

POST NATAL DISCHARGE CHECK BY MEDICAL OFFICERS

Do not miss

- ?TOF - Excessive drooling of saliva
 - Look for cataract: red reflex using ophthalmoscope
 - Heart rate / sounds (Cardiac murmurs and heart sounds - check on both sides – to exclude congenital diaphragmatic hernia)
 - Femoral pulses – if absent or weak – need assessment
 - Dislocation of hip
 - Feel for testes in male baby
- **Examine for**
 - Quick screening for malformations
 - Screen from top to bottom, midline, and back examination
 - Orifice examination (Anal opening, palate for cleft palate)
 - Dysmorphic features (clinodactyly, Simian crease, brachycephaly)
 - ?TOF - Excessive drooling of saliva
 - Look for any abnormal swelling
 - Abnormality of limbs, digits & spine
 - Eyes, ears, umbilicus
 - Look for red reflex
 - Depth or extent of jaundice
 - Look for abdominal distension
 - Exclude danger signs
 - Assess & observe
 - Breathing rate / pattern (grunting, cry)
 - Color
 - Heart rate (Cardiac murmurs and heart sounds - check on both sides – to exclude Congenital diaphragmatic hernia)
 - Activity- feeding , movements

Feel for

- Any abnormal swelling:
 - Caput, cephalhaematoma
- Palpable femoral pulses
- Dislocation of hip
- Capillary refill time (CRT)
- Confirm the findings of inspection
- Palpate the abdomen
- Feel for testes in male baby

Before discharging from the hospital – Check on the knowledge on danger signs

- Bleeding
- Jaundice – early extensive, prolonged
- Failure to pass meconium or urine within 24 -48 hours
- Bile-stained vomiting
- Persistent vomiting
- Poor feeding
- Undue lethargy
- Excessive crying
- Drooling of saliva /choking
- Respiratory difficulty/apnoea/ cyanosis
- Body temperature changes
- Seizures
- Evidence of infections
 - conjunctivitis,
 - pustules,
 - umbilical sepsis
 - oral thrush

Newborn screening

- Neonatal examination (birth defects)
- Pulse oximetry screening for critical congenital heart disease
- Hypothyroidism screening – TSH (**Heel prick TSH– to Karapitiya / MRI**)
- Hearing screening
 - Done in postnatal ward
 - In a quiet room
 - Oto-acoustic emission
 - Done in a few hospitals currently

Preterm babies – retinopathy of prematurity screening