



## Care for Infants with Heart Disease at Home (I)

### 心臟病嬰居家照護須知 (一) (英文)

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#### Evaluate the vital signs and general conditions of infants

- Body Temperature : Observe if the temperature of four extremities are warm, wet-cold or cold. Normal body temperature : 36.6 ~ 37.4 °C.
- Heartbeat : Heartbeat and pulse: Is the heartbeat under stethoscope or pulse measured too fast or too slow? The average pulse rate is : approximately 140 ~ 160 times/minute for newborns; 110 ~ 140 times/minutes for infants; 80 ~ 100 times /minute for children.
- Breathing
  1. Breathing Rate : Observe if the breathing is too fast. The average breathing rate is about 40 ~ 50 times /minute for newborns, 30 ~ 40 times/minute for infants and 20 ~ 30 times/minute for children.
  2. Breathing style : Observe if the infants take a lot of efforts to breath such as rib notching, sternal depression, and nasal flaring as well as other phenomenon.
- Skin Tone : Are the face, lips and end of extremities pink, pale, slightly purple, or purple-black. Is the skin tone darker than usual when sucking milk or engaging in activities?
- Edema
  1. Normal newborns increase weight by 30 gram per day in average. Any sudden increase of weight could be caused by edema. Please pay attention to water intake.
  2. Evaluate edema change and pay particular attention to infants having given Lasix. Note if the orbit is swelling or hollowing,

fontanel swelling or hollowing, if the four extremities are dry or bright due to swelling, and if the skin appears hollowing once pressed.

- Activity Observation : Observe if the infants' activities are poor, if they are fatigue and drowsy. For example, does it take them longer to suck milk or do the infants breathe with panting or sweating when sucking milk, have purple lips and poor appetite.

**When you babies encounter the following situation, please seek for immediate medical assistance.**

- Shortness of breath, difficulty with breathing, or taking a lot of efforts to breath.
- The sudden slow-down or increase of heartbeat and pulse.
- Orbit swelling or hollowing, fontanel swelling or hollowing, and edema with lower extremities or ankles.
- Drastic reduction of urine amount.
- Poor activities.
- Continuous fever.

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