# 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 exam performed
- Infant has voided and stooled
- Hearing screen completed
- Metabolic screen completed
- Maternal GBS status reviewed
  - Infant GBS status reviewed, if indicated
- Assessment of risk factors for developmental dysplasia of the hip (DDH) (i.e., female, breech, family history of DDH)
  - DDH follow-up, if indicated
- Hepatitis B vaccine given

## Hyperbilirubinemia Assessment

- Assessment of risk factors for severe hyperbilirubinemia
- Pre-discharge serum or TC bilirubin: _______ at _______ hours of age= _________ risk zone
- Parents counseled about hyperbilirubinemia

## Breastfeeding Assessment

- Structured assessment of two feedings documented as adequate by trained observer

## Transition to Medical Home

- Name of follow-up medical provider documented in chart
- Follow-up scheduled within two 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
- No pacifier during sleep

## Psychosocial Assessment and Referral

- History of maternal depression or postpartum depression
- Substance abuse
- Domestic violence
- Referral