

HEALTHCARE GROUP: OUR 6 WEEK POST-NATAL CHECK.

This check covers the physical, psychological and social aspects of having a new baby. These are some of the issues you may want to discuss.

Physically.

We assess how your baby was delivered and if you have any concerns about your own health. We ask about healing of your perineum, or caesarean scar and whether you have any pain. We check whether your lochia, (discharge) is normal and getting less and whether your periods have resumed. We discuss whether your bowels and bladder are “functioning” normally, and chat about any incontinence you may be experiencing. We ask about breast feeding and any concerns you may have about baby’s feeding.

Psychologically.

We ask about your birthing experience and about any issues you may wish to talk through. We talk about your mood, any baby blues and discuss post-natal depression. This needs recognising and lots of help and support is available.

Socially.

We ask about support available for you at home. We assess how you are sleeping. Expressing breast milk for night time, bottle can give tired mums a break. Encouragement is given to help household smokers to quit. Passive smoking increases the risk of sudden infant death and childhood asthma. We ask about relationship concerns and domestic violence. 30% of domestic violence begins in pregnancy.

Examination.

We check your blood pressure and weight, anyone with a body mass index of 30 can be referred for advice on healthy eating and exercise advice. We will only examine you vaginally if you want us to, and if you have problems with a tear, episiotomy, suffer pain on intercourse or experience incontinence. Cervical smears are delayed until 3 months after delivery. We also consider checking for anaemia, rubella vaccination, if not immune, and bloods in those who developed gestational diabetes.

Sex and Contraception.

If you are fully breast feeding for 6 months, and not having periods, this method provides good contraception for up to six months.

We discuss this and consider condoms, pills, implants, coils and injections. Pelvic floor exercises can be discussed. A review of medication and any other questions about anything are welcomed. This consultation is a single charge consultation.

We look forward to seeing you and meeting your baby.

HEALTHCARE GROUP: OUR SIX WEEK BABY CHECK.

The six week Newborn Infant Physical Examination (NIPE), is an essential part of promoting your child's health. This examination should take place between 6 and 8 weeks. It includes a physical examination, a review of development, an opportunity to give health promotion advice and an opportunity to meet your family doctor and to discuss questions and any concerns you may have. The main purpose of this examination is to detect:

- Congenital heart disease.
- Developmental dysplasia of the hip. (DDH).
- Congenital cataract.
- Undescended testes.

The examination checks your baby's weight from health visitor records in baby's red book. We assess your baby's tone and movement and look for any skin rashes, or birthmarks. We examine your baby's heart, lungs, eyes and femoral pulses and we check your baby's abdomen and genitalia. We screen for developmental dysplasia of both hips.

For further information about screening tests please visit:

<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby/eyes-heart-hips-and-testes-physical-examination>

Development.

Feeding, weight gain and growth charts are assessed. Vision and hearing are checked. We ask about fixing and following faces with your baby, and either startling, or becoming still to loud noises. Most babies will smile by 6 weeks and have a range of coos, gurgles and cries to indicate mood.

Health Promotion.

Breast feeding, and advice on weaning is given. Problems with feeding are discussed. Reducing causes of sudden infant death by encouraging family members not to smoke, and by putting baby to sleep on their back reduces the risk of this sudden infant death. This risk is also reduced by avoiding sleeping in the same bed as your baby and by avoid baby overheating.

For more information about sleep safety, please visit:

<https://www.lullabytrust.org.uk/safer-sleep-advice>

Advice about dental health and avoiding sugary drinks and car safety can be discussed. This newborn infant physical examination is often carried out six weeks when mother is being seen at the same time for her own medical check. Immunisations are discussed too and these are recommended to start at 8 weeks.

We look forward to meeting you and your baby and anyone else in your family who wants to attend.

Congratulations!