

[null|open: <http://www.rourkebabyrecord.ca/walk1.asp> for evidence links and information]

[null|open new Rourke]

[null|check for email address]

1 MONTH OLD NEWBORN VISIT:

S: Parental concerns: [none voiced | (list:)]

NUTRITION:

[null|Breastfeeding:]

[null|Latch:]

(link to LATCH tool, WRHA Breastfeeding Guidelines, page 71: http://www.wrha.mb.ca/healthinfo/prohealth/files/BF_Guidelines.pdf)

NOTE: If baby wants to feed, encourage this during the visit to assess latch)

[null|Formula feeding:]

[null|Iron fortified: [yes|no, comments:]]

[null|150ml(5oz)/kg/day? [yes|no, comments:]]

Combination feeding? [Yes|No] If yes, describe in detail:

Vitamin D amount: (See Health Care Professional Tips document):

If none, indicate why:

Demand feed: [yes|no, comments:]

What does demand feeding mean to you?

Tell me how it's been for you with the feeding....for example, how do you know if your baby is hungry?

Cue interpretation:

Cluster feeds:

Number of feeds/day (8+):

Growth spurts:

Minimum/maximum length of time between feeds:

Longest sleep cycle:

Where is infant sleeping? (red flag: co-sleeping):

OUTPUT:

Stool pattern (describe):

Urine output (6-10 wet diapers/day): [yes|no, comments:]

EDUCATION & ADVICE (in addition to Rourke, also review):

Attachment:

Not all mothers bond with their babies right away, it's normal for that bond to take a little time to form. How are you feeling about the bond between you and your baby?

Whooley Depression Screen (see bottom of page for interpretation):

1. During the past month, have you often been bothered by feeling down, depressed, or hopeless? [Yes|No]

2. During the past month, have you often been bothered by little interest or pleasure in doing things? [Yes|No]

Support for Mom? [yes|no|comments:]

(MH Resource Guide for Health Care Professionals: <http://home.wrha.mb.ca/prog/mentalhealth/promotion.php>)

Do you have difficulty making ends meet at the end of each month? [Yes|No]

<http://www.gov.mb.ca/health/primarycare/providers/povertytool.html>

Dental care discussed: Start cleaning baby's gums right after birth. Wipe them twice a day with a clean and damp washcloth [Yes|No]

http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

O: See Rourke physical section

A & P: 1 month old well baby: growth curves and development on track

1) Any identified concerns? [no|yes, comments and plan:]

2) Identified breastfeeding or formula feeding concerns? [no|yes, comments and plan:]

3) Average # of grams weight gain per week: _____ grams (should be 115-230 grams / week in first 3 months)

Any problems with weight gain? [no | yes, comments and plan:]

4) Any identified developmental concerns? [no | yes, comments and plan:]

5) Discussed 2m old immunizations, given pertinent handouts <https://www.gov.mb.ca/health/publichealth/cdc/div/schedules.html>

6) Development: given age appropriate activity list from Ages & Stages: 1-4 month Activity Sheet
<http://home.wrha.mb.ca/prog/pph/hpecd/asq.php>

7) Given Rourke Baby Record Well Baby Information sheets: <http://www.rourkebabyrecord.ca/parents/>

8) Provided with Canadian Physical Activity guideline – for the early years 0-4 years (print off EMR)

9) Link diagnosis v202 (routine infant or child health check)

10) Can parent access online resources? If yes, send task sent to PCAs (Kristina Luft) to email list of on-line resources to parents in addition to the ones provided above.

11) Has Mom booked her 6 week postpartum check?

12) Return to clinic at 2 months of age