

# CaCoon Program

## Signs and Symptoms of Stress in Infants

### Nurse observed interactions: circle infant observation findings

Autonomic	Motor	State	Interaction	Self Regulatory
Respirations Pauses Tachypneic Gasping	Fluctuating Tone Flaccidity of Trunk Extremities Face	Diffuse states:  Sleep: Twitches Sounds Jerky moves Irregular respirations Whimpers Grimacing Fuss in sleep	May demonstrate stress signals or other symptoms: Irregular respiration Color changes Visceral responses Twitches, coughing Sneezing Yawning Sighing Eye floating Glassy eye Staring Strained fuss Gaze aversion Panicked, worried or dull look Weak cry Irritability Abrupt state changes Fluctuating tone Frantic diffuse activity Becomes stressed with 2 modes of stimuli	May use following to attempt to gain balance: Uses lower states Postural changes Motoric strategies Leg/foot bracing Hand clasping Foot clasping Finger folding Hand to mouth Grasping sucking Hand holding Tucking Good self-quieting and consolability Rhythmic, robust crying Clear sleep states Focused alertness with: Shiny eyed alertness Focused attention Animated expression Frowning Cheek softening "ooh" face Cooing, smiling
Color changes Paling around nostrils Peri-oral duskiness Mottled, webbed Cyanotic, gray Flushed, ruddy	Hypertonicity Leg extensions Salutes Airplaning Sitting on air Arching Finger splays Tongue extension Fisting	Awake: Eye floating Glassy eyed Strained fuss Staring Gaze aversion Panicked, worried or dull look Weak cry Irritability Abrupt state changes		
Visceral: Hiccups, gagging Grunting, spitting up Straining as with BM	Hyperflexions Trunk Extremities Fetal tuck			
Seizures Tremoring Startling Twitching Coughing Sneezing Yawning Sighing	Frantic, diffuse activity			

### Intervention Strategies to Reduce Stress/Recommendations to Caregiver

Modify environment: Light, noise, traffic	Positioning Handling to contain limbs	Autonomic & Motoric subsystems must have reached stability	Modulate interactions to infant's tolerance level	Provide support Hold hand Hood foot
Positioning Minimal handling Swaddling/covering	Handling slow/gentle Blanket Rolls Containment, nesting	Clustering care accurately read infant cues Appropriate timing Of caregiving to Reduce stress	Provide supports necessary to bring out best alertness Offer one mode of stimuli at a time Use modulated voice, face, rattle, face and voice together (if Baby responds best to animated stimuli)	Modify interactions Modify environment Swaddling Organize daily routine to infant's best times

Narrative: \_\_\_\_\_

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Nurse:

Date:

Client:

DOB: