


I'm not robot  reCAPTCHA

Open

| Sign | -1 | 0 | 1 | 2 | 3 | 4 | 5 |
|-----------------|----|---|---|---|---|---|---|
| Posture | | | | | | | |
| Square Window | | | | | | | |
| Arm Recoil | | | | | | | |
| Popliteal Angle | | | | | | | |
| Scarf Sign | | | | | | | |

Dubowitz/ Ballard Score

<http://www.medical.com/ballard.html>

| Neuromuscular maturity | -1 | 0 | 1 | 2 | 3 | 4 | 5 |
|------------------------|----|---|---|---|---|---|---|
| Posture | | | | | | | |
| Square window (wrist) | | | | | | | |
| Arm recoil | | | | | | | |
| Popliteal angle | | | | | | | |
| Scarf sign | | | | | | | |
| Heel to ear | | | | | | | |

| Physical maturity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-------------------|-------------------------------------|--|--|--|----------------------------------|--------------------------------------|-----------------------------|
| Skin | Sticky, fragile, transparent | Gelatinous, red, translucent | Smooth, pink, visible veins | Superficial peeling and/or rash; few veins | Cracking, pale areas, rare veins | Parchment, deep cracking, no vessels | Leathery, cracked, wrinkled |
| Lanugo | None | Sparse | Abundant | Thinning | Bald areas | Mostly bald | |
| Plantar surface | Heel to toe 40-50 mm -1 40 mm -2 | >50 mm, no crease | Faint red marks | Anterior transverse crease only | Creases anterior 1/2 | Creases over entire sole | |
| Breast | Imperceptible | Barely perceptible | Flat areola, no bud | Stippled areola, 1-2 mm bud | Raised areola, 3-4 mm bud | Full areola, 5-10 mm bud | |
| Eye/Ear | Lids fused loosely -1 tightly -2 | Lids open, pinna flat, stays folded | Slightly curved pinna, soft, slow recoil | Well curved pinna, soft but ready recoil | Formed and firm, instant recoil | Thick cartilage, ear stiff | |
| Genitals (male) | Scrotum flat, smooth | Scrotum empty, faint rugae | Testes in upper canal, rare rugae | Testes descending, few rugae | Testes down, good rugae | Testes pendulous, deep rugae | |
| Genitals (female) | Clitoris prominent, labia flat | Clitoris prominent, small labia minora | Clitoris prominent, enlarging minora | Majora and minora equally prominent | Majora large, minora small | Majora cover clitoris and minora | |

| Maturity rating | |
|-----------------|-------|
| Score | Weeks |
| -10 | 20 |
| -5 | 22 |
| 0 | 24 |
| 5 | 26 |
| 10 | 28 |
| 15 | 30 |
| 20 | 32 |
| 25 | 34 |
| 30 | 36 |
| 35 | 38 |
| 40 | 40 |
| 45 | 42 |
| 50 | 44 |

BALLARD SCORE

Neuromuscular Maturity

| Score | -1 | 0 | 1 | 2 | 3 | 4 | 5 |
|-----------------------|----|---|---|---|---|---|---|
| Posture | | | | | | | |
| Square window (wrist) | | | | | | | |
| Arm recoil | | | | | | | |
| Popliteal angle | | | | | | | |
| Scarf sign | | | | | | | |
| Heel to ear | | | | | | | |

Physical Maturity

| Physical Maturity | 1 | 2 | 3 | 4 | 5 | Maturity Rating | |
|-------------------|-------------------------------------|--|--|--|----------------------------------|--------------------------------------|-----------------------------|
| Skin | Sticky, fragile, transparent | Gelatinous, red, translucent | Smooth, pink, visible veins | Superficial peeling and/or rash; few veins | Cracking, pale areas, rare veins | Parchment, deep cracking, no vessels | Leathery, cracked, wrinkled |
| Lanugo | None | Sparse | Abundant | Thinning | Bald areas | Mostly bald | |
| Plantar surface | Heel to toe 40-50 mm -1 40 mm -2 | >50 mm, no crease | Faint red marks | Anterior transverse crease only | Creases anterior 1/2 | Creases over entire sole | |
| Breast | Imperceptible | Barely perceptible | Flat areola, no bud | Stippled areola, 1-2 mm bud | Raised areola, 3-4 mm bud | Full areola, 5-10 mm bud | |
| Eye/Ear | Lids fused loosely -1 tightly -2 | Lids open, pinna flat, stays folded | Slightly curved pinna, soft, slow recoil | Well curved pinna, soft but ready recoil | Formed and firm, instant recoil | Thick cartilage, ear stiff | |
| Genitals (male) | Scrotum flat, smooth | Scrotum empty, faint rugae | Testes in upper canal, rare rugae | Testes descending, few rugae | Testes down, good rugae | Testes pendulous, deep rugae | |
| Genitals (female) | Clitoris prominent, labia flat | Clitoris prominent, small labia minora | Clitoris prominent, enlarging minora | Majora and minora equally prominent | Majora large, minora small | Majora cover clitoris and minora | |

| Score | Weeks |
|-------|-------|
| -10 | 20 |
| -5 | 22 |
| 0 | 24 |
| 5 | 26 |
| 10 | 28 |
| 15 | 30 |
| 20 | 32 |
| 25 | 34 |
| 30 | 36 |
| 35 | 38 |
| 40 | 40 |
| 45 | 42 |
| 50 | 44 |

NEUROMUSCULAR MATURITY

| SIGN | SCORE | | | | | | | SIGN SCORE |
|---------------------------|-------|---|---|---|---|---|---|------------|
| | -1 | 0 | 1 | 2 | 3 | 4 | 5 | |
| Posture | | | | | | | | |
| Squarm Window | | | | | | | | |
| Arm Recoil | | | | | | | | |
| Popliteal Angle | | | | | | | | |
| Scarf Sign | | | | | | | | |
| Heel To Ear | | | | | | | | |
| TOTAL NEUROMUSCULAR SCORE | | | | | | | | |

MATURITY RATING

| TOTAL SCORE | WEEKS |
|-------------|-------|
| -10 | 20 |
| -5 | 22 |
| 0 | 24 |
| 5 | 26 |
| 10 | 28 |
| 15 | 30 |
| 20 | 32 |
| 25 | 34 |
| 30 | 36 |
| 35 | 38 |
| 40 | 40 |
| 45 | 42 |
| 50 | 44 |

| SIGN | SCORE | | | | | | | SIGN SCORE |
|-------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--|--------------------------------|--------------------------------------|-----------------------------|------------|
| | -1 | 0 | 1 | 2 | 3 | 4 | 5 | |
| Skin | Sticky, friable, transparent | gelatinous, red, translucent | smooth pink, visible veins | superficial peeling &/or rash, few veins | cracking, pure veins | parchment, deep cracking, no vessels | wrinkled, cracked, wrinkled | |
| Lanugo | none | scant | abundant | thinning | lost areas | mostly lost | | |
| Palmar Surface | heel toe 40-50mm -1 40mm -2 | >10 mm no crease | firm red marks | a flexor line crease only | creases and 2/3 | creases over entire sole | | |
| Breast | imperceptible | scarcely perceptible | flat areola no bud | slightly areola 1/2 mm bud | areola areola 1-4 mm bud | full areola 5-10 mm bud | | |
| Eye / Ear | iris fixed loosely -1 tightly -2 | iris open, pinna flat, stage folded | ir, normal pinna, soft, clear meatus | well rounded pinna, soft bud, meatus small | rounded & firm, meatus small | thick cartilage ear shell | | |
| Genitals (Male) | scrotum flat, smooth | scrotum slightly firm, rugae | testes in upper scrotum, rugae | testes above rugae, firm rugae | testes above rugae, good rugae | testes pendulous, deep rugae | | |
| Genitals (Female) | clitoris prominent & labia flat | clitoris & labia small to moderate | prominent clitoris & enlarged labia | clitoris & labia equal in size | clitoris large, areolar zone 5 | areolar zone & clitoris moderate | | |
| TOTAL PHYSICAL MATURITY SCORE | | | | | | | | |

Gestation by Dates

Birth date _____ week _____

Hour _____ am _____ pm

APGAR 1 min 5min

Scoring

Gest. Age by Maturity Rating _____ weeks

Time of Exam Date _____ am _____ pm

Age at Exam _____ hours

Signature of Examiner _____

M.D. / R.N.

References :

Ballard JL, Khoury JC, Wedig K, et al: New Ballard Score, expanded to include extremely premature infants. *J Pediatrics* 1991; 119:417-423.

<http://ballardscore.com/Pages/ScoreSheet.aspx>

| | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 |
|--------------------|----|--------------------------------|--|---|--|--|--|---------------------------------------|
| Kulit | | Lengket, rapuh, transparan | Merah seperti gelatin, lembus pandang | Licin, merah muda, vena membesar | Pengelupasan & atau ruam super fialat, beberapa vena | Pecah2, daerah pucat, jarang vena | Perkamen, pecah-pecah dalam, tidak terlihat vena | Seperti kulit pecah-pecah, berkeriput |
| Lanugo | | Tidak ada | Jarang sekali | Banyak sekali | menipis | (+)Jatrah tanpa rambut | Sebagian besar tanpa rambut | |
| Garis telapak kaki | | Tumit - ibu jari kaki < 40 mm | Tumit - ibu jari kaki > 50 mm, tidak ada lipatan | Garis-garis merah tipis | Garis melintang hanya pd bag. anterior | Garis lipatan sampai 2/3 anterior | Garis lipatan pada seluruh telapak | |
| Payudara | | Tidak dikenali | Susah dikenali | Areola datar (-) menonjol | Areola berbintik, Penonjolan 1-2 mm | Areola terangkat, Penonjolan 3-4 mm | Areola penuh Penonjolan 5- 10 mm | |
| Mata / telinga | | Kelopak menyala erat | Kelopak terbuka, pinna datar, tetap terlipat | Pinna sedikit berlonjong, rekoll lambat | Pinna bergelombang baik, lembek tapi siap rekoll | Keras & berbentuk segera rekoll | Kartilago lobal, daun telinga kaku | |
| Genitalia pria | | Skrotum datar & halus | Skrotum kosong, rugae samar | Testis di kanal bagian atas, rugae jarang | Testis menuju ke bawah, sedikit rugae | Testis sudah turun, rugae jelas | Testis tergonang, rugae dalam | |
| Genitalia wanita | | Klitoris menonjol, labia datar | Klitoris menonjol, labia minor kaku | Klitoris menonjol, labia minor membesar | Labia mayora & minora menonjol | Labia mayora besar, labia minora kecil | Labia mayora menutupi klitoris & labia minora | |

| Skor | Minggu |
|------|--------|
| -10 | 20 |
| -5 | 22 |
| 0 | 24 |
| 5 | 26 |
| 10 | 28 |
| 15 | 30 |
| 20 | 32 |
| 25 | 34 |
| 30 | 36 |
| 35 | 38 |
| 40 | 40 |
| 45 | 42 |
| 50 | 44 |

The BetterTeam Timesheet is easy to use with Microsoft Word or any PDF program. Look for tips and expert templates at Fit Small Business. Fit Small Business.com offers great options when it comes to blank timesheets. Microsoft Office Suite or similar shareware programs allow you to transfer your blank timesheets to PDF files for easy storage and changes. Scroll through some of the large selection of printable timesheets on websites like Template.net and print your favorite to stay on track, regardless of work. Age by Maturity Rating date _____ am Time _____ pm M.D. / N.R. References : Ballard JL, Khoury JC, Wedig K, et al: New Ballard Score, expanded to include extremely premature babies. Choose the timesheet template in Microsoft Office and use the Excel program to track start times, breaks, end times, even working lunches.

Change the placeholder information on the sheet to the company name, address, phone number, and fax number, and easily add the employee. The New Ballard Score www.ballardscore.com NEUROMUSCULAR SCORE TOTAL Sticky, friable, clear gelatinous, red, smooth pink translucent, veins visible peeling surface and/or rash few veins cracking, pure veins, parchment rare veins, deep cracking, no leather vessels, cracked, wrinkled such as n-toe 40-50mm: -1

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