

What happens next?

The examination is documented in the 'Red Book' Personal Child Health Record and on the NHS NIPE computer system.

Remember to take your 'Red Book' with you each time you have any health care appointment. A similar examination is repeated again at 6 - 8 weeks of age with your General Practitioner (GP). This checks for any problems that could not be detected in the first few days of life and to check your baby is making good progress. You will also be offered a newborn hearing test and blood spot test on day five. Screening tests cannot identify all problems and things can change as your baby grows. Do discuss any concerns you have with your Health Visitor or GP.

Information adapted from the NHS choices and Public Health England.

Newborn Physical Examination <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/newborn-physical-exam.aspx>

Public Health England: Screening tests for you and your baby.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/800673/Screening_tests_for_you_and_your_baby.pdf

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656 or 826319.

Newborn Infant Physical Examination (NIPE)

An appointment has been made for your baby to attend the RUH Newborn Baby Clinic

The appointment time is:

Please bring your baby to the clinic located at the opposite end of the ward from the dining room and around the corner past bay 7.

Please bring your baby in their cot, in a clean nappy without other clothing just wrapped in blankets to keep warm. Please take a seat in the corridor before the screened area. The person doing the check will invite you in when it is your turn.

Please bring your maternity notes and baby's Personal Child Health Record (Red Book) with you.

We apologise that although we aim to keep to time sometimes the professional doing the checks will have emergency duties which may cause some delay.

Congratulations on your recent birth!

This information leaflet is to help you understand the Newborn Infant Physical Examination (NIPE), often referred to as the 'Baby Check'. This examination is offered within the first 72 hours of life.

What is the NIPE?

The NIPE is a screening examination done by a specially trained health care professional (HCP); this may be a Midwife, Advanced Neonatal Nurse Practitioner or a Doctor.

The HCP will usually start by asking you some general questions about your baby's feeding, nappies, the pregnancy and family history. The examination will need your baby to be naked in just a clean nappy. Your baby will have a top to toe examination including the mouth, chest, tummy, bottom and limbs. The examination includes four areas of specific screening (eyes, heart, hips and for boys the testes).

If anything unusual is found, this will be discussed with you. Please do ask questions if you have any concerns.

Why should my baby have this examination?

The purpose is to identify any problems early so if treatment is required it can be started as soon as possible. You will be told the results straight away. Usually nothing of concern is found but if your baby does need further investigations then these will be explained and discussed with you. Sometimes the HCP may request a second opinion from a senior colleague.

If you are aware of any baby health problems which run in the family it is very helpful if you can find out the details from relatives prior to being seen.

The Eyes are screened as 2 or 3 in 10,000 babies are born with problems with their eyes, some which require treatment. The examination will involve looking at the size and shape of the eyes shining a bright light called an ophthalmoscope into the eyes to check for cataracts. It is not a vision test. The eyes can change as babies get older so if you have concerns about their eyes or vision do discuss this with your GP or health visitor.

The Heart is examined using a stethoscope to listen to the baby's heart and chest. Sometimes an extra or unusual sound can be heard, called a heart murmur. In most cases when a murmur is heard the heart is normal but in a small proportion of babies there is a problem which needs further investigation and treatment. If a murmur is heard the plan will be discussed with you in more detail.

The Hips are examined as 1 or 2 in 1,000 babies have a condition known as Developmental Dysplasia of the Hip (DDH) where the hip joint is unstable. If left untreated this can cause a limp and joint problems later in life; DDH can be successfully treated if found early.

If the hips feel unstable this will be explained in more detail and baby will be referred for an ultrasound scan. Some babies, for example those who were breech, are at higher risk of DDH even if the examination is normal so they will have an ultrasound booked for few weeks of age.

The testes - Baby boys scrotums are examined to check for the testicles as sometimes they may not be in the right place and may still be descending into the scrotum. 1 in 100 baby boys have undescended testicles which will require further check-ups to reduce the risk of fertility issues in later life.