

# NIDCAP® (Newborn Individualized Developmental Care and Assessment Program)

## OBSERVATION SHEET (sample)

**OBSERVATION SHEET** Name: \_\_\_\_\_ Date: \_\_\_\_\_ Sheet Number \_\_\_\_\_

		Time:					Time:					
		0-2	3-4	5-6	7-8	9-10	0-2	3-4	5-6	7-8	9-10	
<b>Resp:</b>	Regular						<b>State:</b>	1A				
	Irregular							deep 1B				
	Slow							light 2A				
	Fast							2B				
	Pause							3A				
<b>Color:</b>	Jaundice							droopy 3B				
	Pink							alert 4A				
	Pale							4B				
	Webb							5A				
	Red							fussy 5B				
	Dusky							6A				
	Blue						6B					
	Tremor						AA					
	Startle						<b>Face (cont.):</b>	Mouthing				
	Twitch Face							Suck Search				
	Twitch Body							Sucking				
<b>Visceral/ Resp:</b>	Twitch Extremities						<b>Extrem.:</b>	Finger Splay				
	Spit up							Airplane				
	Gag							Salute				
	Burp							Sitting On Air				
	Hiccough							Hand Clasp				
	BM Grunt							Foot Clasp				
	Sounds							Hand to Mouth				
Sigh						Grasping						
<b>Motor:</b>	Gasp						Holding On					
	Flaccid Arm(s)						Fisting					
	Flaccid leg(s)						<b>Attention:</b>	Fuss				
	Flexed/ Arms Act.							Yawn				
	Tucked/ Arms Post.							Sneeze				
	Flexed/ Arms Act.							Face Open				
	Tucked/ Legs Post.							Eye Floating				
	Extend Arms Act.							Avert				
	Extend Arms Post.							Frown				
	Extend Legs Act.							Ooh Face				
	Extend Legs Post.							Locking				
	Smooth Mvmt. Arms							Cooing				
	Smooth Mvmt. Legs						Speech Mvmt.					
	Smooth Mvmt. Trunk						<b>Posture:</b> (Prone, Supine, Side)					
	Stretch/Drown							<b>Head:</b> (Right, Left, Middle)				
Diffuse Squirm						<b>Location:</b> (Crib, Isolette, Held)						
Arch							<b>Manipulation:</b>		Heart Rate			
Tuck Trunk								Respiration Rate				
Leg Brace						TcPO <sub>2</sub>						
<b>Face:</b>	Tongue Extension											
	Hand on Face											
	Gape Face											
	Grimace											
	Smile											

From *The NICU Experience: Its Impact and Implication*, presented at the Virginia Early Intervention Conference "Creating Connections: Making Meaningful Differences in the Lives of Families", Roanoke, VA, March 7-8, 2005. Presenter: Barbara Purvis, NTAC (The National Technical Assistance Consortium for Children and Young Adults who are Deaf-Blind). This project is supported by the U.S. Department of Education, Office of Special Education Programs (OSEP). Opinions expressed herein are those of the authors and do not necessarily represent the position of the U.S. Department of Education.



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## (Newborn Individualized Developmental Care and Assessment Program)

### Components of Evaluation and Report:

Medical Information

Assessment of Intensive Care Nursery environment

Assessment of infant's bedside environment

Observation of infant's behavior

Written report for caregivers, including the following narrative sections:

- ◆ Introduction
  - Summary of medical history
  - Summary of current medical condition
- ◆ Observation
  - Nursery environment
  - Infants' bedspace and bedding
  - Infant's behavior during Initial Observation
  - Infant's behavior during Caregiving
  - Infant's behavior following Caregiving
- ◆ Summary
- ◆ Current Goals
- ◆ Recommendations
  - Environment
  - Bedspace and bedding
  - Specific caregiving suggestions