

Section: Division of Nursing
Approval: _____

* **PROCEDURE** *

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HACKETTSTOWN REGIONAL MEDICAL CENTER

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NEWBORN SERVICES
(Scope)

TITLE: PROCEDURE TO MEASURE NEWBORNS

PURPOSE: To outline steps to obtain an accurate measurement of newborn length, head circumference, and chest circumference.

SUPPORTIVE DATA: Newborns are measured as a part of the newborn admission assessment. This will help rule out certain abnormalities, and assess normalcy of size and proportion.

- EQUIPMENT:**
1. Measuring scale imprinted on the newborn electronic scale basket.
 2. Paper tape measure.
 3. Newborn physical and Cerner Newborn Assessment Initial (computer chart)

- CONTENT:**
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| <p>PROCEDURE STEPS:</p> <p>A. To measure newborn length:</p> <ol style="list-style-type: none">1. While the newborn is still on the electronic scale, post obtaining birth weight.<ol style="list-style-type: none">a. With your left hand, hold the newborn's head straight, chin up, with the top of the newborn's head touching the left end barrier of the scale tray.b. Then with your right hand, straighten/extend both the newborn's legs together, by gently but firmly applying pressure downward on the newborn's knees.c. Note measurement where the newborn's heels touch the imprinted measurement scale (of the scale basket) to the nearest 1/2 inch.d. Record measurement. <p>B. To measure the newborn's head circumference:</p> <ol style="list-style-type: none">1. Place paper tape measure around the newborn's head, going under the occiput, just above the newborn's ears and then over the newborn's forehead. Bring end of paper tape over remaining length of tape. | <p>KEY POINTS:</p> <p>Note weight in grams also. Chart weight in grams on Apgar sheet.</p> <p>Do not pull out - this angulates the hips.</p> |
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2. Note and record measurement where the end of the tape measure overlaps onto the remaining length of tape measure to the nearest $\frac{1}{2}$ inch.

C. To measure the newborn's chest circumference.

1. Place paper tape around the newborn's back chest at the nipple line.
2. Check placement of paper tape around the newborn's back for levelness to placement on the newborn's chest. Can become higher.
3. Note and record the measurement where the end of the tape measure overlaps the remaining length of tape measure, to the nearest $\frac{1}{2}$ inch.

DOCUMENTATION

1. Document newborn measurements on the Initial Assessment Newborn form in Cerner Power chart.
2. Notify primary care provider of measurements that are not within normal/usual findings.

References: Simpson, Kathleen Rice and Creehan, Patricia A., AWHONN'S Perinatal Nursing 2001, AWHONN/Lippincott/Philadelphia/NY p. 514