

## Incubator After-care Outpatient Clinic

Babies develop rapidly. The literature shows that a baby develops in close relationship with its parent(s). A hospital admission involving incubation can disrupt the baby's development and/or its parental relationship. Because babies develop so quickly, fast support is extremely important to avoid disrupting the baby's growth. Of course, it is even better if we can prevent any disruption.

### **Incubator After-care Outpatient Clinic**

The paediatricians of Amstelland Hospital, therefore, have set up a special outpatient clinic for babies who have been in an incubator and their parents: the Incubator After-care Outpatient Clinic.

### **Who works at the outpatient clinic?**

Several care providers work at the Incubator After-care Outpatient Clinic, including:

- a paediatrician;
- a paediatric physical therapist;
- a lactation consultant.

The paediatric physical therapist becomes involved with your baby from the time of its admission. The lactation consultant will have visited you in the incubator and/or maternity ward. A visit to the lactation consultant is optional. If you are breastfeeding, you can contact her with any questions you may have.

### **An appointment at the Incubator After-care Outpatient Clinic**

Surgery hours are held every other week on a Wednesday or a Thursday morning.

An appointment will last for an hour, on average. Bear this in mind and bring food for your baby, if necessary. A microwave is available in the waiting room of the paediatric outpatient clinic.

First, your baby will be weighed and measured. Next, the paediatrician will examine your baby before looking specifically at your baby together with you (see 'Newborn Behavioural Observation Method'). The baby is then treated by the paediatric physical therapist.

If you are breastfeeding, upon request, you can contact the lactation consultant with your questions.

### **Newborn Behavioural Observation Method**

The paediatricians who work at the Incubator After-care Outpatient Clinic have undergone special training. This is called the Newborn Behavioural Observation Method or 'NBO'. Together with you, the parent(s), your baby will be examined in a highly specific manner. This method will take longer to complete. To test the value of this method, paediatricians may ask you to participate in a study.

### **Child Health Centre (Consultatiebureau)**

In addition to the surgery hours, you will also visit the Child Health Centre. They focus on preventive research and offer programmes such as 'Solid Parenting' (Stevig Ouderschap) and 'Starting Together' (Samen Starten). In addition, your baby will receive vaccinations at the Child Health Centre.

Both the centre and the paediatrician use the centre's booklet, so all parties are well informed about the care recommendations. Will you please bring this booklet?

### **Why have a special Incubator After-care Outpatient Clinic?**

Before this surgery hour was introduced, your baby would have been examined by the paediatrician and the physical therapist, only these appointments would usually take place on different days. The parents would have to come to the hospital twice. Now, the hospital offers these same examinations during one appointment. The appointment, therefore, will last longer than just a visit to the paediatrician or the physical therapist.

#### **Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).