

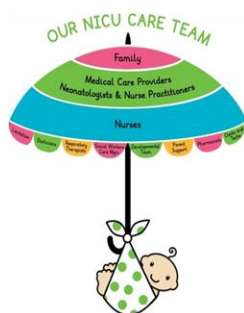
## Welcome to Intermountain Medical Center's Newborn Intensive Care Unit

Congratulations on the birth of your baby!  
Your new infant may only need specialized care for a few hours, or you might be here until your baby reaches or passes their due date. Whatever the time, we are dedicated to providing your child the highest quality neonatal care in a nurturing family-centered care environment.

**You are the most important member of your baby's care team.**

We encourage you to complete the parent checklist to become involved in your baby's care, and to monitor your baby's milestones on the discharge checklist.

Thank you for allowing us to care for your family.



### Parent Admission Checklist

Learn about your baby's bedside and monitors	<input type="checkbox"/>
Learn about our Visitation Guidelines, and Security Process	<input type="checkbox"/>
Sign Infant Security Form and Photo Consent	<input type="checkbox"/>
Leave Contact Information with your baby's Nurse	<input type="checkbox"/>
Discuss Cell Phone use and Hand Hygiene	<input type="checkbox"/>
Pick up Parent Badges from front desk	<input type="checkbox"/>
Learn about the roles of the team caring for your baby	<input type="checkbox"/>
Learn about the daily Rounding Process, attend Rounds if able	<input type="checkbox"/>
Change your baby's diaper and perform his or her cares	<input type="checkbox"/>
Discuss Infant Pain and its treatment	<input type="checkbox"/>
Arrange Skin-To-Skin Care once your baby meets guidelines	<input type="checkbox"/>
Decide Feeding preference	<input type="checkbox"/>
Meet with Lactation Consultant, if breastfeeding	<input type="checkbox"/>
Meet with Medical Providers (Nurse Practitioner or Neonatologist)	<input type="checkbox"/>
Meet with Social Worker or Case Management	<input type="checkbox"/>
Meet with Parent Support	<input type="checkbox"/>
Meet with Developmental Care Team member as needed	<input type="checkbox"/>
Meet with NICU Pharmacist (between 1-9pm is best)	<input type="checkbox"/>
Choose your Primary Care Nurses	<input type="checkbox"/>
Add your baby to your Health Insurance plan	<input type="checkbox"/>

**Infant Name:**

### Infant Discharge Checklist

I can breathe on my own, or I'm on home oxygen settings	<input type="checkbox"/>
I can eat everything by mouth that I need to grow	<input type="checkbox"/>
I have been gaining enough weight for my age	<input type="checkbox"/>
I am infection free and off antibiotics	<input type="checkbox"/>
I can regulate my own blood sugar	<input type="checkbox"/>
I have safe bilirubin (jaundice) levels	<input type="checkbox"/>
I have been able to breathe without forgetting for 7 days	<input type="checkbox"/>
I am in an open crib and I can stay warm by myself	<input type="checkbox"/>
I have a car seat and I passed my car seat trial	<input type="checkbox"/>
I sleep only on my back on a flat mattress to prevent SIDS	<input type="checkbox"/>
I passed my hearing screen, or have a referral for Outpatient Audiology	<input type="checkbox"/>
My eyes are mature and I'm cleared by Ophthalmology for Outpatient follow up	<input type="checkbox"/>
I have been screened for Critical Congenital Heart Disease	<input type="checkbox"/>
My NICU team thinks I am ready to go home!	<input type="checkbox"/>

### Parent Discharge Checklist

Attend Discharge Class (Thursdays at 530pm)	<input type="checkbox"/>
Watch CPR DVD – Pass off if needed	<input type="checkbox"/>
Decide on your follow-up Pediatrician and notify NICU team	<input type="checkbox"/>
Meet with the Dietician for a home nutrition plan, as needed	<input type="checkbox"/>
Obtain community referrals (Early Intervention, WIC), as needed	<input type="checkbox"/>
Learn about home medications, as needed	<input type="checkbox"/>
Schedule follow-up appointment with Pediatrician	<input type="checkbox"/>
Discuss the importance of vaccinations for your NICU baby	<input type="checkbox"/>
Have final update with your Medical Provider	<input type="checkbox"/>
I'm ready to care for my baby at home!	<input type="checkbox"/>
Complete the NICU survey you receive after discharge	<input type="checkbox"/>

**NICU Parent Website: [www.intermountainmedicalcenter.org/NICU](http://www.intermountainmedicalcenter.org/NICU)**