

## Patient information factsheet

# Health assessments for your baby

**We have written this factsheet to give you information about the different types of health assessments your baby will have shortly after they are born. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to your midwife.**

### **Newborn and infant physical examination (NIPE)**

We will offer your baby a physical examination during their first 72 hours. This will be performed by a paediatric doctor, advanced neonatal nurse practitioner or specialist midwife. It includes an examination of your baby's eyes, heart, hips and in boys, their testes.

More information about the examination can be found in the 'Screening tests for you and your baby' booklet, which is available to download from [www.gov.uk/phe/pregnancy-newborn-screening](http://www.gov.uk/phe/pregnancy-newborn-screening)

If your baby is born at the Princess Anne Hospital, this examination will take place on Burley ward (F level). You will be given an appointment time by a nursery nurse. Please ask your midwife for your hospital notes before your appointment, as you will need to take these with you.

If you choose to have your baby at home, at the New Forest Birth Centre, or you go home from the Princess Anne Hospital within six hours of birth, arrangements may be made for this examination to be performed in the community, or your baby may be invited to attend a clinic appointment at the New Forest Birth Centre or Broadlands Birth Centre.

It is important that you register your baby with your GP surgery soon after they are born because this examination will need to be repeated when your baby is between six and eight weeks old. This is because some conditions do not develop or become visible until then. Your GP surgery will then arrange an appointment for you and your baby to be seen by your GP.

### **Newborn hearing screening test**

One to two babies in every 1,000 are born with a permanent hearing loss in one or both ears. Most of these babies are born into families with no history of hearing loss.

Permanent hearing loss can significantly affect a baby's development. We will offer your baby a newborn hearing test, as if they do have a hearing loss, finding out early can give them a better chance of developing speech and language skills.

Your baby's hearing test will be performed by one of our specialist newborn audiology team. If your baby is born at the Princess Anne Hospital, the team will aim to perform your baby's hearing test before you leave hospital. If your baby is born at home, at the New Forest Birth Centre, or you go home from the Princess Anne Hospital before your baby's test has been performed, we will send you an appointment letter for a later date.

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It is not always possible to get a clear response from the first test. This does not necessarily mean that your baby has a hearing loss. It may be that:

- your baby was unsettled when the test was done
- there was background noise
- your baby had fluid or a temporary blockage in their ear (this is very common and passes with time)

The newborn audiology team will discuss your baby's results with you and will offer your baby another test if necessary.

## Newborn blood spot screening

We will offer every baby a newborn blood spot screening (also known as the heel prick test) when they are five days old. We will take a blood sample from your baby's foot to find out if your baby has any of the following rare but serious health conditions:

- Sickle cell disease: Approximately 1 in 2,000 babies born in the UK has sickle cell disease (an inherited blood disease)
- Cystic fibrosis: Approximately 1 in 2,500 babies born in the UK has cystic fibrosis (an inherited condition affecting the digestive system and the lungs)
- Congenital hypothyroidism: Approximately 1 in 3,000 babies born in the UK has congenital hypothyroidism (a condition affecting the function of the thyroid gland)
- Inherited metabolic disorders:
  - phenylketonuria (PKU)
  - medium-chain acyl-CoA dehydrogenase deficiency (MCADD)
  - maple syrup urine disease (MSUD)
  - isovaleric acidaemia (IVA)
  - glutaric aciduria type 1 (GA1)
  - homocystinuria (pyridoxine unresponsive) (HCU)

Approximately 1 in 10,000 babies born in the UK has PKU or MCADD. The other conditions are rarer, occurring in 1 in 150,000 to 300,000 babies. Babies with these inherited conditions cannot process certain substances in their food. Without treatment, babies with some of these conditions may become suddenly and seriously ill.

For more information, please visit [www.gov.uk/phe/screening-leaflets](http://www.gov.uk/phe/screening-leaflets) and download a copy of the 'Screening tests for you and your baby' leaflet. If you have any further questions, please speak to your midwife.

You will be asked to give your consent for your baby to have this test before you go home from the Princess Anne Hospital or New Forest Birth Centre. We will then make an appointment for this test for your baby. Please ask your midwife if you have any questions or concerns.

You will also be asked to give your consent on the day of the test. If the results of the test are normal, you should receive the results (either by letter or from a health professional) by the time your baby is eight weeks old. If a repeat test or further investigations are required, a member of our screening team will contact you and discuss your baby's results. If your baby has a positive result for any of the screened conditions, a member of our screening team will contact you and ask you to bring your baby into the hospital for a review.

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## Contact us

If you have any non-urgent concerns about your baby during their first two weeks, please call:

Community midwifery co-ordinator

Telephone: **023 8120 4909** or **07786 266529** (7.30am to 5.30pm)

Breastfeeding Babes

Telephone: **07786 267584**

Broadlands Birth Centre

Telephone: **023 8120 6012** (out of hours)

New Forest Birth Centre

Telephone: **023 8074 7690** (out of hours)

You may also find it beneficial to visit our website: [www.uhs.nhs.uk/maternity](http://www.uhs.nhs.uk/maternity)

## Useful links

[www.nhs.uk/conditions/pregnancy-and-baby/newborn-physical-exam](http://www.nhs.uk/conditions/pregnancy-and-baby/newborn-physical-exam)

[www.nhs.uk/conditions/pregnancy-and-baby/newborn-hearing-test](http://www.nhs.uk/conditions/pregnancy-and-baby/newborn-hearing-test)

[www.nhs.uk/conditions/pregnancy-and-baby/newborn-blood-spot-test](http://www.nhs.uk/conditions/pregnancy-and-baby/newborn-blood-spot-test)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)