



Ingredients

One large bubble from bubble wrap packing
Flesh-colored Gelefects
Red watercolor paint

Equipment

Hotpot
Laminated board
Paintbrush, small
Palette knife
Paper towel
Thermometer
Tweezers

Newborn, Umbilical Hernia

Designer Skill Level: Intermediate

Objective: Assist students in recognizing signs and symptoms of an umbilical hernia in a newborn—an outward bulging of the abdominal lining or part of the abdominal organs—and the illness, wound, or disease process that may be associated with it.

Appropriate Cases or Disease Processes

Ampola syndrome
Athyrotic hypothyroidism sequence
Azathioprine
Bamforth syndrome
Brachycephalofrontonasal dysplasia
Complete trisomy 18 syndrome
Craniofacial dyssynostosis

Set the Stage

Although umbilical hernias in children are not without risk of complications, most resolve themselves without treatment by the time the child is 3 to 4 years old. Umbilical hernias that do not close on their own may require surgery.

Place newborn simulator on top of an infant receiving bed swaddled in a pretreated

amniotic fluid–stained receiving blanket. *To create amniotic fluid–stained blanket:* Place a small, approximately 3 inch diameter, pool of blood-tinted amniotic fluid on a receiving blanket. Working quickly, use a spatula to spread a thin layer of the mixture over the blanket, moving the liquid from one side to the other and staining the top layers of fibers. Place the freshly saturated stained blanket flat on a protected work space to dry completely—approximately 12 hours depending on humidity—before placing near simulator. Using a large blush brush, apply pink makeup to the cheeks, chin, and forehead of simulator, blending well into the jaw and hairline. Using double-sided tape, secure umbilical hernia to the upper abdomen of simulator, parallel to the belly button cord, approximately 1 inch above the umbilical cord. Using a medium size

paintbrush, liberally apply lubricating jelly to the creases of arms, elbows, neck folds, and groin area on simulator; blot lightly with a tissue. Apply faint amniotic secretions to the skin by lightly misting the face, arms, and chest and blotting with the newborn blanket.

Patient Chart

Include chart documentation that highlights labor and delivery summary, newborn record, and assessment findings.

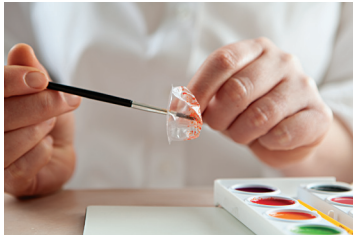
Use in Conjunction With

Newborn, placenta cord
Newborn, vernix
Skin, mottling

In a Hurry?

An umbilical hernia wound can be made in advance, stored covered in the freezer, and reused indefinitely.

Technique



1. Heat the Gelefects to 120°F. Turn the packing bubble over, facedown. Using tweezers, create a small hole on the underside of the bubble, approximately $\frac{1}{8}$ inch, or large enough to accommodate

the brush head of a small paintbrush. Using a small paintbrush that has been dipped in red watercolor paint, thickly coat the inside surface and sides of the packing bubble with color.



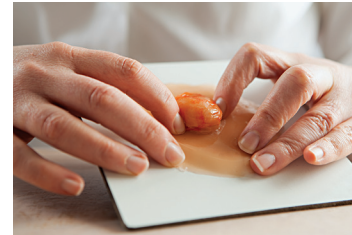
2. Using the same puncture mark on the underside of the packing bubble, carefully place the tip of the flesh-colored Gelefects applicator bottle inside the packing bubble cavity. Disperse the Gelefects

material inside the cavity, coating the underside of the face of the hernia and filling the packing bubble to capacity.

Allow the wound to come to room temperature for at least 5 minutes before proceeding to Set the Stage.

Cleanup and Storage

Gently remove umbilical hernia wound from the abdomen of simulator, taking care to lift gently on the skin edge and tape while removing the wound. Store wounds on waxed paper-covered wound trays. Wounds can be stored side-by-side, but they should not touch to avoid cross-color transference. Loosely wrap trays with plastic wrap. Use a soft cloth lightly sprayed with a citrus oil-based cleaner and solvent to wipe makeup, lubricating jelly, and amniotic film from the skin of simulator. The amniotic fluid-stained blanket can be stored, dried, in your moulage box for future use.



3. Slowly remove the applicator cap to allow the entry hole to self-seal. Let the Gelefects sit approximately 5 minutes or until firmly set.

On the laminated board, create a basic skin piece, approximately 2 inches in diameter, using flesh-colored Gelefects. While the skin piece is still in the sticky stage, center the packing bubble faceup on the skin piece; let this sit approximately 2 minutes or until firmly set.