps:

1.	Gather appropriate equipment	
2.	Knock, enter room and approach infant in developmentally appropriate way	
3.	Identify yourself with name and title (student nurse, medical assistant, nurse aide, etc.)	
4.	Wash your hands with sanitizer or soap/water	
5.	Identify patient by asking the caregiver for name and date of birth; state that you would verify this information with a medical record	
6.	Explain the procedure to the patient's caregiver and ask if they have any questions	
7.	Verbalize that the patient would be positioned appropriately (held on a caregiver's lap, calm)	
<b>Heart Rate</b>		
8.	Locate the apical impulse at the 4 <sup>th</sup> intercostal space, midclavicular line	
9.	Place the diaphragm of your stethoscope over the apical impulse and count the heartbeat for a full minute	
<b>Respiratory Rate</b>		
10.	Watch the infant's chest rise and fall, placing a hand lightly on the abdomen if needed	
11.	Observe the respiratory effort for any accessory muscle use, retractions, or nasal flaring	
12.	Count the respirations for a full minute	
<b>Temperature</b>		
13.	Choose a route to take the infant's temperature and gather the appropriate thermometer for the route	
14.	Place the thermometer over the temporal artery, in the client's axilla, or apply lube and insert 0.5-1 inch into the rectum	
15.	Remove once temperature has been recorded	
16.	Ask your patient's caregiver if they have any questions	
17.	Wash your hand with sanitizer or soap/water	
18.	Document the blood pressure below Date:  Time:  Blood Pressure:	
	Score:	