

Neonatal Developmental Follow Up Clinic

What to expect after your baby is discharged from the Neonatal Unit



Neonatal Follow Up Team
Simpsons Special Care Baby Unit
Royal Infirmary Edinburgh
0131 536 1000

Who we are

The Neonatal Developmental Follow Up team consists of one specialist doctor and two highly specialist physiotherapists who are trained in the development of babies and children up to age of two.

We are also joined by specialist dieticians, occupational therapists and speech & language therapists as required.



Hilary Cruickshank



Fiona McKeown



Magda Rudnicka

What we do

Our aim is to support infants and young children, who have spent time on the Neonatal Unit, during the early stages of their development.

- We provide early assessment and intervention
- Offer advice and education
- Refer on to community services as needed
- Provide a single point of contact for any developmental concerns.

Who we work with

The team work very closely with other health professionals within NHS Lothian including medical staff, allied health professionals (AHPs), health visitors and social workers, to name but a few! Sometimes these professionals may also attend your child's appointment.

We provide training and observation opportunities for junior doctors, therapists and students. They may sometimes be present in clinic.



The Neonatal Follow Up Team is **NOT an emergency service**. If your child requires urgent medical attention please seek advice from your GP or go to the nearest Children's Accident and Emergency Department. You might need to **dial 999 in an emergency**.

Attending Clinics

Clinics are held in the Therapies Department at the Royal Hospital for Children and Young People. This can be found on the first floor of outpatients. A map of the hospital is available on the RHCYP website below:

<https://children.nhslothian.scot/interactive-map/>



SCAN ME



There is parking available on site in Car Park 1B. If your child has extra equipment (such as oxygen or feeds) you can book proximity parking in Car Park 1A and 1D.

You can call 0131 537 3333 and select option 5 to book. More information can be found on the RHCYP Website.

The ECHC Hub on the Ground Floor of Outpatients can provide a comfy place to feed or change your baby whilst in RHCYP.

They also have tea, coffee and snacks on offer for parents.

When we will see you

Your baby will have one appointment approximately 6 weeks after discharge from hospital.

We will then see you when your baby is 3 months from their due date and then every 3-6 months after that. We will complete one final assessment, considering all areas of their development, when your baby is two years from their due date. This is called Bayley 4.



During your appointment

Clinic appointments are 30 minutes long and you will have a chance to ask questions and raise any concerns you may have.

This clinic is specifically concerned with your baby's development and any medical concerns should primarily be discussed with your GP.

Sometimes it can be useful to bring a written list of questions with you.

We will assess all areas of your baby's development by playing with them and asking how they are getting on at home.

Between appointments

At each appointment we will provide play advice and ideas to support your baby's development

We may also ask community staff to support you at home if needed.

We will ask you to send us a 2-minute video of your baby when at their due date and 3 months after their due date.

These videos

give us lots of information about how your baby is developing.

You will send these videos via V-create and one of the team will set you up with an account.

You can also send photos and videos of any **developmental concerns** you may have. We can bring their appointment forward if we cannot resolve your concern over email please get in touch

Contact us

LothNeonatalFollowup@nhs.scot

We are always open to suggestions on how to improve our service.

You can find out more about going home and follow up clinics on the Bliss Website:

www.bliss.org.uk



Notes/Questions

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