



This Document was last edited on April 23, 2020. Recommendations are subject to change as the pandemic progresses. The document will be updated as required.

## 1. Routine well child visit schedule

- a. 1 - 2 week **in person visit** - required for weight check (by primary care provider- also a chance for a repeat complete exam and to observe for jaundice).
  - i. Another in-person visit may be required if there is concern about weight gain, feeding issues, SGA, prematurity, jaundice, or social concerns. This can be determined by the primary care provider at the first visit.
- b. One **in-person visit** between 1 and 3 months to obtain growth parameters and screen for failure to thrive. Full exam including hips should be repeated.
- c. In **well children**, all other routine exams (1,2,4,6,9,12,18,24 month) can be completed via **phone** or **virtual visit**.
- d. The Rourke can be filled out during virtual visit (review of milestones, appropriate education for age).
- e. Parents can provide gross weight if possible using a home scale (parent weight plus child weight minus parent's weight).

## 2. Routine Immunization

- a. At current time, Public Health is continuing with a fast flow schedule. This means Child Health Clinics will continue, but with a focus on immunization only. Height and weight will not be routinely measured.
- b. Parents will be reminded to leave other family members at home to reduce possible exposure.
- c. Clients who are cancelling their appointments are being contacted by a Public Health Nurse to determine the reason for the cancellation and making a plan to ensure immunizations do not get off-schedule.
- d. If there is specific concern about growth:
  - i. Regina – Primary care provider may fax Public Health and request a weight during their immunization appointment.
  - ii. Saskatoon – Advise parents to notify Public Health that primary care provider requests weight during immunization appointment.
  - iii. Therefore, it is best to try and schedule virtual visits PRIOR to immunization appointments, whenever possible.

## 3. Public Health Newborn Assessments

### a. Regina Area

- i. Maternity Visiting Program (MVP): All post natal patients will be contacted by MVP. Postnatal assessments will be done over the phone, unless in-person assessment is deemed necessary due to high risk (poor feeding, concerns for jaundice, etc.). Risk will be determined based on MVP assessment.



- ii. MVP can be called to ask to obtain a weight if clinically required. This should be requested on an as needed basis (if infant has not reached birth weight at initial clinic visit, you have feeding concerns, etc.).
- iii. MVP can be asked to draw blood for a bilirubin. Work is in progress on setting up a MVP space in the Regina General Hospital to accommodate other blood work. Requisitions can be faxed directly to the MVP office at 306-766-3701.

**b. Saskatoon Area: Healthy & Home Visits: (H & H)**

- i. H&H will contact mothers within 24-48 hours of discharge via PEXIP video or telephone call. They will do a complete assessment including breastfeeding and jaundice follow-up. H&H will determine if an in-person visit is required for weight or bilirubin check based on this assessment.
- ii. H&H nurses will complete bilirubin testing as needed for babies in the first 1-2 weeks. This will take place at West Winds Clinic.
- iii. H&H nurses will provide home visits only to vulnerable families who are unable to attend clinic. Work is in progress on getting taxi vouchers.

**c. Rural Areas:**

- i. Clinicians in areas outside of Regina and Saskatoon are encouraged to contact their local Public Health Office to determine what resources are available. Above is a general outline of what is happening in the cities, and each community in our province may have differences in programming.
- ii. A requisition should be provided to parents at the time of discharge from hospital if it is known a repeat bilirubin will be needed. This is important as most babies will not be assessed within the first 48 hours by rural Public Health.
- iii. Most rural labs are completing bilirubin testing. Parents are to call the lab and ask about the process prior to presenting for testing.

## 4. In Person Visits

- a. If an in-person visit is required, please take appropriate safety measures:
  - i. Screen for COVID symptoms prior to appointment. This can be done by phone, or by having a screening station prior to entry into the clinic.
  - ii. Encourage families to leave other children at home when possible.
  - iii. Please advise patients to wait in their car, and have your staff escort them inside when it is time for the appointment to avoid the waiting room.
  - iv. Health care personal should wear surgical mask for in-person appointments, as recommended by SHA.