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Monitoring of babies at developmental risk - A follow-up program

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Babies at risk are all susceptible to any developmental deviation resulting from pre, peri- and postnatal factors¹. Babies at risk for development may appear healthy and go unnoticed during routine monitoring. Monitoring should be offered even before symptoms or signs of delay appear. The earlier a developmental disorder is detected, the better the prognosis for the child². The purpose of this study was to describe the experience of a program for monitoring the development of at-risk babies. Methodology & Theoretical Orientation: experience report of a monitoring project in the physiotherapy early intervention outpatient clinic. A flowchart was developed for screening babies to monitor appropriate individual needs. For screening, the Denver developmental screening test (Denver-II)³, the Alberta infant motor scale⁴ and the Hammersmith Neurological Examination⁵ were used. Care for babies who only require monitoring is carried out through workshops planned according to age group in groups of 5 babies. Findings: With the implementation of the flowchart, it was possible to identify babies who needed monitoring only, increase the therapy duration, regularly monitor babies at risk, engage parents in development care, better adhere to services, and expand the number of vacancies. Conclusion & Significance: This project implements monitoring practices based on scientific evidence using screening and assessment tools for at-risk babies and family-centered intervention practices as a care strategy.

Biography

Dr. Sabine Cortiana is a physiotherapist with experience in NICU and early intervention and in the use of instruments to assess babies at risk. She currently works in a maternal and child hospital in the interior of Brazil, where develops projects in the area of child physiotherapy