

## Special Focus for Each Follow-up Visit

At certain ages babies are at higher risk for certain problems. You need to know what these problems are and when they may happen. Chart 2.7 explains what you should focus on at each follow-up visit.

## Prepare for Follow-up Care Visits

### Room, equipment, and supplies

Make sure the room is:

**Clean:** Use the three infection prevention steps to prepare the room, equipment, and supplies. (See Appendix C for details.)

**Warm:** The temperature of the room should be warm; heat the room if it is cold, and close doors or windows to prevent drafts.

**Light:** The health worker must be able to see the newborn to check color and breathing. If there is not enough natural light, use candles, a lamp, or another light source.

Prepare a clean surface for supplies and equipment and a warm cot or surface for the newborn (not needed if the exam is done on the mother's lap).

Have the following equipment and supplies ready:

- A scale to weigh the newborn, if available
- A watch or clock with a second hand
- An axillary thermometer, if available
- Clean, running water, soap, and towel
- If immunizations are to be given:
  - Syringes and needles
  - Wipes and clean water for cleaning injection site
  - Gauze
- Medications:
  - **Baby:** Vitamin K, Vaccines: BCG, polio, hepatitis B (depending on your local health authority's policies and availability)
  - **Mother:** Vitamin A 200,000 IU capsule
- Records:
  - Newborn record card and immunization card

## Give Follow-up Care

Each time you see a newborn for a follow-up visit, use the decision-making steps to guide the visit (as described in the introduction to the manual). Chart 2.8 describes these steps for care of the newborn during the first 28 days.

CHART 2.7 SPECIAL FOCUS FOR EACH FOLLOW-UP VISIT

AGE AT VISIT	ASK AND LOOK	EXPLANATION
<b>First day</b>	Breathing Skin color Temperature Breastfeeding Umbilical cord Urination Stools	<ul style="list-style-type: none"> <li>■ During this time the newborn is still adjusting to life outside the uterus and needs to breastfeed very frequently. No other feeding or fluid should be given.</li> <li>■ Make sure the cord is tied tightly and that there is no blood seeping from it.</li> <li>■ A baby with jaundice (yellow skin or eyes) may be very sick. Jaundice is serious if it appears in the first 24 hours, after 2 weeks, or at any time with another danger sign.</li> </ul>
	Vitamin K and immunizations	<ul style="list-style-type: none"> <li>■ Vitamin K must be given on the day of birth or as soon as possible thereafter to be effective. This is especially important for premature babies.</li> <li>■ For newborn immunizations, follow the guidelines in your country.</li> </ul>
<b>2-3 days</b>	Breastfeeding	<ul style="list-style-type: none"> <li>■ The mother and newborn are still adjusting to breastfeeding. Engorged breasts happen around this time and can make breastfeeding difficult.</li> </ul>
	Signs of infection (redness or pustules on the skin, discharge from the umbilicus or eyes, baby too hot or too cold, feeding problems, breathing problems, fits)	Babies who get infected during labor may have signs of infection at birth or not until later.
	Weight	A weight loss of 5-7% during the first few days of life is normal. One reason for this weight loss is that babies are born with excess fluids, which they lose in the early days. Weight loss should not exceed 10% of the birth weight.

**CHART 2.7 SPECIAL FOCUS FOR EACH FOLLOW-UP VISIT**

AGE AT VISIT	ASK AND LOOK	EXPLANATION
<b>7 days</b>	Breastfeeding Weight	A mother and baby are still adjusting to breastfeeding. The baby should start to gain weight by this time and should regain his birth weight by 14 days.
	Signs of infection (see section on 2-3 days above)	Newborns who get infections after birth may have signs of infection at this visit.
	Skin color	A newborn who has jaundice (yellow skin or eyes) may be very sick (see first day above).
	Immunizations	If the newborn has not received the first immunizations, give them now or send the baby to the health facility to get them.
<b>28 days</b>	Breastfeeding Weight Signs of infection (see section on 2-3 days above) Immunizations	<ul style="list-style-type: none"> <li>■ At 28 days a baby should be fully adjusted to life outside the uterus. Monitoring for infection should continue. Remind the mother that the next immunizations are needed at 6 weeks.</li> <li>■ Make sure the baby is gaining enough weight (25-30 grams per day).</li> </ul>

**History**

Ask to see the newborn's birth card and any other newborn care records.  
Then ask the following questions about the newborn:

- What have you noticed about your baby? The mother's answer may give you an idea about how she is caring for her baby.
- Have you seen anything in the baby that worries you? A mother is often the first person to notice something that may be a sign of a problem. Some babies, for example, spit up a little milk after almost every feed, which may worry the mother, but this is generally normal. However, persistent vomiting of large quantities should be investigated.
- Is the baby sucking well? A poor suck could be a sign of infection.
- How often does the baby feed during the day and at night? Normal is 8-12 times in 24 hours. A low birth weight baby will feed more often because his stomach is smaller.
- Does your baby wake up to breastfeed at least every 2-3 hours, or do you need to wake the baby up? Not waking for feeds is a sign of infection or other problem.
- How many times does the baby urinate in 1 day? A newborn that is getting enough breast milk will urinate at least 6 times in 24 hours.
- Does the baby seem very sleepy? Is the baby hard to wake up? A baby that is too sleepy may have an infection or another problem.
- How do the baby's stools look? In the first day or two, the stool may be black or greenish and sticky. After the first few days the stools should be soft, yellow, and "seedy." Watery stool is abnormal.
- Has the baby received any immunizations? If so, what?
- Did the baby receive eye medication at the time of birth?

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Ask the mother:

- How many meals do you eat a day? How much and what food is in each meal? To stay healthy, a breastfeeding mother needs to eat at least one large extra serving of her staple food every day.
- How much fluid are you drinking in one day? To make enough breast milk, a mother needs at least 3-4 liters of fluid a day. The mother should drink something every time her baby breastfeeds.
- Have you taken a vitamin A capsule? If a breastfeeding mother takes one 200,000 IU vitamin A capsule anytime after delivery up to eight weeks postpartum, her breast milk should have enough of the vitamin for the baby's needs.
- Are you getting enough rest? If a breastfeeding mother does not get enough rest, it can reduce the amount of breast milk she makes.

**Examination**

Without touching the baby, observe and teach the mother to observe the baby's:

- Breathing:  
**Normal:** Regular and 30–60 breaths in 1 minute.  
**Abnormal:** Breathing less than 30 or more than 60 breaths per minute and chest indrawing can be signs of infection or breathing problems.
- Umbilicus:  
 Redness of skin, swelling, pus, and a foul smell around the umbilicus are all signs of infection.
- Skin color:  
**Normal:** Chest, face, lips, and mucous membranes should be pink.  
**Abnormal:** Skin pale, blue, or yellow (jaundice).
- Posture and activity:  
**Normal:** Arms and legs are bent. The baby moves, cries, and sucks well when awake.  
**Abnormal:** The baby is limp or does not move or sucks poorly when awake.

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Touching the baby gently, check the following:

- Temperature:  
 Feel the newborn's abdomen or back. If his skin feels too hot or too cold, take his temperature with an axillary thermometer (if available) at the end of the examination.  
**Normal:** Under arm: 36–37 °C (96.8–98.6 °F)  
**Abnormal:** If the temperature is lower than 36 °C or higher than 37 °C, there may be an infection or other problem.  
 Some babies have a slight fever for 24 hours after receiving an immunization for hepatitis B (which may be given at birth).
- Skin:  
 Look for rashes or pustules.  
 If the baby has received a BCG immunization, look at the site. A small pustule should form in a few weeks, then a scar.
- Eyes:  
 Look for discharge.  
 Sticky or pus-like discharge from the eyes is a sign of infection.

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Watching the baby breastfeed:

- Look at the baby's position, sucking, and attachment.  
**Normal:** See chapter 3.
- Mother-baby interaction:  
**Normal:** The mother 1) has eye contact with her newborn, 2) uses her full hand (not just her finger tips) when touching her baby, and 3) the mother and baby are turned towards each other when breastfeeding.

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<b>Examination (Continued)</b>	<p>Weigh the baby:</p> <table border="0"> <thead> <tr> <th data-bbox="457 483 511 514"><b>Age</b></th> <th data-bbox="657 483 738 514"><b>Weight</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="457 514 609 546">First 7 Days</td> <td data-bbox="657 514 998 546">May lose 5-10% of birth weight</td> </tr> <tr> <td data-bbox="457 546 576 577">Days 7-10</td> <td data-bbox="657 546 901 577">Begins to gain weight</td> </tr> <tr> <td data-bbox="457 577 544 609">Day 14</td> <td data-bbox="657 577 1039 609">Should have regained birth weight</td> </tr> <tr> <td data-bbox="457 609 609 640">After Day 14</td> <td data-bbox="657 609 1433 640">Gains an average of 25-30 grams (1 ounce) per day for first 4 months</td> </tr> <tr> <td data-bbox="457 640 592 672">4-5 months</td> <td data-bbox="657 640 893 672">Doubles birth weight</td> </tr> </tbody> </table>	<b>Age</b>	<b>Weight</b>	First 7 Days	May lose 5-10% of birth weight	Days 7-10	Begins to gain weight	Day 14	Should have regained birth weight	After Day 14	Gains an average of 25-30 grams (1 ounce) per day for first 4 months	4-5 months	Doubles birth weight
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<b>Problems/needs</b>	<p>List problems and needs.          If any findings are abnormal, refer to chapter 6.          Think about the baby's needs: warmth, protection from infection, feeding, safety, love, and sleep.</p>												
<b>Plan of care</b>	<p>Make a plan of care for each problem or need you find. Include education, counseling, medical treatment, lab tests, referral, and follow-up.</p> <hr/> <p>Continue to advise the mother on care for the baby and herself:</p> <ul style="list-style-type: none"> <li>■ Keep the baby warm.</li> <li>■ Protect the baby from infection.</li> <li>■ Breastfeed the baby on demand and exclusively.</li> <li>■ Talk to and comfort the baby.</li> <li>■ Keep the baby safe.</li> <li>■ Mother continues to get postpartum care.</li> </ul> <hr/> <p>Give first immunizations if the baby has not received them.          Review newborn danger signs and what to do.          Plan for the next visit (see below).          Schedule or refer the mother for family planning services.</p>												
<b>Follow-up</b>	<p>Timing for follow-up depends on problems found.          If everything is normal, use the normal follow-up visit schedule (at 2-3 days, 7 days, 28 days, 6 weeks).</p>												

## Document the Steps

Make sure all records on the newborn care are completed after each visit.

## Checklist for Follow-up Newborn Care Visits

At the end of a visit, use the checklist in chart 2.9 to remember all the important findings. If your findings match all those in the list, the newborn is doing well. Tell the mother when the next planned visit will be and remind her to get health care if she sees a danger sign or has a concern or question about the baby.

### CHART 2.9 CHECKLIST: THE NEWBORN IS HEALTHY AND SAFE IF...

#### The mother

- Has no worries about the baby's behavior
- Responds appropriately when the baby cries
- Keeps the baby warm
- Handles the baby gently
- Knows the newborn danger signs and what to do
- Is comfortable with exclusive breastfeeding
- Has taken one vitamin A capsule (200,000 IU) after the birth
- Is healthy

#### The newborn

- Feeds well (8-12 times in 24 hours)
- Sleeps between feeds
- Wakes for feedings
- Urinates at least 6 times during 24 hours
- Has stools that are not watery
- Starts to gain weight steadily after the first 7-10 days
- Has an axillary temperature between 36-37 °C (96.8-98.6 °F)
- Is breathing quietly, between 30-60 breaths in 1 minute
- Has skin without pustules or rashes, and is not yellow, blue, or pale
- Has clean eyes
- Has a dry and clean umbilicus
- Has received his first immunizations