www.rourkebabyrecord.ca

Canadian Paediatric Society / Société canadienne de pédiatrie
The College of Family Physicians of Canada / Le Collège des médecins de famille du Canada

Pregnancy/Birth remarks/Apgar:	Risk factors/Family history:

Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance — GUIDE I

NAME: _____ Birth Day (d/m/yr): _____ M [ ] F [ ]

Birth Length: _____ cm Head Circ:_____ cm Birth Wt.: _____ g Discharge Wt.:_____ g

DATE OF VISIT	**within 1 week**			**2 weeks** (optional)			**1 month** (optional)		
GROWTH* Correct percentiles until 24-36 months if < 37 weeks gestation	*Height*	*Weight*	*HC* (avg 35 cm)	*Height*	*Weight*	*Head Circ.*	*Height*	*Weight*	*Head Circ.*
PARENTAL CONCERNS									
NUTRITION*	❍ **Breastfeeding (exclusive)*** **Vitamin D 400 IU/day*** ❍ *Formula Feeding* (iron-fortified) [150 mL(5 oz)/kg/day*] ❍ Stool pattern and urine output			❍ **Breastfeeding (exclusive)*** **Vitamin D 400 IU/day*** ❍ *Formula Feeding* (iron-fortified) [150 mL(5 oz) /kg/day*] ❍ Stool pattern and urine output			❍ **Breastfeeding (exclusive)*** **Vitamin D 400 IU/day*** ❍ *Formula Feeding* (iron-fortified) [450-750 mL(15-25 oz) /day*] ❍ Stool pattern and urine output		

EDUCATION AND ADVICE

✓ discussed and no concerns
X if concerns

Injury Prevention
❍ **Car seat (infant)*** ❍ **Sleep position/bed sharing/room sharing*** ❍ **Crib safety*** ❍ **Firearm safety/removal***
❍ Carbon monoxide/*Smoke detectors** ❍ *Hot water <49°C** ❍ Choking/safe toys*

Behaviour and family issues
❍ Sleeping/crying** ❍ Soothability/responsiveness ❍ **High risk infants/assess home visit need****
❍ Parenting/bonding ❍ Parental fatigue/postpartum depression** ❍ Family conflict/stress ❍ Siblings

Other Issues
❍ **Second hand smoke*** ❍ **No OTC cough/cold medn*** ❍ *Inquiry on complementary/alternative medicine**
❍ *Counsel on pacifier use** ❍ *Temperature control and overdressing* ❍ Sun exposure/sunscreens/insect repellent*
❍ Fever advice/thermometers*

DEVELOPMENT** (Inquiry and observation of milestones) Tasks are set **after** the time of normal milestone acquisition. **Absence of any item suggests consideration for further assessment of development.** NB-Correct for age if < 37 weeks gestation ✓ if attained X if not attained		❍ Sucks well on nipple ❍ *No parent/caregiver concerns*	❍ *Focuses gaze* ❍ *Startles to loud noise* ❍ *Calms when comforted* ❍ Sucks well on nipple ❍ *No parent/caregiver concerns*
PHYSICAL EXAMINATION Evidence-based screening for specific conditions is highlighted, but an appropriate age-specific focused physical examination is recommended at each visit. ✓ if normal X if abnormal	❍ *Skin (jaundice, dry)* ❍ Fontanelles ❍ **Eyes (red reflex)*** ❍ *Ears (TMs) Hearing inquiry/screening** ❍ Heart/Lungs ❍ Umbilicus ❍ Femoral pulses ❍ Hips* ❍ Muscle tone* ❍ Testicles ❍ Male urinary stream/foreskin care	❍ *Skin (jaundice, dry)* ❍ Fontanelles ❍ **Eyes (red reflex)*** ❍ *Ears (TMs) Hearing inquiry/screening** ❍ Heart/Lungs ❍ Umbilicus ❍ Femoral pulses ❍ Hips* ❍ Muscle tone* ❍ Testicles ❍ Male urinary stream/foreskin care	❍ *Skin (jaundice)* ❍ Fontanelles ❍ **Eyes (red reflex)*** ❍ **Corneal light reflex*** ❍ *Hearing inquiry/screening** ❍ Heart ❍ Hips* ❍ Muscle tone*
PROBLEMS AND PLANS	❍ **PKU, Thyroid** ❍ **Hemoglobinopathy screen (if at risk)***		
IMMUNIZATION Provincial guidelines vary	**Record on Guide V: Immunization Record** If HBsAg-positive parent or sibling: ❍ **Hepatitis B vaccine**	**Record on Guide V: Immunization Record**	**Record on Guide V: Immunization Record** If HBsAg-positive parent or sibling: ❍ **Hepatitis B vaccine**
	Signature	**Signature**	**Signature**

Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: **Good (bold type)**; *Fair (italic type)*; Consensus (plain type).
(*) see Infant/Child Health Maintenance Selected Guidelines on reverse of Guide I (**) see Healthy Child Development Selected Guidelines on reverse of Guide IV

Disclaimer: Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only.

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