

HOSPITAL TO HOME

What should I do before my baby is discharged?

- ❑ **Get to know you baby and feel comfortable caring for him/her**
 - become involved in your baby's care in the hospital
 - learn ways to comfort or settle your baby
 - change nappies and clothes
 - feed your baby as often as possible
 - learn to give a bath
 - learn to give medications that your baby will receive at home
 - learn any treatments that will be given at home

- ❑ Learn to properly position your baby in a car seat
- ❑ Identify which doctor will be caring for your baby after discharge. Be sure you have an appointment shortly after discharge. Your baby may have several other appointments after discharge. Be sure to go to all of the appointments, even if your baby appears healthy.
- ❑ Inquire about immunisations. Depending on the age of your baby, immunisations may have been started before discharge. A record of immunisations given to your baby is kept in your baby's Personal Health Record Book (Blue Book).
- ❑ Learn the results of the routine screening tests performed on your infant. All babies have tests to look for problems and these tests may need to be repeated when your baby is older and even if they appear healthy. Common investigations are listed below but your baby may not need to have all of these.
 - Neonatal screen
 - Hearing test
 - Eye examination
 - Head ultrasound
 - Hip ultrasound

- ❑ Learn baby cardiopulmonary resuscitation (CPR). This is appropriate for all parents. NAPSS staff will show this to you if your baby is on NAPSS or the Special Care Nursery staff will show you if you are not going on the NAPSS program.
- ❑ If the medical team has recommended that your infant is to go home on an apnoea monitor, you will need to complete training on how the monitor works. NAPSS staff will show this to you or the Special Care Nursery staff if you are not going on the NAPSS program. Learn the important contact numbers for problems or emergencies.
- ❑ A copy of your baby's discharge summary will be given to you when your baby is discharged from the Special Care Nursery (a copy is also sent to your baby's doctor). Keep this so that in the future if problems develop or if you move to another area you have information on your baby's medical problems and care required.

fact sheet

Understanding your premature baby as a person

The care your premature baby receives is tailored to fit your baby's own needs. It is important not to do the same thing for all premature babies, but to care for each premature baby as an individual.

- ❑ Although all infants grow in similar ways, your premature baby is as unlike any other premature baby as you are unlike any other adult.
- ❑ Your premature baby interacts with people and responds to things differently than other premature babies. Also, his/her medical condition is not exactly the same as that of other premature babies.
- ❑ Your premature baby is changing every day and most likely will need different ways of being cared for next week than this wee or today compared with tomorrow.