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

**OBSERVATION SHEET (sample)**

<table>
<thead>
<tr>
<th>Resp:</th>
<th>Regular</th>
<th>Irregular</th>
<th>Slow</th>
<th>Fast</th>
<th>Pause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color:</td>
<td>Jaundice</td>
<td>Pink</td>
<td>Pale</td>
<td>Webb</td>
<td>Red</td>
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<tr>
<td></td>
<td>Dusky</td>
<td>Dusky</td>
<td>Blue</td>
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<tr>
<td>Tremor</td>
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<tr>
<td>Startle</td>
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<tr>
<td>Twitch Face</td>
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<tr>
<td>Twitch Body</td>
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<tr>
<td>Twitch Extremities</td>
<td></td>
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<tr>
<td>Visceral/Resp:</td>
<td>Split up</td>
<td>Gag</td>
<td>Burp</td>
<td>Hiccup</td>
<td>BM Grunt</td>
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<tr>
<td>Motor:</td>
<td>Flaccid Arm(s)</td>
<td>Flaccid leg(s)</td>
<td>Flexed/ Tucked Arms</td>
<td>Flexed/ Tucked Legs</td>
<td>Tucked Arms</td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
<td>Face:</td>
<td>Tongue Extension</td>
<td>Hand on Face</td>
<td>Gape Face</td>
<td>Grimace</td>
<td>Smiley</td>
</tr>
</tbody>
</table>

**Face (cont.):** Mouthing

**Suck Search**

**Sucking**

**Extrem.:** Finger Splay

**Airplane**

**Salute**

**Sitting On Air**

**Hand Clasp**

**Foot Clasp**

**Hand to Mouth**

**Grasping**

**Holding On**

**Fisting**

**Attention:**

**Fuss**

**Yawn**

**Sneeze**

**Face Open**

**Eye Floating**

**Avert**

**Frown**

**Ooh Face**

**Locking**

**Cooling**

**Speech Mvmt**

**Posture:** (Prone, Supine, Side)

**Head:** (Right, Left, Middle)

**Location:** (Crib, Isolette, Held)

**Manipulation:**

**Heart Rate**

**Respiration Rate**

**ToPO2**
NIDCAP®

(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