

# New Born and Infant Physical Examination (NIPE)

## Information for parents



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### What are screening tests?

Screening tests are used to detect potential health problems. This means they can get earlier, potentially more effective treatment, or make informed decisions about their health. It can be helpful to imagine screening like putting people through a sieve. Most people pass straight through but a small number get caught in the sieve. The people caught in the sieve are those considered to have a higher chance of having the health problem being screened for.

### What is the screening test for?

Within 72 hours of giving birth, you will be offered an all over physical examination for your baby. This will include screening tests to find out whether your baby has a problem with their eyes, heart, hips or, in boys, their testes and would benefit from early investigation and possible treatment. The examination is intended to identify any evident problems early so that treatment can be started as soon as possible. Not all congenital conditions are apparent in the first few days of life, therefore a second screening test is carried out at 6 – 8 weeks of age.

### What is the difference between screening tests and diagnostic tests?

A screening test can find out if you, or your baby, have a high or low chance of having a health problem. But it cannot usually tell you for certain, so people found to have a high chance of a problem will often be offered a second test. This is called a diagnostic test and gives a more definite 'yes' or 'no' answer.

These screening tests are carried out within 72 hours of birth and again when your baby is between 6 and 8 weeks of age.

### What does the examination involve?

The health professional will carry out a physical examination of your baby and ask you questions about your baby's feeding, bowel movements, how alert they are and their general wellbeing.

Your baby will need to be undressed for part of the examination. The health professional will:

- look into your baby's eyes with a light, at how their eyes look and move.
- listen to their heart using a stethoscope to detect heart sounds
- examine their hips to ensure the joints are in the correct place
- examine baby boys to check if their testes are in the right place

*Eyes* – the examination checks the appearance and movement of the eyes and investigates whether your baby has congenital cataracts and other problems. The examination cannot tell how well your baby can see.

*Heart* – there is a general examination of your baby's heart and sometimes murmurs are picked up. A murmur is a noise made by the blood as it passes through the heart. In most cases when a murmur is heard, the heart is normal. Murmurs are common in babies and this does not always mean there is a problem.

*Hips* – babies can be born with hip joints that are not formed properly and if untreated this can lead to a limp and to joint problems.

**Testes** – baby boys are checked to make sure their testes are in the right place. It can take several months for testes to drop down into the scrotum.

## Possible results

Usually there will be nothing of concern found. If the health professional finds a possible problem, your baby will be referred for further assessment and tests if appropriate. Mostly these tests can be arranged as an outpatient, so you will not be required to stay in hospital. Occasionally some babies will need to stay in hospital for further investigation and specialist care. This will be discussed with you and you will be kept informed of plans.

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### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

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| <ul style="list-style-type: none"><li>• Courtesy and respect</li><li>• A welcoming and positive attitude</li><li>• Polite, friendly and interested in people</li><li>• Value and respect people as individuals</li></ul> <p>So people feel <b>welcome</b></p> <ul style="list-style-type: none"><li>• Attentively kind and helpful</li><li>• Look out for dignity, privacy &amp; humanity</li><li>• Attentive, responsive &amp; take time to help</li><li>• Visible presence of staff to provide care</li></ul> <p>So people feel <b>cared for</b></p> | <ul style="list-style-type: none"><li>• Responsive communication</li><li>• Listen to people &amp; answer their questions</li><li>• Keep people clearly informed</li><li>• Involve people</li></ul> <p>So people feel <b>in control</b></p> <ul style="list-style-type: none"><li>• Effective and professional</li><li>• Safe, knowledgeable and reassuring</li><li>• Effective care / services from joined up teams</li><li>• Organised and timely, looking to improve</li></ul> <p>So people feel <b>safe</b></p> |
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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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