

# Well Baby Clinic



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Child health care is considered one of the most important elements of primary health care and family practice.

In order to be healthy community out new generation should be free of diseases through introducing high evidenced based health care.

# Well baby clinics what is it??

**Literally:** is a clinic that concerns itself with healthy infant.

It's the clinics that are concerned with health care for all children under age of 5 years.

**Noun:** a clinic where parents can ask a doctor or nurse any question they have about their child growth and development.

# Objectives of WBCs

The periodic health exam. Or well baby clinic visits compromise a number of activities which has the following and objectives:

1. Reduction of child's likelihood of contracting disease through vaccination program (1<sup>ry</sup> prevention).
2. Early detection of problems in asymptomatic children through interviews, focused physical exams and selected screening tests (2<sup>ry</sup> prevention).
3. Support and reassurance of parents as well as reinforcement of their parenting skills by consoling about health promotion, safety, nutrition, social and behavioral issues.

# Benefit of WBCs

Benefits of well child visits:

1. Prevention
2. Tracking growth and development.
3. Raising concerns.
4. Team approach.

# Well baby clinics rules

1. Growth assessment.
2. Well baby clinic is an excellent place for primary prevention and family education , especially on breast feeding and good neutral.
3. Immunization.
4. Assessments of the baby's reflexes and neurological development.
5. Visual.
6. Systemic exam. To detect and childhood diseases from earlier stage.

# Equipment's of WBC

Newborn baby weighing scales  
Weighing scales  
Height scale



Infantometer  
Stethoscope and sphygmomanometer with small  
cuff (pediatric)  
Torch

# Equipment's

Examination (otoscope)

ENT and eye doctors

Some attractive toys

Well baby register records and growth charts

Posters denoting child growth and development at different ages should be provided

Health education materials and facilities should be readily available.



## Frequency of visits: (15)

seven visits in first year (including visits at time  
of vaccination)

Two visits each year from 2-5 years  
Wt., and Ht. For each p.r.n visit

# At risk children

## Group A :

- Babies of working mothers
- Babies of poor family (low income)
- Loss of a parents, or divorce
- History of mental or psychiatric disturbance of a parent
- More than 7 children in the family

## Cont. at risk children

### Group B :

Birth weight < 2500 gm.

Failure to gain weight in 3 successive visits.

Loss of weight in 2 successive visits

Weight below 80% of expected weight for his age

# Cont. at risk children

## Group C :

Congenital abnormalities

Bronchial asthma

Diabetes mellitus

Handicapped ( mental or physical)

# Health education contents

Care of newborn.

Dealing with infantile common problems.

Nutritional education.

Family planning.

Growth curve and it's importance.

# Health education methods

Individual counseling

Group discussions

Lectures

Demonstration (using pictures, leaflets, posters etc...) of the following :

Feeding position

Bathing

Preparation of semi-solid foods in hygienic methods

Preparation of ORS

# Home visits

Should be done by the nurse of the WBC for the following children:

Delayed mile stones or delayed growth

Diarrhea : chronic OR recurrent acute

Social or psychiatric problems

Defaulters

Thank you for  
listening



