

# NICU Graduate Developmental Follow-Up Program



Babies that are born early or very sick at birth sometimes have special medical needs later as they grow and develop. Our program screens these infants since they are at risk for developmental delays. This doesn't mean there is anything wrong with your baby now, or that there will be in the future. It does mean that your baby needs special attention from time to time to monitor their development. The NICU Graduate Developmental Follow-Up Program has a multidisciplinary team who will examine your baby. They will assess how your baby is learning to move, problem solve, and talk. This is very important because many concerns, if addressed early, can be helped. After each visit to the program our team sends a report to your baby's doctor that includes any recommendations for referrals to other specialists.

The criteria for the NICU Graduate Developmental Follow-Up Program is:

- Birth weight of less than 1800 grams
- Gestational age < 33 weeks
- Perinatal asphyxia
- Congenital or chromosomal abnormalities
- Intrauterine growth restriction (IUGR)
- Neonatal Seizures
- Intracranial hemorrhage
- Microcephaly
- Abnormal neurologic examination at discharge
- Therapeutic Hypothermia (cooling) for Hypoxic ischemic encephalopathy (HIE)

## **Program Appointments**

Our program follows your infant for the first 2-3 years of their life. Visits are usually scheduled every 3 months in the first year of life, then every 6 months. The first visit is at 3 months for term infants or 3 months adjusted age for premature infants (3 months after they were due) and is usually made while they are still in the NICU. We will send you an appointment letter with detailed information about 1 month prior to that appointment. Subsequent appointments are made at your visits. If you can't keep the

appointment, be sure to call us at (609) 303-4658 so we can schedule someone else at that time and set up a new visit for your baby. We ask that you give us as much notice as possible if you need to reschedule since our appointment calendar is usually booked 2-3 months in advance.

### **The Program Team**

During each visit your baby may be given a speech and physical therapy screening.

### **Your Baby's Doctor**

This program does not take the place of your family doctor or pediatrician. Your baby's doctor will provide all of your child's medical care including regular checkups, immunizations, and sick visits.

### **Program Location**

The NICU Graduate Developmental Follow-Up Program is located at Capital Health Medical Center-Hopewell, 2 Capital Way, Pennington, NJ 08534, (609) 303-4658 in **Suite 238** of the Medical Office Building. After you register, please take the **BLUE** elevators to the **2<sup>nd</sup> floor**. Exit the elevator hallway towards the surgery waiting area and make a left, toward the front of the building. **Suite 238** will be in the first hallway on your left.

### **REMEMBER....**

Every program visit is important. If you can't keep an appointment, be sure to call and reschedule. The program helps your baby's doctor provide the best possible care.