

Section: Division of Nursing
Approval: _____

* **PROCEDURE** *

Index: 6170.034a/7010.048a
Page: 1 of 1
Issue Date: June 25, 1990
Revised Date: February, 2008

HACKETTSTOWN REGIONAL MEDICAL CENTER

Originator: E. Galdi, RN
Revised by: R. Gibbs, RNC

NEWBORN SERVICES/ER
(Scope)

TITLE: NEONATAL HEEL STIX BLOOD COLLECTION PROCEDURE

PURPOSE: To outline the procedure to obtain a blood specimen from a neonate.

SUPPORTIVE DATA: Obtaining a nonvenous blood sample from a neonate is accomplished by puncturing the outer aspects of the infant's heel.

EQUIPMENT:

1. Alcohol swab
2. Approved lance for puncture
3. Band-Aid "Dot Size"
4. Cotton ball or gauze pad
5. Disposable gloves (non-sterile)

CONTENTS:

Preparation:

- PROCEDURE STEPS:**
1. Warm the infant's foot by wrapping it with a cloth soaked in warm tap water (39° to 44°C/102.2° to 111°F) for 3-5 minutes or by using an approved chemical heel warmer. Position infant with feet lowered below the heart to help increase blood flow.

Procedure:

2. Draw an imaginary line posteriorly from the middle of the great toe to the heel, or draw a line posteriorly from between toes 4 and 5 to the heel. (See diagram.) Perform the puncture outside of these lines, within darkened area
3. Wipe the site with alcohol pad and dry with a gauze pad or cotton ball.
4. Put on gloves.
5. Using an approved lancet, perform the puncture no deeper than 2.5mm in one continuous motion in a direction perpendicular to the site.
6. Discard the first drop of blood; wipe it away.
7. Collect blood as needed for test.

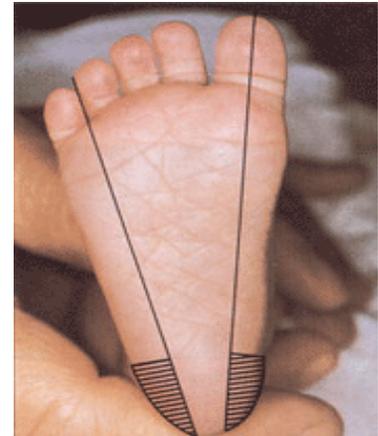
Follow-Up:

8. Press gauze to site until bleeding stops; then apply Band-Aid.

DOCUMENTATION

Chart heel stix for the appropriate lab work as ordered. Document neonatal pain assessment using NIPS.

KEY POINTS:



Hatched area (//) indicates safe areas for puncture site.

Osteomyelitis is a potential complication.

- a. First drop contains an excess amount of intracellular and interstitial fluid.
- b. Avoid milking or massaging the foot. This causes hemolysis.

Monitor baby's heel for late bleeding and inflammation.

Internet: <http://health.state.ga.us/programs/nsmscd/screening-form.asp>