



Nursery Follow-up Service





Introduction

Newborn babies who are very premature, very small or very sick are at greater risk of having problems associated with their development (developmental disabilities) than babies who have no problems surrounding their births.

These developmental disabilities can include such things as vision or hearing impairment, speech delays, motor delays, learning disabilities, cerebral palsy or mental impairment.

This does not mean that your baby necessarily has any of these problems. It does mean that he or she needs to be closely watched and evaluated so that if any problems do develop, you can be told about them and can be shown ways to help you and your baby cope with the problem.

Because Cardinal Glennon's interest in your baby goes beyond discharge, the doctor who has been caring for your baby in the NICU has recommended that he or she be seen in the Nursery Follow-up Program. This booklet has been prepared to provide you with information about the Nursery Follow-up Program at Cardinal Glennon Children's Medical Center

The Nursery Follow-up Program

Cardinal Glennon's Nursery Follow-up Program evaluates babies who are "graduates" of the NICU. This program is staffed by a team of professionals including neonatologists (newborn specialists), a pediatric neurologist, a pediatric nurse practitioner, a psychologist, a speech therapist, a physical therapist, a social worker, a nutritionist, a pediatric ophthalmologist, and an audiologist.

This team will help to ease the transition of your baby's care to your regular pediatrician if the baby has spent a long period of time in the hospital.

This team also will help in making the decisions of when to change the use of oxygen, monitors or medications that have been prescribed for your baby and will determine if your baby needs additional hearing screenings or eye exams.

The initial visits after a long hospitalization are intended to supply more information to you and to your pediatrician regarding your baby's health status.



The team will be doing in-depth developmental testing with your baby at certain ages. They will ask you questions about your baby's growth and development, and will also examine and test his or her performances. This type of testing is usually done at the adjusted ages of 4 months, 8 months, 12 months, 18 months and 24 months.

Reports of all of these visits will be sent to your pediatrician.



How Parents Can Help

You can help the evaluation process by keeping a record of your baby's progress: For example, at what age did he or she roll over, how much formula does he or she take and how often, etc. if you have any questions or concerns about your baby's development, write them down so that you don't forget to ask during your appointment.



Your Baby's Follow-up Visit

Your visit to the Nursery Follow-up Program will probably take about two hours so please be sure to allow yourself enough time. Bring along extra formula or food for the baby as well as plenty of diapers and extra clothes.

If you cannot keep your baby's nursery follow-up appointment or if you need to change your appointment time, please contact the Nursery Follow-up Nurse at (314) 577-5663 or call (314) 577-5600 and ask the operator to page the nursery follow-up nurse.

