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NEONATAL FOLLOW-UP PROGRAM (NFP): LOCAL EXPERIENCE

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The aim of the present project is to obtain a better understanding of neonatal follow-up program and promoting it to all pediatricians. To accomplish this, the presentation provides our practice at NICU of King Khalid Hospital in Riyadh since the year 2000

Introduction: Neonatal follow-up program (NFP) is becoming the cornerstone of standard, high quality care provided to newborns at risk of future neurodevelopmental delay. It is an early intervention program needed to improve neonatal outcome.

King Khalid University Hospital (KKUH) experience: Neonatal follow-up program at King Khalid University Hospital (KKUH) started on December 1999 as the first program in Saudi Arabia. It is run by the neonatal intensive care unit (NICU) and designed based on Winnipeg, Manitoba model. We adopted discharge planning system based on American Academy of Pediatrics (AAP) guidelines.

Goals and Aims of NFP:

1. Early detection of any deviation from normal child development in the future and hence starting early intervention
2. Family education and support
3. Training of medical professionals
4. NICU performance monitor
5. Facilitating research

Conclusion: Neonatal follow-up programs are the best tools (up-to-date) available for proper neurodevelopmental evaluation and follow-up of high-risk infants who are increasing in numbers. Each neonatal intensive care unit should have its own program, or, collaborate with other big units to develop a referral program that can cover all these units. Resources are the major obstacles in developing NFP, but this should not prevent us from proceeding according to our own available resources. Means and ways to overcome financial issues should be entertained by both professionals and policy makers. The ultimate aim is to prevent developmental delay and ensure healthy future for at risk neonates.

BIOGRAPHY

Badr Hasan Sobaih was the associate professor and consultant Neonatologist. He was the head of the NICU. He was also the Head of Neonatal Follow-up clinics at King Khalid University Hospital since 1999. He was the head of CLABSI reduction team at KKUH-NICU Since 2016. He was the head of the breast feeding Committee from 2014-2016. He was the permanent presenter and lecturer for postgraduate preparatory courses in pediatrics in Al-Habib center on yearly bases. His research publications were on Influence of some recent advances on the morbidity and survival of extremely low birth weight infants (ELBW) at King Khalid University Hospital in Riyadh. Curr Pediatr Res, 2002.

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