

4. Proceed in an orderly sequence (usually head to toe) with the following exceptions:
 - Observe the infant's attitude and position of flexion first to avoid disturbing him or her.
 - Perform all procedures that require quiet next, such as auscultating the lungs, heart, and abdomen.
 - Perform disturbing procedures, such as testing reflexes, last.
 - Measure head and length at same time to compare results.
5. Proceed quickly to avoid stressing the infant.
6. Comfort the infant during and after the examination.
 - Talk softly.
 - Hold the infant's hands against his or her chest.
 - Swaddle and hold the infant.
 - Offer a nonlatex gloved finger to suck.
 - Use containment and positioning to maximize developmental state regulation.

TABLE 7-4
Physical Assessment of the Newborn

Usual Findings	Common Variations or Minor Abnormalities	Potential Signs of Distress or Major Abnormalities