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PRACTICAL MANUAL TO INTERNSHIP FOR BSc NURSING

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Semester VIII

Alisha Talwar
Jitika Royal
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JAYPEE

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Assessment of Growth and Development of Infant

Patient Profile

Name: .....

Age: .....

Mothers name: .....

Father's name: .....

Address: .....

Hospital number: .....

I P number: .....

Address: .....

Date of birth: .....

Condition at birth: HC: ..... CC: ..... Length: .....

APGAR Score

The score is assessed at 1 minute and 5 minutes after birth. Medical aid should be sought if the score is less than 7.

APGAR Score

Sign	*Score*		
	0	1	2
Heart rate	Absent	Less than 100 bpm	More than 100 bpm
Respiratory effort	Absent	Slow, irregular	Good or crying
Muscle tone	Limp	Some flexion of limbs	Active
Reflex response to stimulus	None	Minimal grimace	Cough or sneeze
Color	Blue, pale	Body pink, extremities blue	Completely pink

Birth order:

Mothers Obstetrical History

Type of labor: .....

Duration: .....

Time of rupture of membranes: .....

Character of amniotic fluid: .....

Drugs and anesthesia given to mother: .....
(During labor)

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Physical Assessment

1. ***Biological assessment:***

   Length: .....

   Weight: .....

   Head circumference: .....

   Chest circumference: .....

   Abdominal circumference: .....

2. ***Vital signs:***

   Temperature: .....

   Heart rate: .....

   Respiratory rate: .....

3. ***Head to foot examination:***

   (a) **Skin color:**

   Pallor: .....

   Cyanosis: .....

   Plethora: .....

   Jaundice: .....

   Extensive bruising: .....

   (b) **Skin rashes:**

   Milia: .....

   Mongolian spots: .....

   Erythema toxicum: .....

   (c) **Head:** Caput/ cephalohematoma/ birth injury/ Fontanellae/ sutures: normal.

   (d) **Eyes:** Symmetry/ discharge/ congenital cataract/ squint/ icterus/ normal.

   (e) **Ears:** low set/ injury/ discharge/ normal.

   (f) **Nose:** Flat/ normal/ flaring.

   (g) **Mouth:** Cleft lip/ cleft palate/ thrush/ normal/ lip color/ drooling of saliva/Tongue tie.

   (h) **Chest:** Chest movements: normal/abnormal

   Chest retractions: present/not present

   Lungs –air entry-right, left

   Heart: position normal/abnormal

   (Specify murmur/other)

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(i) **Abdomen:** Soft/firm

Distension – present/absent

Bowel sounds – present/absent

Visible peristalsis – present/absent

Hernia/any other.

(j) **Umbilicus:** Cord bleeding- present/absent.

Cord present/separated.

Condition of umbilicus: healthy/unhealthy – specify.

(k) **Genitals:** Urinary flow – normal / abnormal – specify

Bowel movement – meconium passed – yes/no.

Transitional stools: color/consistency – specify.

Scrotal swelling – present/absent.

Undescended testes – present/absent

Vaginal discharge – present/absent

Patency of rectum – patent/not patent

Any other –

(l) **Extremities:** Polydactyly –

Syndactyly –

Club foot –

Hip dislocation –

Any other –

Reflexes

Sucking: .....

Swallowing: .....

Rooting: .....

Moro reflex: .....

Gag: .....

Blinking: .....

Tonic neck reflex: .....

Babinski's: .....

Dolls eye: .....

Stepping/dancing reflex: .....

Trunk incurvation reflex: .....

Asymmetric tonic reflex: .....

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Feeding Pattern

DBF/artificial feeds

No. of feeds: .....

Parental bonding: .....

Any other (exclusive breast feeding as per IYCF guidelines)

.....

.....

.....

Immunization Schedule

Age	*Vaccine*	*Route*	*Site*	*Given/not given*
At Birth	BCG, OPV-0, Hepatitis B (birth dose)	ID (BCG), Oral (OPV), IM (Hep B)	Left upper arm, Oral, Anterolateral thigh	
6 Weeks	Pentavalent-1 (DPT + Hep B + Hib), OPV-1, IPV-1, Rotavirus-1, PCV-1	IM, Oral	Anterolateral thigh	
10 Weeks	Pentavalent-2, OPV-2, Rotavirus-2, PCV-2	IM, Oral	Anterolateral thigh	
14 Weeks	Pentavalent-3, OPV-3, IPV-2, Rotavirus-3, PCV Booster	IM, Oral	Anterolateral thigh	
9–12 Months	Measles (MCV-1), JE-1 (in endemic areas), PCV Booster	SC (MR), IM (JE, PCV)	Right upper arm, Left thigh	
16–24 Months	Measles (MCV-2), DPT Booster-1, OPV Booster, JE-2 (endemic areas)	SC, IM, Oral	Arm/thigh	

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Age	*Vaccine*	*Route*	*Site*	*Given/not given*
5–6 Years	DPT Booster-2	IM	Upper arm	
9–14Years	HPV	IM	Deltoid Muscle (left upper arm)	
10 and 16 Years	Tetanus and Diphtheria (Td)	IM	Upper arm	

Diagnostic and Laboratory Data

Sl. No.	*Investigations*	*Patients value*	*Normal values*	*Remarks*

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Medications

Drug name	*Dose and Route*	*Action*	*Indication*	*Frequency*	*Side-effects*	*Nursing responsibility*

Nursing Diagnosis According to Priority

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Nursing Care Plan

Assessment	*Nursing diagnosis*	*Objective*	*Plan of Action*	*Intervention*	*Rationale*	*Evaluation*

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Health Teaching

Evaluation

- Patient evaluation
- Self-evaluation

Conclusion

Student's signature

Teacher's signature

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Assessment of Growth and Development of Infant

Patient Profile

Name: .....

Age: .....

Date of birth: .....

Sex: .....

Hospital no: .....

Date of admission: .....

Date and time of data collection: .....

Diagnosis: .....

Name of the doctor: .....

Reason for hospitalization: .....

History

- Past history (if significant): .....
- Present history: .....
- Birth history:
  - Antenatal history: .....
  - Natal history: .....
  - Postnatal history: .....
  - Family history: .....
  - Socio-economic history: .....

Physical Assessment

Vital signs

Sl. No.	*Vital signs*	*Normal expected*	*Findings in child*
1.	Temperature		
2.	Pulse		
3.	Respiration		

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Head

- **Fontanelle:** bulged/ sunken/ closed/ normal.
- **Size:** microcephaly/ hydrocephalus/ normal.

Hair

- **Color:** flag sign/ dry/ thin/ normal.
- **Distribution:** equal/ partial/ alopecia.
- **Dandruff:** present/ absent.

Eyes

- **Eye brows:** absent/ present.
- **Eye lashes:** absent/ present.
- **Follicle/sty:** absent/ present.
- **Eyelids/odema:** present/ absent.
- **Lesions:** present/ absent.
- **Eyeballs:** protruded/ sunken/ normal.
- **Conjunctiva:** pale/ red/ yellow tinged/ blue tinged.
- **Visual acuity:** normal/ myopia/ hyperopia.
- **Eye movements:** normal/ strabismus(squint)/ blurred/ double vision.
- **Vision:** color blindness/ night blindness/ normal.

Ears

- **Discharges:** present /absent. If present: blood/ pus/ wax.
- **Hearing acuity:** normal/ limited.

Nose

- **Crust/discharge:** present/ absent.
- **Nasal septum:** normal/ deviated.
- **Polyps:** present/ absent.
- **Rhinorrhoea:** present/ absent.

Mouth and Pharynx

- **Membrane:** normal/red/ swelling/ cyanosis.
- **Breath:** normal/ halitosis.
- **Throat:** normal/ sore throat/ enlarged tonsils.
- **Gum:** normal/ bleeding gums/ gingivitis.
- **Teeth:** poorly aligned/ missing teeth/ dental carries/ tartar/ plaque/ peritonitis.
- **Tongue:** cyanotic/ pale/ moist/ dry/ coated/ ulcers.
- **Oral hygiene (habits):** brushing ..... times/ day.

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- **Material used:** brush/ neem stick/ fingers.
- **Dentifrices:** tooth powder/ tooth paste/ ash/ mud.

Neck

- **Lymph nodes:** enlarged/ normal.
- **Thyroid gland:** normal/ enlarged/midline/ smooth/ non tender/ firm.

Chest

- **Shape:** normal/ barrel shaped/ pigeon chest.
- **Chest movements:** symmetrical/ asymmetrical.
- **Heart (position of the heart):** right/ left.
- **Heart sounds:** normal/ murmers/ bruit.

Auxiliary Lymph

- **Nodes:** palpable/ not palpable.

Abdomen

- **Skin:** rash/ lesions/ scars/ distention/ discoloration.
- **Umbilicus:** protruded/normal
- **Peristalsis:** visible/ not visible.
- **Size:** normal/ abnormal.
- **Bowel sounds:** absent/ present.
- **Abdominal sounds on percussion:** dull/ tympanic.

Genitals

- **Scrotal swelling/mass:** present/ absent.
- **Lymph nodes:** palpable/ not palpable.
- **Congenital defects:**

Lower Extremities

- **Gait:** normal/ abnormal.
- **Contour:** normal/ locked knee/ bowed legs.
- **Mobility:** range of motion: normal/ limited.
- **Deformity:** present/ absent- specify if present.

Integumentary System

- **Skin color:** normal/ dark/ pigmented/smooth/ soft/ dry.
- **Temperature:** normal/ cool/ warm/ dry.
- **Nails:** normal/ blue/ yellow/ discoloration/ clubbing.

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Growth And Development

Assessment criteria	*Yes*	*No*	*Remarks*
Biological Development • Weight • Height • Head circumference • Chest circumference • Mid arm circumference • Abdominal circumference • Reflexes ❑ Labyrinth righting ❑ Neck righting ❑ Parachute reflex ❑ Landau reflex			
Sensory Changes (a) **Vision** • Able to follow in range of 90 degree • Has binocular vision • Looks at hand while sitting or lying on back • Has developed color preferences • Has hand and eye co- ordination • Able to fixate on very small objects • Follows rapidly moving objects (b) **Hearing** • Turns head to side when sound is made • Imitate sounds • Responds to own name • Localizes the sounds • Knows several words and meaning			
Motor Development (a) **Fine Motor Development** • Desires to grasp • Looks from the hand to the object and back • Transfers object from one hand to the other • Explores movable parts of toy • Able to put objects into a container (b) **Gross Motor Development And Control** • Able to lift the head and front portion of the chest about 90 degrees above the table • Able to raise the chest and upper part of the abdomen • Can bear weight on one hand while exploring with the other (c) **Rolling over** • Rolls from back to side • Rolls from abdomen to back • Rolls from back to abdomen (d) **Sitting** • Sits with good head control with support • Sits alone leaving on hands for support (e) **Locomotion** • Moves from sitting to kneeling and standing in a position • Crawls with abdomen on floor • Stands holding on to furniture • Take deliberate steps			

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Assessment criteria	*Yes*	*No*	*Remarks*
• Creeps on hands and knees • Walks with support of our hand • Sits alone without support.			
Cognitive Development **Sensory Motor Phase** • Use of reflex- sucking and swallowing • Primary circular reactions: ❑ Recognizes stimulus that produces a response ❑ Engages in an activity for pleasure ❑ Recognized orderly sequence of an event. • Secondary circular reactions: ❑ Recognizes symbols ❑ Imitate sounds • Co-ordination of secondary schemes and their application to new situations ❑ Associates symbols with events ❑ Distinguishes objects from related activity ❑ Has concept of object permanence			
Social Development • Recognizes parents • Has fear of strangers • Holds arms out to be picked up • Imitates others • Has definite likes and dislikes • Scratches for dropped objects • Has frequent mood swings			
Language • Imitate sounds • Laughs aloud • Take pleasure in hearing over sound • Imitate sounds • Laughs aloud • Take pleasure in hearing over sound • Comprehends meaning to simple words • Obeys simple commands and responds to their name			
Play • Plays alone • Plays with toys			

Dentition

Feeding and Nutrition (As Per IYCF Guidelines)

Breast feeding

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Weaning .....

.....

.....

.....

Menu .....

.....

.....

.....

Immunization Schedule

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Salient Features

- Developed in accordance with the Indian Nursing Council (INC) guidelines for the BSc Nursing Internship.
- Bridges theoretical knowledge with clinical practice to enhance professional competency.
- Provides a systematic format for recording clinical procedures, case studies, and patient care activities.
- Covers learning experiences across major nursing specialties during internship training.
- Strengthens clinical skills, critical thinking, communication, and decision-making abilities.
- Designed for effective learning, self-assessment, monitoring, and evaluation by students and faculty.
- User-friendly and well-structured format for easy documentation and academic reference.

Alisha Talwar MSN BSN completed her BSc Nursing from the College of Nursing, Dr Ram Manohar Lohia (RML) Hospital, New Delhi, India, in 2015 and earned her MSc Nursing from the Institute of Liver and Biliary Sciences (ILBS), New Delhi, in 2019. With a strong academic background and keen interest in nursing education, she has contributed as a reviewer for several important nursing textbooks, including *Applied Sociology for Nurses* and *Practical Nursing Procedures*. Her dedication lies in enhancing the quality and accessibility of educational resources for nursing students.

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