

Guideline for the Initial Neonatal Outreach Home Visit

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Key Amendments

Date	Amendments	Approved by
November 2022	Document approved for 3 years with no amendments	Dr Gregory/ Neonatal Guidelines Review Meeting

INTRODUCTION

Babies who reach the criteria for discharge home with ongoing Neonatal Outreach support require an initial home visit once home to monitor wellbeing and plan continuing care. This guideline describes the process for this.

EQUIPMENT

- . Weighing scales
- . Tape measure (may already be in Red Book)
- . Length measuring device
- . Disinfectant wipes
- . Waste bag
- . Diary to book next visit

PROCEDURE

Parents will be aware that Neonatal Outreach are visiting, by receiving text informing them of impending visit.

Introduce self and any students, and explain what will happen during visit. Gain consent to undertake procedures.

Wash hands, or use alcohol gel.

Clean scales and length measuring device with disinfectant wipes.

Ask parents to undress baby, and place muslin/blanket and a clean nappy on scales before turning on. Place baby gently onto scales and wait for weight to settle (using lock button).

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Once weight recorded assess baby for:

- Skin colour/integrity and warmth, note any abnormalities. (If necessary measure temperature with thermometer)
- Observe for any evidence of jaundice if concerned follow the jaundice guideline.
- Observe for any signs of respiratory distress (If necessary measure oxygen saturations and respiratory/heart rate)
- Observe eyes for any discharge or signs of jaundice
- Observe mouth that it is clean and no evidence of infections/thrush etc
- Observe abdomen that it is soft and non-distended, observe condition of umbilicus
- Ask about elimination and discuss any concerns

Replace nappy and put on vest if appropriate.

Place baby on length measuring device and stretch out legs to gain accurate measurement for length.

Measure head circumference using tape measure.

Ask parents to redress baby.

Document findings in Neonatal Outreach home visit chart and red book, including plotting weight, length and head circumference on centile chart.

Discuss with parents weight gained (or lost), and discuss feeding method, volume given. Neonatal Outreach to re-calculate feeding requirements if necessary.

Discuss giving of medication, and reordering prescriptions. Ensure parents are comfortable drawing up medicines. If not demonstrate and talk through procedure.

Ensure there are no safety issues and talk through if any concerns. Observe parents / carers on how they handle and interact with baby, and other siblings.

Write up visit in Neonatal Outreach notes and red book.

Book next visit which is convenient to both family and Neonatal Outreach. The frequency of visits will depend upon assessment of individual needs of the baby and family.

On return to Worcester Royal Hospital, complete Badger update on Community visit.

Inform Clinician of any findings or parental concerns.