

HELPFUL WEBSITES:

www.nlppp.ca



www.caringforkids.cps.ca



www.lalecheleaguecanada.ca



Newfoundland and Labrador
Provincial Perinatal Program
The Janeway Children's Health
and Rehabilitation Centre
Health Sciences Centre
St. John's, NL
A1B 3V6

Appointments: (709) 777-4656
Clinic Nurse: (709) 777-4866
Clinic Psychologist: (709) 777-4313

www.nlppp.ca



Newfoundland and Labrador
Provincial Perinatal Program



Follow-Up Clinic

Information for Parents

WHAT IS THE FOLLOW-UP CLINIC?

Since 1979, the follow-up clinic has been a major part of the Newfoundland and Labrador Provincial Perinatal Program. The Program provides a special clinical service for young children and their families to ensure their best possible growth and development.

WHICH CHILDREN ARE REFERRED TO THE FOLLOW-UP CLINIC?

Some infants, including those who are very premature, low birthweight or have breathing problems after birth are automatically referred to the clinic before they are discharged from hospital. Infants who have other medical conditions or who have had major surgery may also be referred to the clinic.

Most of the infants who are referred to the clinic have been admitted to the NICU or Special Care Nursery following birth. Physicians or nurses in other regions of the province may also make referrals.



INITIAL CONTACT

In St. John's a nurse from the Follow-Up Clinic regularly visits the NICU or Nursery to review babies that require follow-up to the clinic, as well as checking on their progress while in hospital. The Clinic Nurse will either meet with you while your child is in hospital or contact you by telephone after discharge to discuss the follow-up clinic with you and answer any questions you might have.

WHAT IS INVOLVED IN A CLINIC VISIT?

At the Follow-Up Clinic your child's growth and development is followed closely. A pediatrician will look at several different areas of development including movement and development of large and small muscles, vision, hearing, speech and general behavior.



Body movements, muscle tone and the presence or absence of certain reflexes will also be observed. Your child's growth will also be followed closely.

Each visit lasts about one hour. Referrals may sometimes be made to Physiotherapy, Eye Specialists, Audiology or other health professionals when required. A follow-up report will be sent to your family doctor, pediatrician, and/or Public Health Nurse.

HOW OFTEN WILL MY CHILD BE SEEN?

This may depend on how long your child has been in hospital following birth. The first visit is usually made several months after your child has gone home from hospital. This time gives your child a chance to settle into his/her home environment and grow a little more. Following the initial visit, your child will be seen about every 4 months for the first year. After this he/she will be seen at 18 months and 3 years of age.

At around 3 years of age your child will also be seen by a child psychologist who will perform a very detailed developmental check-up.

Travel clinics are held in certain regions of the province once or twice a year.



APPOINTMENTS

You will be notified by the Follow-Up Clinic for your appointment. It is **very important** that if you cannot make the scheduled appointment, you notify our office as soon as possible.