



A. Assess and classify at birth:

1. Assess gestational age at birth(Use Ballard score sheet) & plot length, weight & COH against correct week.
2. Assess growth: Appropriate (AGA)-Between 10th and 90th percentile; Small (SGA)-Below 10th percentile; Large (LGA)-Above 90th percentile.
3. Assess Symmetry: Symmetrical- All 3 assessments on the same percentile; Asymmetrical – 1 or 2 assessments on different percentiles.

B. Assess growth weekly

4. Plot the length, weight and COH weekly - it should follow the 50th percentile.
5. Term babies lose 5- 10% and prems 10-15% of their body weight within the first 3 days of life.
6. Preterm babies should start to gain weight from day 5-7 and then gain 1% per kg body weight per day (eg 10g per day for 1000g baby) and should regain birthweight by 14 days at the latest.

C. Report/Act-Refer to MO and dietician if weight falls below 3rd percentile and/or if growth is not as described above.

PRETERM FOLLOW UP

Name:			
Date of Birth:		Date of Discharge:	
Birth weight:		Weight on Discharge:	
Birth Gestational age:		Gestational age on Disch.	

Preterm follow up requirements:

- Follow up on Day 3 & 7 post discharge at **KMC clinic/POPD** and then 1-2 weekly at PHC until 40 weeks/2500g.
- Plot weight on the Intergrowth Preterm Growth Chart until 64 weeks corrected age. Thereafter use the WHO growth curves using chronological age.
- Copy this chart if more space is required for assessments.

Refer for Readmission if:

- Baby's temperature is less than 36⁵°C or more than 37⁵°C despite effective skin to skin position
- Baby is not gaining at least 15-20grams/day
- Baby is not sucking or feeding well. (At least 8 feeds in 24hrs)
- Baby is lethargic or pale or blue
- Excessive vomiting or loose stools
- Baby has fast/noisy breathing, rib/chest in drawing or nasal flaring.

Re-counsel & monitor closely if: Baby did not arrive in KMC position / received less than 20hrs skin to skin position in 24hrs

Assessments Day 3 and 7 Post Discharge KMC clinic / POPD (Hospital)		
	Day 3	Day 7
Date:		
Weight: (Gain at least 15-20 grams/day)		
No. of breastfeeds in last 24 hrs:		
Did baby come in skin-to-skin position?		
Duration of skin-to-skin in last 24 hrs:		
Is baby warm? Temperature:		
Is baby pink, active & responsive?		
Fast, noisy breathing, chest indrawing, flaring?		
Skin rash, eye discharge, umbilical cord dry?		
Education given:		
Other Comments/findings/actions:		
Next review date:		
Print & sign name:		

Assessments 1-2 weekly -PHC. Complete below if FU in POPD. Use IMCI- 0-2months assessment form if FU in PHC

Date:			
Weight: (Gain at least 15-20 grams/day)			
No. of breastfeeds in last 24 hrs:			
Head circumference & Length			
Did baby come in skin-to-skin position?			
Duration of skin-to-skin in last 24 hrs?			
Is baby warm? Temperature:			
Is baby pink, active & responsive?			
Fast, noisy breathing, chest indrawing, flaring?			
Skin rash, eye discharge and cord dry?			
Other Comments/findings/actions:			
Next review date:			
Print & sign name:			

If baby needs readmission:

Date: **Reasons:**

Graduated from KMC: **Date:** **Gestation:** **Weight:**

Abbreviations: KMC=Kangaroo mother care; POPD=Paediatric outpatients department; PHC= Primary healthcare clinic; hrs=hours; FU=Follow up