

Reference No.																			
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SELF-ASSESSMENT GUIDE

Qualification	CAREGIVING (Newborn to Pre-schooler) NC II		
Certificate of Competency (COC 1)	Provide Care and Support to Newborn (0-4 weeks)		
Units of Competency Covered	<ul style="list-style-type: none"> • Participate in the implementation and monitoring newborn's care plan • Develop the ability to recognize newborn's growth and development • Perform caring skills for newborn 		
Instruction: Read each question and check the appropriate column to indicate your answer.			
Can I?	YES	NO	
PARTICIPATE IN THE IMPLEMENTATION AND MONITORING OF NEWBORN'S CARE PLAN			
• Explain details of care plan, including parents'/support team member's/authorized persons' participation in the plan			
• Interpret and clarify caregiver's own roles and responsibilities in newborn care according to confirmed care plan *			
• Provide, monitor and/or seek assistance in support/care activities based on care plan *			
• Assist in maintaining a clean, safe and healthy environment			
• Identify potential or actual risks present, and what proper response is needed			
• Communicate with parents'/support team member's/authorized persons' on concerns regarding provision of care and support *			
• Document/record relevant information on care and support			
DEVELOP THE ABILITY TO RECOGNIZE NEWBORN'S GROWTH AND DEVELOPMENT			
• Respond to distressed behavior (ex. crying, uncomfortable) with appropriate methods, activities and/or non-verbal cues *			
• Stimulate newborn's interaction (with family members/relatives) and communication skills, including introduction of nursery rhymes *			
• Nurture feeling of security and trust by cuddling/carrying and giving attention to personal needs *			
• Document/record daily the social, intellectual and emotional development of newborn, following established procedure*			
PERFORM CARING SKILLS FOR NEWBORN			
• Practice safe, hygienic care and proper carrying/cuddling techniques of newborn*			
• Assess environment and condition of newborn, including his/her umbilical cord, side effects of immunization, vaccination needed *			

• Feed newborn according to prescribed procedure, including correct quantity and frequency monitoring, burping techniques *		
• Encourage mother to breastfeed following established guidelines (WHO and Philippine Law), ex. proper positioning, infection control		
• Prepare milk formula according to prescribed procedure, including cleaning, sterilization of bottles and other utensils *		
• Identify and prepare bathing paraphernalia and the room environment, in accordance with established procedure *		
• Prepares newborn for bathing, including taking vital signs based on established procedure		
• Bath and undress/dress newborn according to established procedure *		
• Change diaper following established procedure, including safety practice and use of appropriate supplies and practice of proper disposal of used diaper *		
• Demonstrate how to put newborn to sleep based on established procedure, ex. appropriate sleeping position *		
• Demonstrate ability to assess newborn's needs (ex. condition of skin, urine and stool) when changing of diaper *		
• Maintain cleanliness of newborn and his/her environment (room & crib), ex. regularly changing diaper, clothes, linens, pillow cases *		
• Document/record assessment and/or relevant information on newborn's development, ex. umbilical cord condition, feed intake, vital signs, urine and stool *		
• Complete tasks as scheduled *		
• Identify first-aid measures for newborn (common competency) *		
I agree to undertake assessment with the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.		
Candidate's Name and Signature		Date

NOTE: *Critical aspects of competency