

Title: Rapid assessment of gestational age

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Facilitator <i>sign/date</i>	Process Authorised <i>sign/date</i>
Name and title: David Bourchier, Clinical Director NICU	Name and title: David Graham, Clinical Director Child Health

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1. Purpose of procedure:

A guideline for the rapid assessment of gestational age. Score the four physical characteristics in the first 48 hours of life.

2. Procedures:

1. Skin Texture:

Tested by picking up a fold of abdominal skin between finger and thumb, and by inspection.

0 : Very thin with a gelatinous feel.

1 : Thin and smooth.

2 : Smooth and of medium thickness, irritation rash and superficial peeling may be present.

3 : Slight thickening and stiff feeling with superficial cracking and peeling especially on the hands and feet.

4 : Thick and parchment-like with superficial or deep cracking.

2. Skin Colour:

Estimated by inspection when the baby is quiet.

0 : Dark red

1 : Uniformly pink

2 : Pale pink, though the colour may vary over different parts of the body, some parts may be very pale.

3 : Pale, nowhere really pink except on the ears, lips, palms, and soles.

3. Breast Size:

Measured by picking up the breast tissue between finger and thumb.

0 : No breast tissue palpable.

1 : Breast tissue palpable on one or both sides, neither being more than 0.5 cm in diameter.

2 : Breast tissue palpable on both sides, one or both being 0.5 cm - 1 cm in diameter.

3 : Breast tissue palpable on both sides, one or both being more than 1 cm in diameter.

4. Ear Firmness:

Tested by palpation and folding of the upper pinna.

- 0 : Pinna feels soft and is easily folded into bizarre positions without springing back into position spontaneously.
- 1 : Pinna feels soft along the edge and is easily folded but returns slowly to the correct position spontaneously.
- 2 : Cartilage can be felt to the edge of the pinna though it is thin in places, and the pinna springs back readily after being folded.
- 3 : Pinna firm with definite cartilage extending to the periphery, and springs back immediately into position after being folded.

SCORE	GESTATIONAL AGE	
	(days)	(weeks)
1	190	27
2	210	30
3	230	33
4	240	34½
5	250	36
6	260	37
7	270	38½
8	276	39½
9	281	40
10	285	41
11	290	41½
12	295	42

6. References

- Parkin et al, ADC, 1076, 51:259

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