Newborns typically stay in the hospital for about 24-96 hours after birth. Timely follow up in their Medical Home is a core principle of care and is important in establishing a trusting relationship with you.

There are data that suggest that Pediatricians do not do as good a job as we could for these visits.

- Current recommendations are that all babies be seen within 48 hours of discharge and again as needed.
- Some infants (1st time breastfeeding, late preterm) might warrant next day follow up
- For other infants (experienced mom, bottle feeding, longer initial stay for C/S) the first visit could be pushed out as far as 4 days.

LOGISTICS: For your patients, the newborn follow up visit will be part of your Newborn Rotation to help establish continuity of care. For any baby following up at your UNC GenPeds Clinic, you can schedule the appointment for the family via email request for the appropriate clinical timeframe and plan to see the family yourself. You will review the patients with the clinic attending and the newborn attending is also available to discuss concerns if needed. You will not have regular clinic sessions during Newborn.

- Email: childappointments@unch.unc.edu  
  Times: 11am, 1pm, 1:30pm, 2pm.
- Be sure to include Name, MRN, DOB, your name and pager, and preferred time. The subject line should say “Newborn Follow Up Request.”

This is a GREAT way to build your patient panel and get a fresh start with families at such a critical moment in their lives.

CONTENT: According to AAP guidelines, the following content should be emphasized at follow-up:

- Weigh the infant; assess the infant's general health, hydration, and degree of jaundice; identify any new problems; review feeding pattern and technique, including observation of breastfeeding for adequacy of position, latch-on, and swallowing; and obtain historical evidence of adequate urination and defecation patterns for the infant
- Assess the quality of mother-infant interaction and details of infant behavior
- Reinforce maternal or family education in infant care, particularly regarding infant feeding
- Review the results of laboratory tests performed before discharge
- Perform screening tests in accordance with state regulations and other tests that are clinically indicated, such as serum bilirubin
- Verify the plan for health care maintenance, including a method for obtaining emergency services, preventive care and immunizations, periodic evaluations and physical examinations, and necessary screenings

PEARLS:

- UNC Lactation services have an LC (Diane Asbill) in your clinic every weekday. Work with her!
- Your clinic has Saturday morning hours (staffed by the faculty) and newborns can be seen.
- Pay special attention around switch times to ensure the correct resident sees the baby!
- Work hard to keep your babies-these are some of the best clinic patients!