

Newborns: Current Issues for Pediatric Nurses

The purpose of this continuing education series is to increase the pediatric nurse's awareness and understanding of current issues concerning newborns.

Adjustment to life outside the womb is a complex process. For the newborn infant, the first week after birth is a time of major metabolic and physiologic adaptation. Although the onset of breathing is the most critical and immediate physiologic change required, all body systems of the newborn undergo some change, and most systems are immature at birth. Keeping updated on current issues during the newborn period will help pediatric nurses provide appropriate care for infants and offer suitable anticipatory guidance to parents and other caregivers.

This continuing education series features three articles of importance to pediatric nurses. The first article presents findings from a study of the bowel habits of neonates who were exclusively breastfed during the first 14 days following birth to determine whether bowel output could be used as a proxy measure for adequate breast milk intake. The second article reviews the diagnosis and management of jaundice in the newborn period. The third article reports the results of a study that compared the amount of newborn care mothers of adolescent mothers expected to give and the amount of newborn care that their adolescent daughters expected their mothers to provide.

ASSIGNMENT

- Shrago, L., Reifsnider, E., & Insel, K. (2006). The neonatal bowel output study: Indicators of adequate breast milk intake in neonates. *Pediatric Nursing, 32*(3), 195-201.
- Cohen, S. M. (2006). Jaundice in the full term newborn. *Pediatric Nursing, 32*(3), 202-208
- Bowman, K. (2006). Adolescent postpartum care: What daughters want and what their mothers expect to provide. *Pediatric Nursing, 32*(3), 209-213.

Objectives:

1. Describe common issues of importance during the neonatal period.
2. Discuss the efficacy of using bowel output as a proxy measure for adequate breast milk intake.
3. List the three most common treatments of choice for jaundice.
4. Discuss the nursing implications of adolescent mothers' and their mothers' expectations of maternal and newborn care.
5. Identify opportunities for pediatric nurses to keep current on newborn issues.

This offering for 4.1 contact hours is provided by Anthony J. Jannetti, Inc. Anthony J. Jannetti, Inc. is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC-COA). Anthony J. Jannetti, Inc. is an approved provider of continuing education by the California Board of Registered Nursing, CEP No. 5387.

Articles accepted for publication in the continuing education series are refereed manuscripts that are reviewed in the standard *Pediatric Nursing* review process with other articles appearing in the journal.

This test was reviewed and edited by Judy A. Rollins, PhD, RN, *Pediatric Nursing* associate editor, and Veronica D. Feeg, PhD, RN, FAAN, *Pediatric Nursing* editor.

Earn 4.1 Contact Hours

Questions

1. According to Shrago et al., which of the following is the best indicator of weight gain in neonates?
 - a. Number of wet diapers per day
 - b. Number of times neonate put to breast
 - c. Number of stools per day
 - d. Total time at breast per day
 - e. Number of hours of sleep per day
2. In the study by Shrago et al., among infants who regained birth weight by 10 days, what was the day on which their bowel movements transitioned to yellow?
 - a. Day 4
 - b. Day 5
 - c. Day 6
 - d. Day 7
 - e. Day 8
3. The nurse receives a telephone call from a mother of a 5-day-old exclusively breastfeeding infant. The mother states the baby has not had a bowel movement since hospital discharge 3 days ago. The mother says she has been feeding every 2 hours since she and the baby got home. What recommendation would be most appropriate?
 - a. Instruct the mother to breastfeed more frequently.
 - b. Instruct the mother to insert a baby-sized glycerin suppository to stimulate a bowel movement.
 - c. Tell the mother there is no need for concern, as long as the baby has 5 wet diapers per day.
 - d. Tell the mother there is no need for concern, as many breastfed babies often go 10 days without a bowel movement.
 - e. Instruct the mother to have her baby weighed within 24 hours.
4. The American Academy of Pediatrics' Work Group on Breastfeeding (1997) recommends that an early follow-up visit following hospital discharge should occur
 - a. 24 to 47 hours following discharge from birth setting.
 - b. 48 to 72 hours following discharge from birth setting.
 - c. 4 to 5 days following discharge from birth setting.
 - d. 10 days following discharge from birth setting.
 - e. 14 days following discharge from birth setting.
5. In the study by Shrago et al., infants who had less initial weight loss demonstrated which of the following indicators?
 - a. Transition to yellow bowel movements within 7 days following birth
 - b. Fewer daily bowel movements during first 5 days following birth
 - c. More frequent breastfeeding
 - d. No pacifier use
 - e. Six wet diapers per day
6. When does the total serum bilirubin level peak for most full-term newborns?
 - a. Within 24 hours of age
 - b. Between days 2 and 4
 - c. Day 5 after delivery
 - d. After the first week
 - e. At birth
7. Jaundice is first noted on the arms and legs of the newborn.
 - a. True
 - b. False
8. Assessment of the infant with jaundice includes observing for
 - a. poor feeding.
 - b. apnea.
 - c. bruising.
 - d. hepatosplenomegaly.
 - e. all of the above.
9. Risk factors for physiologic jaundice within the first week of life include
 - a. Apgar score of 8 at 1 minute.
 - b. maternal syphilis.
 - c. blood group incompatibility.
 - d. stooling at delivery.
 - e. well-established breastfeeding.
10. Elevation of both direct and indirect bilirubin with a negative Coomb's test and normal reticulocyte count is indicative of ABO/Rh incompatibility.
 - a. True
 - b. False
11. Bowman hypothesized that MAMs expected to be more involved in the care of their daughters and grandchildren when
 - a. their daughters were married.
 - b. they lived with their daughters.
 - c. their grandchildren were ill.
 - d. they had a good relationship.
 - e. c and d

CE POSTTEST

12. Role blocking, role sharing, and role binding are

- childcare methods that nurses may teach MAMs to use when caring for their daughters and grandchildren.
- behaviors that may be taught to AMOMs to encourage them to care for themselves and their children.
- patterns that nurses use for assessing the quality of mother-daughter relationships during the postpartum period.
- patterns that family members use for incorporating an adolescent and her child into the rest of the family.
- a and b.

13. The AMOMs participating in Bowman's study were

- low risk with low-risk newborns.
- high risk with low-risk newborns.
- low risk with high-risk newborns.
- high risk with high-risk newborns.

14. Bowman's study showed

- no difference in the amount of care that AMOMs expected to provide for their mothers and the amount of care that AMOMs expected to provide for their infants.
- a difference in the amount of care that MAMs expected to provide their daughters and the amount of care that MAMs expected to provide to their grandchildren.
- no difference in the amount of care that MAMs expected to provide their daughters and the amount of care that their daugh-

ters expected to receive from their mothers.

- a difference in the amount of care that AMOMs expected to receive from their mothers and the amount of care that their mothers expected to provide to their daughters.

15. Further research is indicated, but nurses may consider including MAMs in the discharge teaching of their adolescent patients provided

- they also include the fathers of the babies.
- they know the mother/daughter relationships.
- they check with the adolescent mothers first.
- they are experienced discharge educators.
- a and d



Answer Form: Newborns: Current Issues for Pediatric Nurses

*PED J604

Check the box next to the correct answer.

- | | | | | | | | | | | | | | | |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 1. <input type="checkbox"/> A | 2. <input type="checkbox"/> A | 3. <input type="checkbox"/> A | 4. <input type="checkbox"/> A | 5. <input type="checkbox"/> A | 6. <input type="checkbox"/> A | 7. <input type="checkbox"/> A | 8. <input type="checkbox"/> A | 9. <input type="checkbox"/> A | 10. <input type="checkbox"/> A | 11. <input type="checkbox"/> A | 12. <input type="checkbox"/> A | 13. <input type="checkbox"/> A | 14. <input type="checkbox"/> A | 15. <input type="checkbox"/> A |
| <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B | <input type="checkbox"/> B |
| <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C | <input type="checkbox"/> C |
| <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D | <input type="checkbox"/> D |
| <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E | <input type="checkbox"/> E |

This test may be copied for use by others.

COMPLETE THE FOLLOWING:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evaluation

- | | Strongly disagree | | | | Strongly agree |
|--|-------------------|---|---|---|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| 1. The objectives relate to the overall purpose/goals of the education activity. | | | | | |
| 2. The activity met the stated objectives. | | | | | |
| a. Describe common issues of importance during the neonatal period. | 1 | 2 | 3 | 4 | 5 |
| b. Discuss the efficacy of using bowel output as a proxy measure for adequate breast milk intake. | 1 | 2 | 3 | 4 | 5 |
| c. List the three most common treatments of choice for jaundice. | 1 | 2 | 3 | 4 | 5 |
| d. Discuss the nursing implications of adolescent mothers' and their mothers' expectations of maternal and newborn care. | 1 | 2 | 3 | 4 | 5 |
| e. Identify opportunities for pediatric nurses to keep current on newborn issues. | 1 | 2 | 3 | 4 | 5 |
| 3. Home study format was appropriate. | 1 | 2 | 3 | 4 | 5 |
| 4. The content was relevant to my practice. | 1 | 2 | 3 | 4 | 5 |
| 5. The content met my needs. | 1 | 2 | 3 | 4 | 5 |
| 6. How much time was used to complete reading assignment and posttest: | | | | | |
| a. Less than 1 hour _____ | | | | | |
| b. 1-2 hours _____ | | | | | |
| c. 2-3 hours _____ | | | | | |
| d. 3 hours or more _____ | | | | | |

Comments _____

Signature _____

POSTTEST INSTRUCTIONS

- Select the best answer and check the corresponding box on the answer form. Retain the test questions as your record.
- Complete the information requested in the space provided.
- Detach the answer form or a copy of the answer form and mail to: *Pediatric Nursing*, CE Series, Jannetti Publications Inc.; East Holly Avenue Box 56; Pitman, NJ 08071-0056 with a check or money order payable to Jannetti Publications Inc. for \$15.00 (subscriber) or \$20.00 (non-subscriber).
- Test returns **must** be postmarked by June 15, 2008. If you pass the test (70% or better), a certificate for 4.1 contact hours will be awarded by Anthony J. Jannetti, Inc.

Please allow 6–8 weeks for processing. For recertification purposes, the date that contact hours are awarded will reflect the date of processing.

Test Scoring, CE Awarding/Recording fees:
 PN Subscriber \$15.00
 Nonsubscriber \$20.00
 Expir. Date _____