



Safe and Healthy Beginnings Newborn Discharge: A Readiness Checklist

This tool can be used to

1. Inventory your current first newborn visit.
2. Ensure that all needed care is performed at each visit.
3. Teach students and residents.

General Health

- ☐ Admission and discharge physical examination performed
- ☐ Verify that newborn has voided and stoolled
- ☐ Hearing screen completed
- ☐ Metabolic screen completed
- ☐ Maternal group B streptococcal (GBS) status reviewed
 - ☐ Newborn GBS treatment, if indicated
- ☐ Assessment of risk factors for developmental dysplasia of the hip (DDH) (ie, female, breech, family history of DDH)
 - ☐ DDH follow-up, if indicated
- ☐ Hepatitis B vaccine given

Hyperbilirubinemia Assessment

- ☐ Assessment of risk factors for severe hyperbilirubinemia
- ☐ PredischARGE serum or transcutaneous bilirubin measurement: _____ at _____ hours of age = _____ risk zone
- ☐ Parents counseled about hyperbilirubinemia

Breastfeeding Assessment

- ☐ Structured assessment of 2 feedings documented as adequate by trained observer

Transition to Medical Home

- ☐ Name of follow-up medical professional documented in chart
- ☐ Follow-up visit scheduled within 2 days of discharge
- ☐ Date and time of follow-up visit documented in chart and given to parent

Health and Safety Counseling

- ☐ Car seat use
- ☐ Back to sleep
- ☐ Environmental tobacco smoke
- ☐ Safe handling—never shaking
- ☐ Fever and symptoms of illness
- ☐ Cord, skin, and nail care
- ☐ Feeding
- ☐ Injury prevention
- ☐ Circumcision—risks/benefits
- ☐ Pacifier during sleep (to prevent SIDS)

Psychosocial Assessment and Referral

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> History of maternal or postpartum depression | <input type="checkbox"/> Referral |
| <input type="checkbox"/> Substance abuse | <input type="checkbox"/> Referral |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Referral |



American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN™

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