



## PRA-BC Orientation:

**I've had the baby: Now What?  
A guide to early postpartum & newborn care**

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**With thanks to Dr. Karen Buhler and Dr.**  
**Moira de Valence**

Apr 2026

# Disclosure of Commercial Support

I have no commercial interests to disclose.

Situating ourselves,  
territorial  
acknowledgement

Living and working with gratitude on the traditional unceded homelands of the x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səl̓ílwətaʔ/Selilwitulh (Tseil-Waututh) Nations



# Agenda



1. Approach to early postpartum and newborn care
2. Supporting breastfeeding / chestfeeding
3. Review workflow efficiencies, structural supports, billing tips
4. Summary and Wrap Up

Photos by Morag Hastings: [www.appleblossomfamilies.com](http://www.appleblossomfamilies.com)  
And others generously donated by personal friends

*Is ours not a strange culture that focuses so much attention on childbirth--virtually all of it based on anxiety and fear--and so little on the crucial time after birth, when patterns are established that will affect the individual and the family for decades?*

Suzanne Arms



## Case Studies:

### 1. Farah

Newborn weight and jaundice

### 2. Angel

Breastfeeding support



# Case 1: Farah

Farah is a patient in your family practice who saw an obstetrician for her pregnancy. Farah had a spontaneous onset of labour at 41 weeks' gestation. It was a long labour with an epidural for pain management. She delivered a vigorous male infant, "Liam", by emergency caesarean section for an abnormal fetal heart rate. Farah had no obstetrical complications, and will be seen by the obstetrician at 6 weeks postpartum. She will follow up in your family practice in the meantime.

- ▶ Apgars of 8 at one minute and 9 at 5 minutes
- ▶ Birth weight was 3550g, and discharge weight at day 3 of life was 3390g
- ▶ He was assessed by the pediatrician at birth with no major concerns
- ▶ He passed urine and meconium within the first 24 hours

**After discharge from the hospital, when should you see Farah and Liam for the first visit in your office? How often afterwards should you reassess?**

# Postpartum and Newborn Care

- ▶ **Health Assessments should routinely occur:**
  - ▶ Within 2-4 days of leaving the hospital
  - ▶ One week later (at 1 week)
  - ▶ One month after birth (at 4 weeks)
  - ▶ Two months after birth (at 8 weeks)
- ▶ More as needed to assess wt. gain or feeding concerns or jaundice



# Case 1: Farah

The **public health nurse** saw Farah and Liam the first day after discharge, at day 4 of life/postpartum. They reported that Farah's milk was just starting to come in. They helped Farah to reposition for a deep latch with breastfeeding. Weight on day 4 was 3335g.

You see Farah and Liam in your office 2 days later, on day of life/postpartum 6

**You have booked 2 consecutive appointments to allow sufficient time for this visit (one for baby and one for mom). What 9 major topics must be addressed at this visit?**

# The first postpartum visit - 9 B's

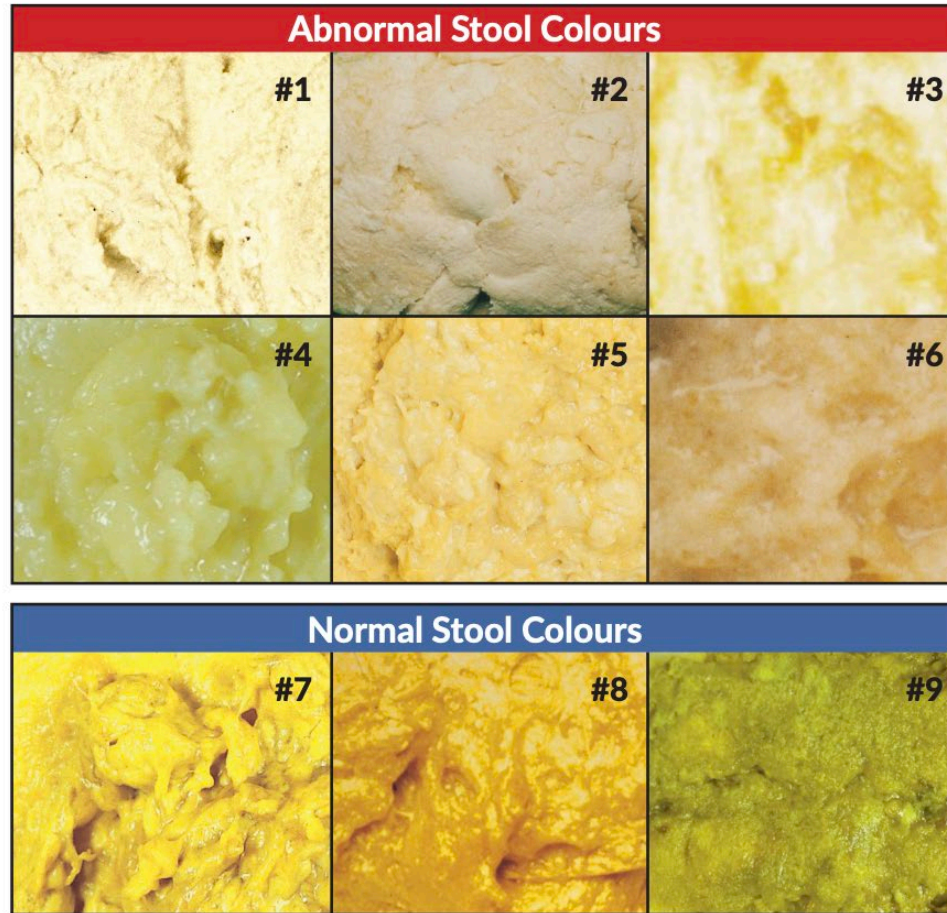
1. Baby
2. Breasts
3. Belly
4. Bottom
5. Bowels
6. Bladder
7. Bleeding
8. Baby blues & postpartum depression
9. Birth control



# Baby

Doctor's Question	Farah's response	Learning point
How is the latch? How long are the feeds? Is Liam content after feeding?	Farah says much better after help from the public health nurse. Public health nurse told her it looks like a deep latch, and after the adjustment it does not hurt during the feed.	Poor or shallow latch is one of the main causes of inadequate milk production and transfer, and can cause nipple trauma for the breast or chestfeeding parent! Stay tuned for the breastfeeding module to learn more about assessing feeding! Farah notes that Liam is quite sleepy and hard to feed.
How many wet diapers (urine) does Liam have in a day?	5-6	Expect to see the same number of wet diapers per day as the number of days of life until day 5, when the number plateaus at 5-6. Any less than this should prompt assessment for dehydration, feeding, and jaundice.
How many dirty diapers (stool) does Liam have in a day?	1	Exclusively breastfed babies can have variable stooling patterns, with some stooling frequently and others less so. The most important fact is to establish that there was no delayed passage of meconium
What colour is the stool?	Yellow, mustard seed	Transition from meconium to a yellow mustard seed appearance indicates that the baby is beginning to take in milk/formula. Generally this happens day 3-4. Delayed clearance of meconium can indicate delayed or failed lactogenesis, ineffective milk transfer, or rarely, medical complications such as intestinal obstruction associated with cystic fibrosis. This is also a good opportunity to review the stool colour card which is given to all parents in hospital and can be accessed online if they lose it: <a href="http://www.perinatalservicesbc.ca/our-services/screening-programs/biliary-atresia-home-screening-program">http://www.perinatalservicesbc.ca/our-services/screening-programs/biliary-atresia-home-screening-program</a>

## BC INFANT STOOL COLOUR CARD<sup>®</sup> SCREENING PROGRAM FOR BILIARY ATRESIA



**CHECK YOUR BABY'S STOOL COLOUR EVERY DAY  
FOR THE FIRST MONTH AFTER BIRTH TO SCREEN  
FOR BILIARY ATRESIA**

# Template – 1<sup>st</sup> visit, well baby

Delivery: SVD at term, no complications, no resus

No complications in pregnancy

Bili:

Newborn Screening: pending

Parental concerns:

Birth Weight:

Discharge Weight:

Weight gain: x g/day

Feeds: BF/formula xx ml q2-3h

Good latch, no concerns

Output: normal - 4-5 BMs mustardy, 3-4 wet diapers

# 1<sup>st</sup> visit, well baby - exam

Physical examination:

- ▶ Growth (weight\*\*, length, HC)
- ▶ Jaundice assessment\*\*
- ▶ Complete Physical Exam including:
  - ▶ Red reflex
  - ▶ Anterior fontanelle
  - ▶ Palate
  - ▶ Clavicles
  - ▶ Resp exam and heart sounds
  - ▶ Abdo exam and umbilicus
  - ▶ Femoral pulses
  - ▶ Hips
  - ▶ GU, anus patent, sacrum

# Case 1: Farah and Liam

Liam's birth weight was 3550g

His discharge weight on Day 3 was 3390g and his weight on Day 4 was 3335g.

You calculate his weight loss on day 4:

- ▶ Birth Weight 3550 g - Day 4 weight 3335 g = 215 g weight loss
- ▶ 215 g weight loss / Birth weight 3550 g = 6.0% weight loss from birth weight

# Newborn weight

## Key points:

- Weight loss is normal in the newborn period
- Expect up to 10% loss – this alone is not an indication for formula top ups
- Babies should be gaining by day 4-5 and regain to birth weight by DOL10
- 97.5% regain their birth weight by 21 days.
- Expect gain of 25-35g/day, minimum 20g/day

<b>NORMAL NEWBORN STOMACH VOLUMES</b>			
Day 1	1-1.4 tsp	5-7 mL	Size of a cherry
Day 2	0.75-1 oz	22-27 mL	Size of a walnut
1 Week	1.5 -2 oz	45-60 mL	Size of an apricot
1 Month	2.5-5 oz	80-150 mL	Size of an egg

# Newborn weight

Weight loss >7%

- ▶ Watch closely, may indicate breastfeeding problems
- ▶ Assess breastfeeding and milk transfer
- ▶ Correct problems, consider referral to lactation consultant
- ▶ Consider supplementation with expressed milk or formula AFTER full assessment of feeding, if corrective measures are unsuccessful
- ▶ Review feeding and hunger cues with the family

Excessive weight loss: >10%

- ▶ Monitor closely (twice weekly minimum)
- ▶ Consider supplementing early with expressed breast milk, donor milk, or formula Always latch on the breast first, prior to offering the EBM or formula by bottle
- ▶ Consider referral to breastfeeding clinic, lactation consultant, maternity care provider, or pediatrician

# Case 1: Farah and Liam

You recall that Farah noted Liam was quite sleepy and hard to feed. You are not sure on physical exam whether he appears jaundiced or not.

**Q: Which infants should be screened for jaundice?**

A: The Canadian Pediatric Society recommends that ALL infants be screened for jaundice with a serum bilirubin test at 12-120 hours of life, with follow up as needed.

# Jaundice

- ▶ IN 1ST week all newborns have increased bilirubin levels and ~60% have visible jaundice
- ▶ Peak bilirubin concentration occurs at day 3-5 (i.e. after discharge from hospital)
- ▶ Presence of jaundice or severity of jaundice is NOT accurately determined visually

## **What you need to do:**

- ▶ Decide if you need to order a repeat bilirubin test
- ▶ If any visible jaundice and bilirubin not done yet – order a bilirubin
- ▶ Follow up on recommendation regarding when/if to do next one
- ▶ If in doubt, order another bilirubin level
- ▶ Ask parents about infant's stool colour (If abnormal, contact Biliary Atresia Home Screening Program)

# Case 1: Farah and Liam

- ▶ You review Liam's hospital discharge and note that the newborn screen and bilirubin was done at 28 hours of age and was 122.
- ▶ The most common tool used in BC is "bilitool" and this will offer a "common language" when speaking with other practitioners
- ▶ Remembering to change the units to SI units

—option one—

**Birth date:**  **Birth time:**

**Sampling date:**  **Sampling time:**

—option two—

**Age (hours) at sampling:**

---

**Total Bilirubin:**

**Gestational age:**

**Other Neurotoxicity Risk Factors:**


ETCOc in ppm

- Isoimmune (or other) hemolytic disease or G6PD deficiency
- Sepsis or clinical suspicion of sepsis
- Albumin < 3.0 g/dL (30 g/L)
- Significant clinical instability in the previous 24 hours

© 2004-2025 – BiliTool, Inc. | Tried. True.

# BiliTool

## Patient Summary

 Age at sampling:	28 hours
 Total Bilirubin:	122 $\mu\text{mol/L}$
 Bilirubin trend:	Not available ( <a href="#">Learn more &gt;&gt;</a> )
 ETCoc:	Not provided
 Gestational Age (GA):	38 weeks
 Neurotoxicity Risk Factors:	No

## Recommendations

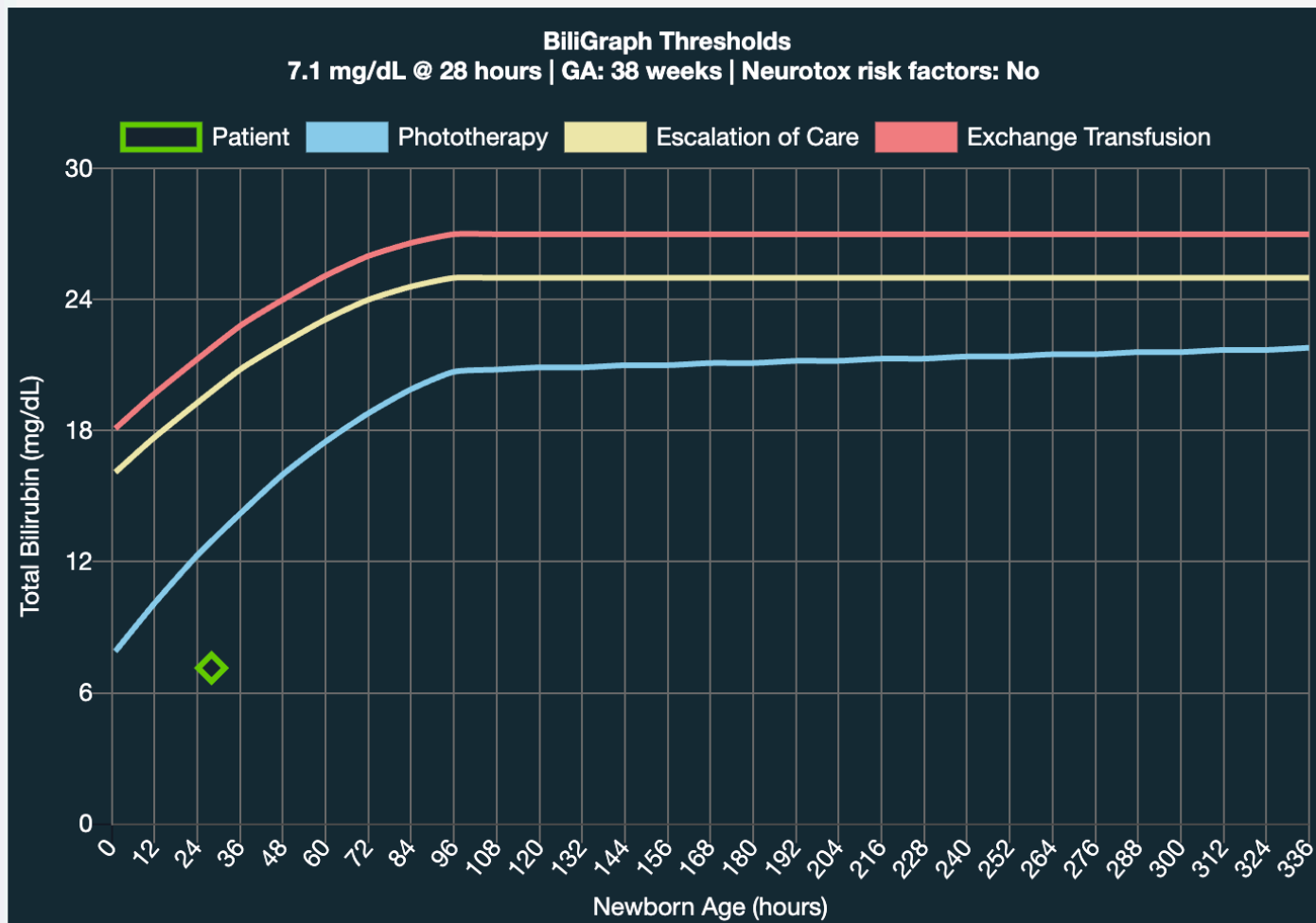
Copy to Clipboard

	Recommendation	Threshold
 If using TcB, confirm with TSB?	<b>No</b>	171 $\mu\text{mol/L}$
 Phototherapy?	<b>No</b>	220.6 $\mu\text{mol/L}$
 Escalation of Care? ( <a href="#">More &gt;&gt;</a> )	<b>No</b>	340.4 $\mu\text{mol/L}$
 Exchange Transfusion?	<b>No</b>	374.6 $\mu\text{mol/L}$

## Postdischarge Follow Up

For the baby **99.2  $\mu\text{mol/L}$**  (5.8 mg/dL) below the phototherapy threshold (**delta-TSB**) at 28 hours of age (during birth hospitalization with no prior phototherapy):

**If discharging < 72 hours, then follow-up within 2 days. Recheck TSB or TcB according to clinical judgment. If discharging  $\geq$  72 hours, then use clinical judgment.**



# Jaundice

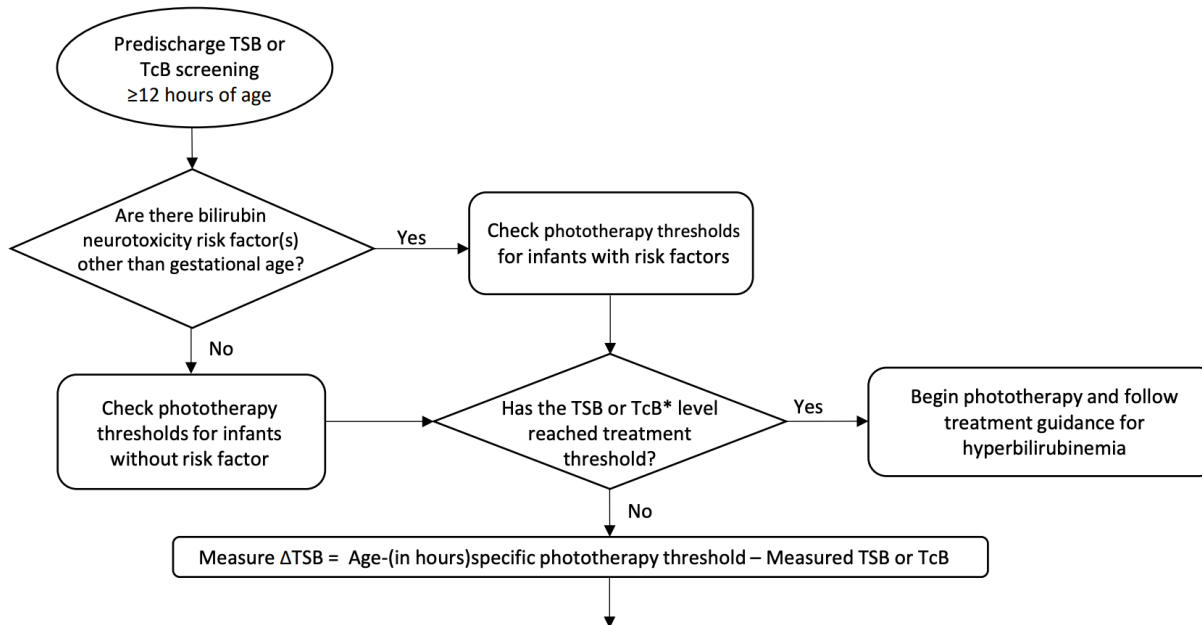
## Key points:

- When in doubt – call peds/newborn on call group in hospital for advice
- Know if your local hospital is using the updated 2022 guidelines
- There are several tools online for calculation (BiliTool, PediTools, BiliCalc)

## Clinical Pearls / Red flags:

- Severe hyperbilirubinemia: total serum bili  $>340$  at any time in first 28d of life
- Critical hyperbilirubinemia: total serum bili  $>425$  at any time in first 28d of life
- All babies with visible jaundice within 24 hours need immediate workup. Jaundice within 24 hours is always pathologic: rule out sepsis, infections (rubella, toxoplasmosis), hemolytic disease of the newborn, etc.
- Conjugated hyperbilirubinemia should prompt further evaluation

# CPS 2025 Position Statement for Term NBs



$\Delta$ TSB ( $\mu\text{mol/L}$ )	Age (hours)	Recommended actions
$\leq 30$	<24	Delay discharge and consider starting phototherapy
$\leq 30$	$\geq 24$	Delay discharge. Repeat TSB within 4 to 12 hours and consider starting phototherapy if TSB increases
31 to 60	Any age	Repeat TSB within 12 to 24 hours and reassess need for phototherapy
61 to 90	Any age	Repeat TSB within 24 to 48 hours
>90	Any age	Routine follow-up with primary health provider

# Template – 1<sup>st</sup> visit, birthing parent

? months PP

Delivery: SVD at ?,  
? complications

Breasts: ?BF'ing, nipples ok

Urination/Stooling:

Perineum:

Lochia:

Menses:

Contraception:

Mood:

Supports:

# Rest of the Bs

The rest of our 9 B's concern the birthing person:

## 2. **Bowels**

Prevent or treat constipation

Recommend high fiber diet, increased water intake

Consider adding PEG (osmotic laxative)

Expect resolution of stool or flatus incontinence by three months

If symptoms persist beyond 6 months, arrange endoanal U/S and refer to colorectal surgeon.

## 3. **Bladder**

Recommend pelvic floor exercises

Refer to a pelvic floor physiotherapist as needed to control urinary symptoms

Refer to a urogynecologist if urinary symptoms are significant beyond 3 months.

# Rest of the Bs

## 4. Belly

Afterpains” and C-section incisional pain most often responds to Acetaminophen +/- Ibuprofen but some women require narcotic medication (Hydromorphone 1-2 mg q6h prn is safe for breastfeeding)

Codeine is contraindicated for breastfeeding as it can be life-threatening for some babies due to a ultra-rapid metabolizer genotype (up to 30% in parts of Asia and Africa)

Fundus should be firm and non-tender

Refer back to maternity care provider if an incision:

- ▶ opens,
- ▶ has significant discharge or bleeding,
- ▶ or becomes red or painful.

# Rest of the Bs

## 5. **Bottom**

Expect perineal pain to resolve by 6 weeks

Treat haemorrhoids as per usual care

Refer back to maternity care provider if perineal wound has:

- ▶ Gaping edges
- ▶ Odorous discharge
- ▶ Unusual pain or swelling

## 6. **Bleeding**

Normal lochia is brown and light after two weeks and finished by 6-8 weeks

Needs urgent assessment if:

- ▶ Fever is present
- ▶ Abdominal pain and cramping are persistent
- ▶ Lochia is heavy, persistent beyond 6 weeks, frequently bright red or has a foul odour

# Rest of the Bs

## 7. **Baby blues / postpartum depression**

Mild mood changes (baby blues) are common and may last 1-6 weeks.

Be aware of Postpartum Depression, which is common, frequently undiagnosed and under treated with serious morbidity for the whole family.

Enquire about mood, social adjustment, and family adjustment **AT EVERY VISIT**

Two best quick questions to screen for depression:

- ▶ Over the past two weeks, have you ever felt down, depressed or hopeless?
- ▶ Over the past two weeks, have you felt little interest or pleasure in doing things?

Add formal screening using Edinburgh Depression Scale (EPDS) if person at risk or has signs or symptoms.

Refer as appropriate

# Rest of the Bs

## 8. Birth Control

- ▶ Discuss by six weeks
- ▶ Provide information about contraceptive options
- ▶ Recommended interpregnancy interval is minimum 18 months to reduce complications
- ▶ Ovulation occurs before first menses returns, so lactational amenorrhea is not recommended as is higher risk for unintended pregnancy
- ▶ If contraception is desired, preferred options are barrier methods, IUD, progestin-only pill, or depo progestin
- ▶ Avoid or delay the use of combined oral contraceptives as they may decrease milk supply and increased risk VTE 1st 30 days
- ▶ Progesterone generally considered not to affect milk supply, but if concerns, consider non-hormonal options

## Case 2: Angel

Angel is a first time mother who you are seeing at 8 days postpartum. She had an uncomplicated vaginal delivery, and her daughter Kira was placed skin to skin and latched within the first hour of life. Kira was on the 10th percentile for weight at birth, but both Angel and her partner Danny are smaller people. Kira has started to gain approximately 15 g per day. She has 2 stools which are yellow and seedy, and 6 wet diapers per day. Angel is exclusively breastfeeding. She is tearful in your office – she is exhausted, the latch is painful, and it feels like she is always feeding.

**What do you want to discuss with regards to #9 on your postpartum list (breasts)?**

# 9<sup>th</sup> B - Breasts

Three main areas to discuss for this B:

1. BABY (weight gain)
2. MILK
3. TRANSFER (latch, pain)

Assess and treat problems or refer

Provide information on collection and storage of breast milk.

## Case 2: Angel and Kira

Angel tells you that she is feeding approximately 8 times in 24 hours. She has one longer stretch of 4 hours, but also seems to feed every 1-2 hours in the middle of the night. Kira spends about 60 minutes with each feed, 30 minutes at each side. Kira is irritable with latching, and after about 5 minutes she falls asleep at the breast but will start nibbling again if Angel and Danny try to remove her.

**What do you think of the frequency and duration of Angel and Kira's feeds?**

# Breastfeeding

- Most common challenge in the early days is establishing feeds
- Know your local resources for support (public health RNs, hospital lactation consultants, private lactation consultants)
- Establishing supply is time sensitive so ensure to connect patients with resources early

# Breastfeeding

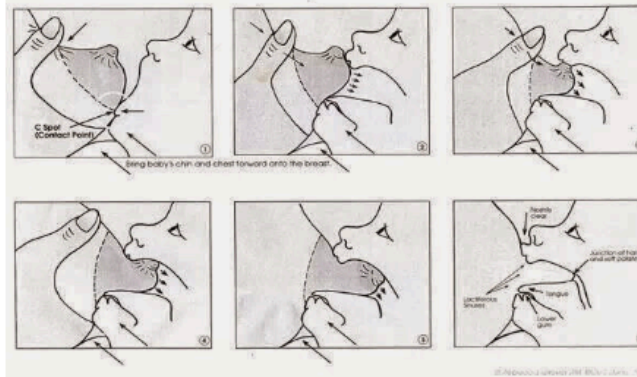
## CAUSES OF LOW SUPPLY

Mom Factors	Baby Factors	Other
Primip, C-section, IVF, PPH, PCOS, Hypothyroid, GDM/T2DM/PCOS, Obesity, AMA, Infertility treatment, Breast surgery, Insufficient glandular tissue, Nipple trauma, retained placenta, early contraceptives, exhaustion.	Late preterm, Tongue dysfunction, Recessed chin, High palate, Hypotonia, Shallow latch, Asymmetric cheek bulk, Facial/head malposition in utero, tight neck muscles, torticollis.	Less than 8 nursing sessions/24 hours, limited skin to skin, supplementation, sleep training, stockpiling a milk stash or "feeding the freezer".

### SIGNS OF A GOOD LATCH

Asymmetrical (more of areola below nipple is in baby's mouth than above)  
 Most of areola is inside baby's mouth  
 Lips are flanged outward  
 Nipple is in "comfort zone" at where soft palate starts  
 Tongue mobilizes forward and upward enough to make a seal

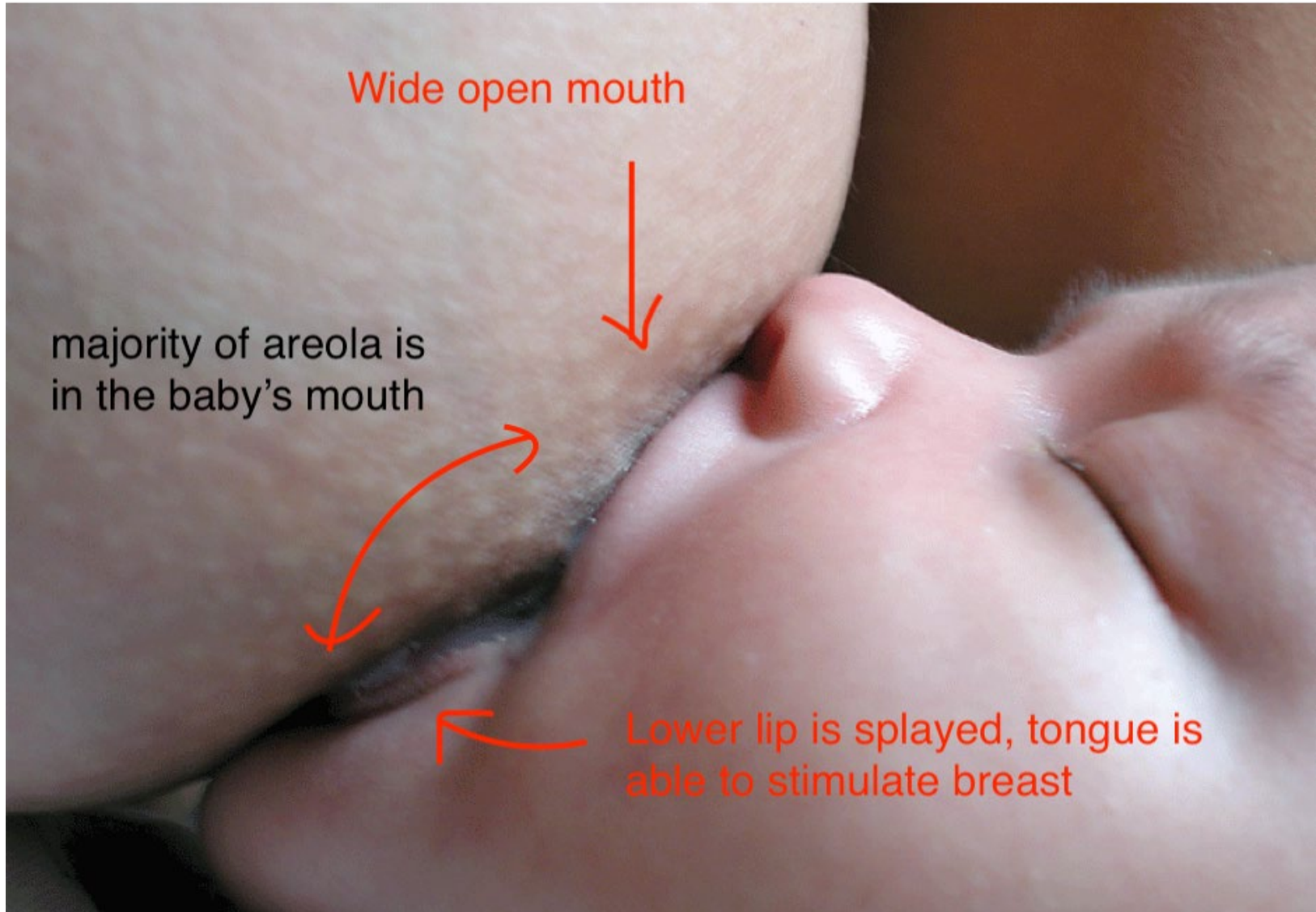
### ATTACHMENT - The Key to Successful Breastfeeding.



# Breastfeeding – shallow latch



# Breastfeeding – deep latch



# Breastfeeding – take home pearls

- ▶ As a physician you have a significant impact on a mother's infant feeding choices
- ▶ Babies need to feed frequently in the first few weeks.
- ▶ A deep latch and correct positioning will almost always help
- ▶ Remove the milk! Use baby/hands/pump as able
- ▶ Be a good breastfeeding resource for your patients:
  - ▶ Take the UBC CPD Online 1 hour course (free):  
Latching On: How Family Physicians Can Support Breast Feeding Patients.
  - ▶ <https://elearning.ubccpd.ca/enrol/index.php?id=148>

# How do we get all this done?

1. Use reference cards and checklists
2. Automate processes
3. Give the parent resources
4. Use community resources and referrals
5. EMR optimization



# 1. Use reference cards and checklists

## Divisions of Family Practice Checklist

### *Post Partum and Newborn Care Summary Checklist for Family Physicians*

These recommendations are based on a review of the best evidence and consensus opinion of the Vancouver Division of Family Practice Maternity Care Network Committee.

#### **Health assessments of mother and baby should occur:**

- Within 2-4 days of leaving the hospital
- One week later
- One month after birth
- Two months after birth

#### **The 9 B's**

##### **1) BABY**

##### **Physical Examination and History:**

- Gold standard for assessment and documentation is the **Rourke Baby Record** for relevant history, developmental milestones, focused physical exam, growth charts, and education topics for parents. <http://ow.ly/qPBWz>



- Expect return to birth weight by 10-14 days of age.
- Monitor closely (twice weekly minimum) if weight loss is greater than 10% of birth weight.
  - Consider referral to lactation consultant, breastfeeding clinic, maternity care provider, or paediatrician.

# 1. Use reference cards and checklists

## Rourke Baby Record

[www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)

- Fillable in EMR
- Automatically populate growth charts
- Detailed description of anticipatory guidance and resources on website

©2011 Dr. L. Rourke, D. Lebow and J. Rourke  
 Revised July 2011  
[www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)

Rourke Baby Record: Evidence-Based Infant/Child Health Maintenance GUIDE 1: 0-1 mo

NAME: \_\_\_\_\_ Birth Day (dd/mm): \_\_\_\_\_ M | | P | |  
 Gestational Age: \_\_\_\_\_ cm Birth Length: \_\_\_\_\_ cm Birth Wt: \_\_\_\_\_ g Head Circ: \_\_\_\_\_ cm Discharge Wt: \_\_\_\_\_ g


DATE OF VISIT	Within 1 week			2 weeks (optional)			1 month		
	Height	Weight	HC (avg 25 cm)	Height	Weight (avg/avg 25g 1-3 wks)	Head Circ.	Height	Weight	Head Circ.
PARENT/CAREGIVER CONCERNS									
NUTRITION <sup>1</sup>	<input type="checkbox"/> Breastfeeding (exclusive) <sup>4</sup> <input type="checkbox"/> Vitamin D 400 IU/day <sup>5</sup> <input type="checkbox"/> Formula Feeding (non-breast) <sup>6</sup> <input type="checkbox"/> (150 mL/3 oz/kg/day) <sup>7</sup> <input type="checkbox"/> Stool pattern and urine output			<input type="checkbox"/> Breastfeeding (exclusive) <sup>4</sup> <input type="checkbox"/> Vitamin D 400 IU/day <sup>5</sup> <input type="checkbox"/> Formula Feeding (non-breast) <sup>6</sup> <input type="checkbox"/> (150 mL/3 oz/kg/day) <sup>7</sup> <input type="checkbox"/> Stool pattern and urine output			<input type="checkbox"/> Breastfeeding (exclusive) <sup>4</sup> <input type="checkbox"/> Vitamin D 400 IU/day <sup>5</sup> <input type="checkbox"/> Formula Feeding (non-breast) <sup>6</sup> <input type="checkbox"/> (450-750 mL/15-25 oz/kg/day) <sup>7</sup> <input type="checkbox"/> Stool pattern and urine output		
EDUCATION AND ADVICE	<p><b> Injury Prevention</b></p> <input type="checkbox"/> Car seat (infant) <sup>8</sup> <input type="checkbox"/> Sleep position/room sharing/avoid bed sharing <sup>9</sup> <input type="checkbox"/> Crib safety <sup>9</sup> <input type="checkbox"/> Firearm safety/recovery <sup>10</sup> <input type="checkbox"/> Carbon monoxide/smoke detectors <sup>11</sup> <input type="checkbox"/> Hot water <49°C <sup>12</sup> <input type="checkbox"/> Choking/SAFE toys <sup>13</sup>								
DEVELOPMENT <sup>2</sup>	<p><b> Achievement and Family Issues</b></p> <input type="checkbox"/> Sleeping/crying <sup>14</sup> <input type="checkbox"/> Feeding/feeding issues <sup>15</sup> <input type="checkbox"/> Parental fatigue/postpartum depression <sup>16</sup> <input type="checkbox"/> High risk infants/assess home visit need <sup>17</sup> <input type="checkbox"/> Family conflicts/stress <input type="checkbox"/> Siblings <sup>18</sup> <input type="checkbox"/> Parenting/bonding								
PHYSICAL EXAMINATION	<p><b> Signs (jaundice, dry)</b></p> <input type="checkbox"/> Skin (jaundice, dry) <input type="checkbox"/> Fontanelles <sup>19</sup> <input type="checkbox"/> Eyes (red reflex) <sup>20</sup> <input type="checkbox"/> Ears (TMs) (hearing inquiry/straining) <sup>21</sup> <input type="checkbox"/> Heart/Lungs <input type="checkbox"/> Umbilicus <input type="checkbox"/> Femoral pulses <input type="checkbox"/> Hips <sup>22</sup> <input type="checkbox"/> Muscle tone <sup>23</sup> <input type="checkbox"/> Testicles <input type="checkbox"/> Male urinary stream/foreskin care								
PROBLEMS AND PLANS									
INVESTIGATIONS/IMMUNIZATION	<input type="checkbox"/> PkU, Thyroid <input type="checkbox"/> Hemoglobinopathy screen (if at risk) <sup>24</sup> <input type="checkbox"/> Universal newborn hearing screening (UNHS) <sup>25</sup> <input type="checkbox"/> If risk: positive parent/child Hep B vaccine #1-3 <input type="checkbox"/> Record Vaccines on Guide V								
Signature									

Strength of recommendation based on literature review using the classification of the Canadian Task Force on Preventive Health Care: Good (bold type); Fair (italic type); Consensus (plain type).  
<sup>1</sup>See Rourke Baby Record Resources 1: General    <sup>2</sup>See Rourke Baby Record Resources 2: Healthy Child Development    <sup>3</sup>See Rourke Baby Record Resources 2: Immunization/Infectious Diseases  
 Disclaimer: Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only.  
 Financial support has been provided by the Government of Ontario, with funds administered by the Ontario College of Family Physicians. For fair use authorization, see [www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)

# 1. Use reference cards and checklists

## EPDS for postpartum depression

- ▶ <http://www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/EPDS/EPDSQuestionnaireApril2013.pdf>
- ▶ 11 languages available on PSBC website



**Perinatal Services BC**  
An agency of the Provincial Health Services Authority

**Edinburgh Perinatal/Postnatal Depression Scale (EPDS)**  
For use between **28–32 weeks** in all pregnancies and **6–8 weeks** postpartum

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Gestation in Weeks: \_\_\_\_\_

As you are having a baby, we would like to know how you are feeling. Please mark “X” in the box next to the answer which comes closest to how you have felt in the **past 7 days**—not just how you feel today.

**In the past 7 days:**

1. I have been able to laugh and see the funny side of things 0 <input type="checkbox"/> As much as I always could 1 <input type="checkbox"/> Not quite so much now 2 <input type="checkbox"/> Definitely not so much now 3 <input type="checkbox"/> Not at all	6. Things have been getting on top of me 3 <input type="checkbox"/> Yes, most of the time I haven't been able to cope 2 <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual 1 <input type="checkbox"/> No, most of the time I have coped quite well 0 <input type="checkbox"/> No, I have been coping as well as ever
2. I have looked forward with enjoyment to things 0 <input type="checkbox"/> As much as I ever did 1 <input type="checkbox"/> Rather less than I used to 2 <input type="checkbox"/> Definitely less than I used to 3 <input type="checkbox"/> Hardly at all	7. I have been so unhappy that I have had difficulty sleeping 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, sometimes 1 <input type="checkbox"/> Not very often 0 <input type="checkbox"/> No, not at all
3. I have blamed myself unnecessarily when things went wrong 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, some of the time 1 <input type="checkbox"/> Not very often 0 <input type="checkbox"/> No, never	8. I have felt sad or miserable 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, quite often 1 <input type="checkbox"/> Not very often 0 <input type="checkbox"/> No, not at all
4. I have been anxious or worried for no good reason 0 <input type="checkbox"/> No, not at all 1 <input type="checkbox"/> Hardly ever 2 <input type="checkbox"/> Yes, sometimes 3 <input type="checkbox"/> Yes, very often	9. I have been so unhappy that I have been crying 3 <input type="checkbox"/> Yes, most of the time 2 <input type="checkbox"/> Yes, quite often 1 <input type="checkbox"/> Only occasionally 0 <input type="checkbox"/> No, never
5. I have felt scared or panicky for no very good reason 3 <input type="checkbox"/> Yes, quite a lot 2 <input type="checkbox"/> Yes, sometimes 1 <input type="checkbox"/> No, not much 0 <input type="checkbox"/> No, not at all	10. The thought of harming myself has occurred to me 3 <input type="checkbox"/> Yes, quite often 2 <input type="checkbox"/> Sometimes 1 <input type="checkbox"/> Hardly ever 0 <input type="checkbox"/> Never

Total Score

*Talk about your answers to the above questions with your health care provider.*  
*Translations for care-provider use available on PSBC website: [perinatalservicesbc.ca](http://perinatalservicesbc.ca).*

The Royal College of Psychiatrists 1987 From Cox, J.L., Holden, J.M., Sagovsky, R. (1987). Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry*, 150, 782–786. Reprinted with permission.

# How do we get all this done?

1. Use reference cards and checklists
2. Automate processes
3. Give the parent resources
4. Use community resources and referrals
5. EMR optimization



## 2. Automate Processes

### Office Considerations

- Have staff teach parents how to weigh baby and measure height at beginning of each visit
  - Staff can enter in Rourke
- Have babies go to the room undressed from the scale for exam (blanket for warmth!)
- Booking guidance, always separate visit for parent and baby to ensure adequate time
  - Consider longer visits for immunizations, or having vaccines at public health



## 2. Automate Processes

### Office Considerations

- Resource packages: consider pre-printed set of resources given at 1 week, 1 month, 2 month visit, etc
- Anticipatory guidance: give vaccine info at 1 month for parent to review prior to 2 month visit



# How do we get all this done?

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# 3. Give the parent resources

## Baby's Best Chance - pdf

<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>



Parents' Handbook of  
Pregnancy and Baby Care



# 3. Give the parent resources

## CPS Caring for Kids Website

<https://www.caringforkids.cps.ca/>



The screenshot shows a web browser window with the URL <https://www.caringforkids.cps.ca/>. The page features the "caring for kids .cps.ca" logo and a photograph of five diverse children. Below the header, there are two main sections: "News to Use" and "Ages & Stages".

**News to Use**

- Vaccination and your child**  
Vaccination is the best way to protect your child against many dangerous diseases. Your child should receive **all the recommended vaccines**. The timing for each shot may be slightly different depending on where you live.
- COVID-19 and your child**  
A disease outbreak such as COVID-19 can be hard for children and teens to cope with and understand. How your child or teen responds will depend on their age, temperament, developmental level. Please **consult our resource** for guidance.
- Helping children and teens cope with stressful public events**  
Stressful public events can be hard for children and teens to cope with and understand. You play an important role in reassuring your child or teen and **helping them cope** with their feelings and reactions.

**Ages & Stages**

- **Preparing for Baby**  
[Preparing for baby: The essentials shopping list](#)
- **Your New Baby**  
[Healthy sleep for your baby and child](#)
- **Your Growing Child**  
[Games, toys and play in the second year of life](#)
- **Teens and Tweens**  
[Cannabis: What parents need to know](#)

# 3. Give the parent resources

## Healthy Families BC

<https://www.healthyfamiliesbc.ca/parenting>

The screenshot displays the Healthy Families BC website interface. At the top, the browser address bar shows the URL [healthyfamiliesbc.ca/parenting](https://www.healthyfamiliesbc.ca/parenting). The website header includes the logo for British Columbia Healthy Families BC, social media icons for Facebook, Twitter, YouTube, and Pinterest, and navigation links for Blog, Contact, Help & FAQs, and For Employers. A secondary navigation bar highlights the 'Pregnancy & Parenting' section, with other options like Home, Food & Nutrition, Activity & Lifestyle, Aging Well, and About Us. A search icon is located on the right.

The main content area features a large banner image of a family (a woman, a man, and a child) with the text: "Parenting Questions about pregnancy or parenting? Find tips, tools & more to help you raise a healthy family. Explore". Below this banner are two featured resources: "Breastfeeding Buddy" (Online Interactive Tool) and "Bringing Baby Home" (Featured Video).

On the left side, there is a sidebar with a search bar and navigation links. Below the navigation, it shows the current path: "Pregnancy & Parenting > Babies (0-12 months)". A "Topic" menu lists various categories, with "Babies (0-12 months)" selected. The main article text reads: "Babies don't come with instruction manuals. But parents and healthcare professionals have learned a lot about the best ways to care for and nurture little ones. Here's the latest advice and information to help you through the first 12 months." An image of a baby in a high chair is shown next to the text.

At the bottom, there are sections for "Featured Articles", "Most Popular", and "Featured Blogs". The "Featured Articles" section shows an article titled "How Often and How Long to Feed" dated October 1, 2019, by HealthyFamilies BC. The "Most Popular" and "Featured Blogs" sections are currently empty.

# 3. Give the parent resources

## Perinatal Services BC

<http://www.perinataleservicesbc.ca/health-info/newborn-care>

Provincial Health Services Authority 

**Alert:** Health professional content is moving to the Perinatal and Newborn Health Hub.  
For the latest resources and guidance, visit the Hub

phsa.ca



Follow us 

Search... 

Our Services

Health Info


Research

About

Contact

Health Professionals

Careers

Menu 

Health Info / [Postpartum & Newborn Care](#)

 SHARE

 A

 A

## Postpartum and Newborn Care



# 3. Give the parent resources

## Safer Sleep

<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/baby-safety/safer-sleep-my-baby>

### Safer Sleep for My Baby

#### Helping Parents and Caregivers Create a Safe Sleep Plan

As parents, you make many decisions every day to help keep your child healthy and safe. When it comes to sleep, your baby's sleep environment is always important – day or night. Some sleep practices are safer than others. This pamphlet shares information about how to help make your baby's sleep environment as safe as possible – so every sleep is a safer sleep.

You and your health care provider can also discuss your infant's sleep plan. For more information, see the resources at the end of this document.

#### Make Every Sleep a Safer Sleep

##### *Place baby on their back to sleep*

Put your baby to sleep on their back for every sleep, whether it's naptime or nighttime.

##### *Use a firm mattress free of hazards*

Use a firm mattress made for babies with no bumper pads, pillows, heavy blankets, comforters quilts or toys. This will help keep their sleep space safe.

##### *Use a crib or bassinet*

The safest place for your baby to sleep is in their own Health Canada approved crib, cradle or bassinet when at home or traveling. Plan ahead when traveling, and make sure there is a safe sleep surface for your baby. Examples of other safe sleep surfaces are the car seat

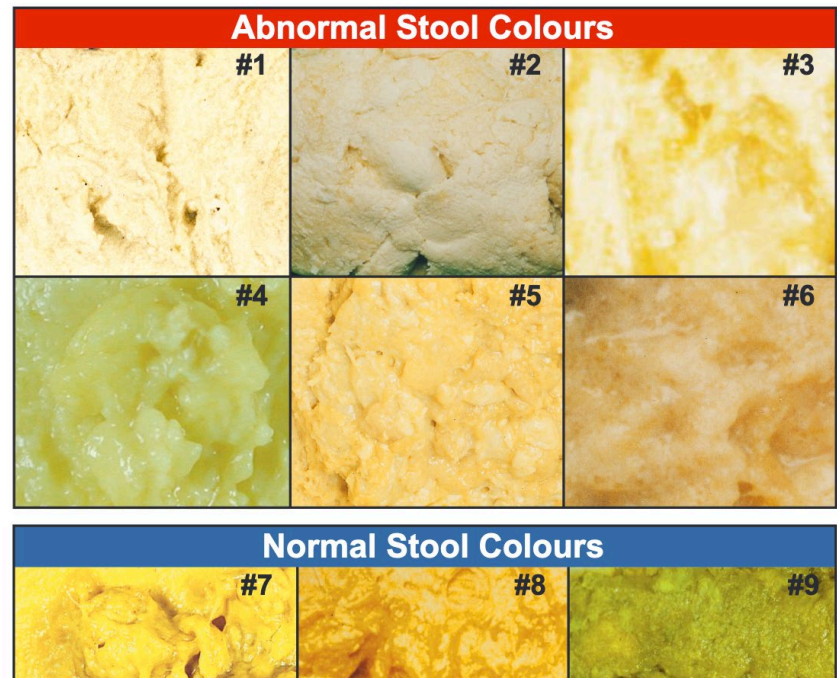


# 3. Give the parent resources

## Biliary atresia stool colour card



### BC INFANT STOOL COLOUR CARD® SCREENING PROGRAM FOR BILIARY ATRESIA

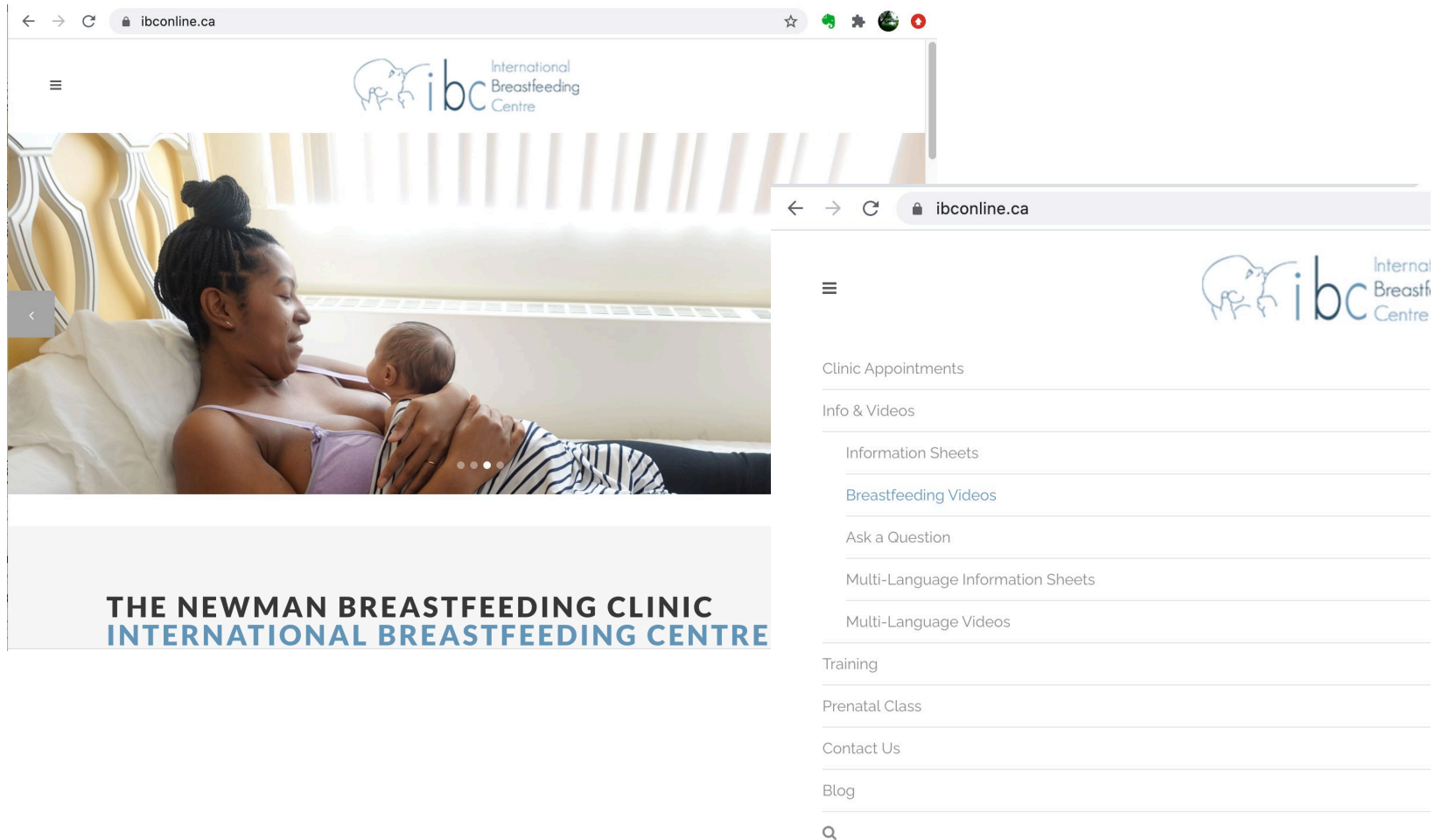


[http://www.perinatalservicesbc.ca/Documents/Screening/BiliaryAtresia/StoolColourCard\\_English.pdf](http://www.perinatalservicesbc.ca/Documents/Screening/BiliaryAtresia/StoolColourCard_English.pdf)

# 3. Give the parent resources

## International Breastfeeding Centre (Dr Newman)

<https://ibconline.ca/>



The image shows a screenshot of the International Breastfeeding Centre (IBC) website. The top section features a large photograph of a woman breastfeeding a baby in a hospital bed. Below the photo, the text reads: **THE NEWMAN BREASTFEEDING CLINIC** and **INTERNATIONAL BREASTFEEDING CENTRE**. To the right, a navigation menu is visible, listing various resources:

- Clinic Appointments
- Info & Videos
  - Information Sheets
  - Breastfeeding Videos
  - Ask a Question
  - Multi-Language Information Sheets
  - Multi-Language Videos
- Training
- Prenatal Class
- Contact Us
- Blog

A search icon is located at the bottom of the menu.

# 3. Give the parent resources

## Kellymom

<https://kellymom.com/>

The screenshot shows the Kellymom website interface. At the top left is the Kellymom logo, which consists of a stylized tree with a heart in its branches, above the text "kellymom Parenting Breastfeeding". Below the logo is a blue navigation bar with the following menu items: Home, Hot Topics, Pregnancy, Breastfeeding, Ages & Stages, Parenting, Health, Nutrition, and Shop. The "Breastfeeding" menu is currently open, displaying a list of sub-items: Got Milk?, What is Normal?, Can I Breastfeed if...?, Common Concerns, Pumping & Employment, and Advocacy. Below the navigation bar, the main content area features a "Recent Articles" section. The first article is titled "COVID-19: Current Guidance - International" and is dated "updated 8 Apr". The article text is partially visible, discussing the lack of clinical evidence for virus transmission through breastmilk and the focus on respiratory infection control. To the right of the article is a search bar with the text "SEARCH" and a placeholder "Search this website ...". At the bottom of the page, the URL "https://kellymom.com/category/bf/" is visible.

# 3. Give the parent resources

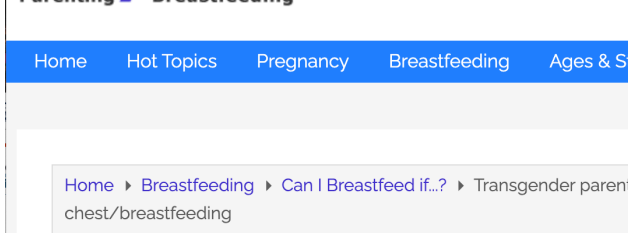
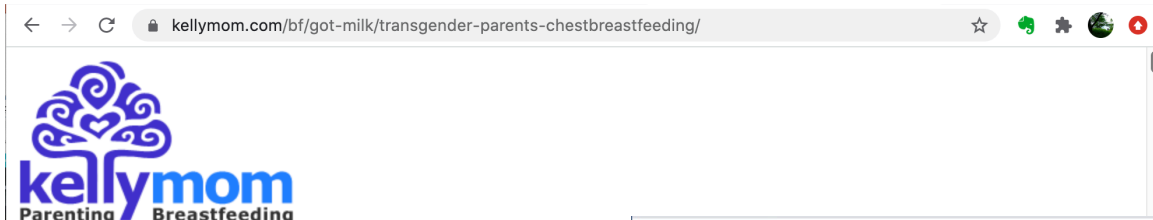
## La Leche League

<https://www.llli.org/>

The screenshot shows the homepage of the La Leche League International website. At the top, there is a navigation bar with the following links: ABOUT, RESOURCES, GET HELP, SUPPORT US, GET INVOLVED, and LEADERS. The main content area features a large teal banner with the word "WELCOME" in multiple languages: ΚΑΛΩΣ ΟΡΙΣΑΤΕ, BIENVENUE, VÍTEJTE, 환영합니다, 歡迎光臨, BIENVENIDO, WELKOM, HOŞ GELDİN, ДОБРО ПОЖАЛОВАТЬ, ようこそ, WILLKOMMEN, BENVENUTO, ברוכה הבאה, WELCOME أهلاً وسهلاً, and VELKOMMEN. A green button labeled "FIND YOUR LANGUAGE" is positioned at the bottom of the banner. To the right of the banner is a photograph of a woman in a patterned top holding a baby. The website's header includes the La Leche League logo, a search bar, and buttons for "Find Your Language" and "Select Language". An orange "DONATE NOW" button is located in the top right corner.

# 3. Give the parent resources

## Chest- and Breastfeeding for non-binary parents



### Transgender parents and chest/breastfeeding

by Trevor MacDonald

**Note:** I have drawn some of this material from tip sheets published previously on [my blog](#) and for La Leche League Canada.



# 3. Give the parent resources

## Plagiocephaly

### Preventing and treating your baby's flat head

#### A family guide to Plagiocephaly



4800 Oak Street, Vancouver, BC V6H 3N1

#### You can prevent your baby's head from shaping flat

Until about 1 year of age a baby's head shape is flexible and can become flat and uneven if a baby likes to look in one direction or is always on his or her back.

You can prevent this. The main way is to change your baby's sleep and play position often during the day and night. Here are some specific ways how to do this:

- ▶ Sleep your baby on his or her back, but make sure your baby's head is in a different position each time he or she sleeps such as the right side, straight forward, left side. TIP: you can turn a young baby's head once they are sound asleep.
- ▶ Switch the end you put your baby down in the crib each night.
- ▶ Play with your baby on his or her tummy and sides 3 to 5 times a day. Some tummy time tips are given later.
- ▶ Change toy and mobile positions every few days so that your baby does not always look in one direction.

Keep using the ideas listed above, as well as:

- ▶ Move the crib so that your baby turns his or her head away from the "flat" side when looking toward the door.
- ▶ Place toys and mobiles on the "round" side so your baby turns away from the flat side.
- ▶ Carry and hold your baby on the round side to avoid pressure on the flat area.
- ▶ If you bottle feed your baby, feed from the round side. Breast fed babies already change sides when they feed. When introducing solid foods, spoon feed your baby from the round side rather than "face on".
- ▶ Carry your baby. Use a front or side carrier with a padded waist strap. Play with your baby in different positions. Every baby, no matter how old she or he is, needs tummy time 3 to 5 times a day. Some tummy time tips are given later.
- ▶ Here are some play ideas for babies of different ages.
- **For babies under 3 to 4 months:** Your baby will be learning to hold his or her head up, but is not

# 3. Give the parent resources

## Vaccine schedules – immunizebc.ca



### BC Routine Immunization Schedule **INFANTS & CHILDREN**

Child's Age

Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	2 Months	4 Months	6 Months	12 Months	18 Months	Starting at 4 years (kindergarten entry)
<b><u>DTaP-HB-IPV-Hib</u></b> (diphtheria, tetanus, pertussis, hepatitis B, polio, Haemophilus influenzae type b)	✓	✓	✓			
<b><u>Pneumococcal Conjugate<sup>†</sup></u></b>	✓	✓		✓		
<b><u>Rotavirus</u></b>	✓	✓				
<b><u>Meningococcal C Conjugate</u></b>	✓			✓		
<b><u>MMR</u></b> (measles, mumps, rubella)				✓		
<b><u>Varicella<sup>†</sup></u></b> (chickenpox)				✓		
<b><u>DTaP-IPV-Hib</u></b>					✓	

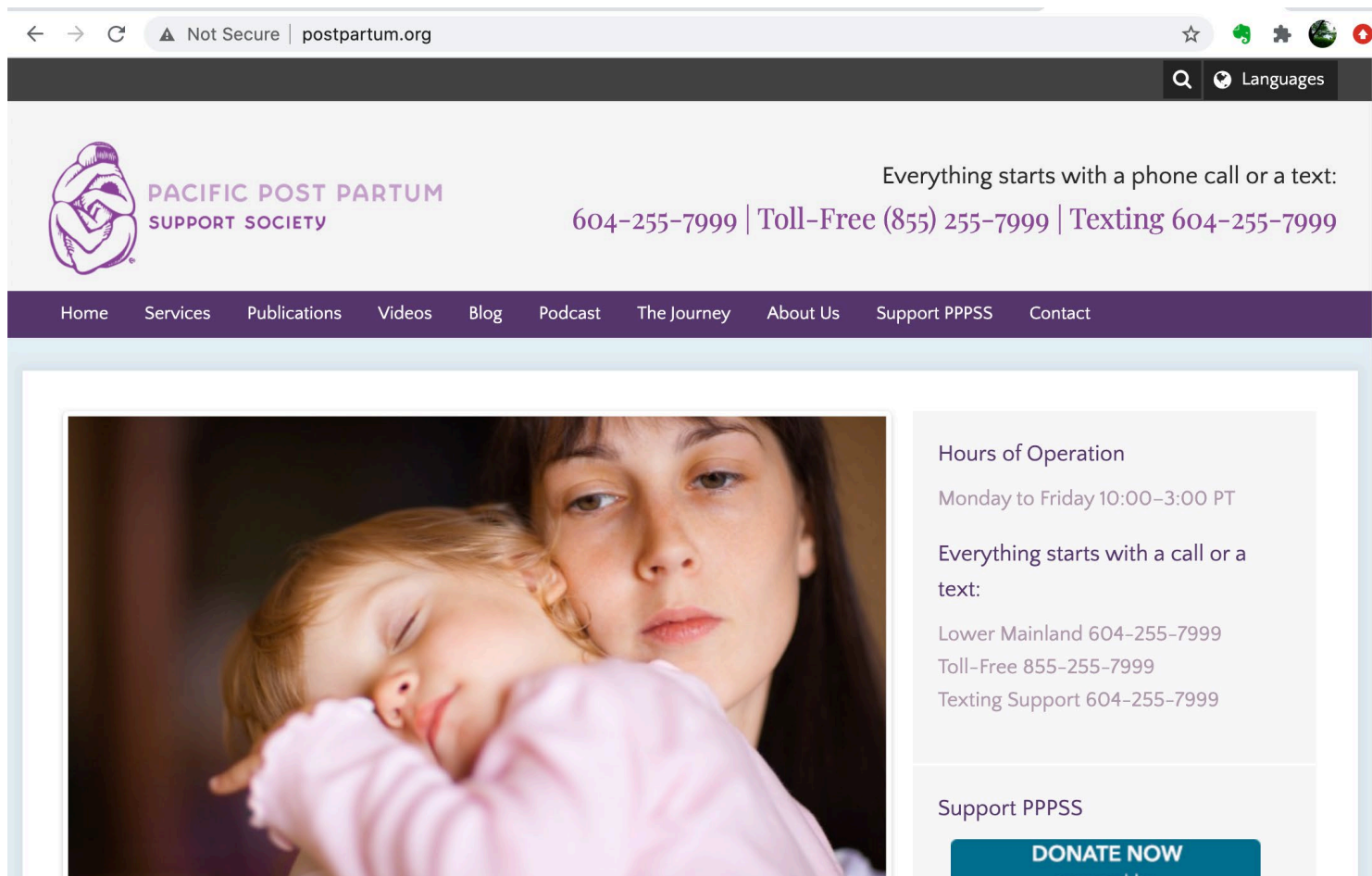
# How do we get all this done?

1. Use reference cards and checklists
2. Automate processes
3. Give the parent resources
4. Use community resources and referrals
5. EMR optimization



# 4. Use community resources and referrals

## Pacific Postpartum Support Society



The screenshot shows the website for the Pacific Postpartum Support Society. The browser address bar displays "Not Secure | postpartum.org". The website header features the organization's logo on the left, which consists of a purple line-art illustration of a woman holding a baby. To the right of the logo, the text reads "PACIFIC POST PARTUM SUPPORT SOCIETY". Further right, the text states "Everything starts with a phone call or a text:" followed by the contact information: "604-255-7999 | Toll-Free (855) 255-7999 | Texting 604-255-7999". A dark purple navigation bar contains the following menu items: Home, Services, Publications, Videos, Blog, Podcast, The Journey, About Us, Support PPPSS, and Contact. Below the navigation bar, there is a large image of a woman with dark hair holding a young child with blonde hair. To the right of this image, there is a section titled "Hours of Operation" with the text "Monday to Friday 10:00–3:00 PT". Below this, it repeats "Everything starts with a call or a text:" and lists the contact numbers: "Lower Mainland 604-255-7999", "Toll-Free 855-255-7999", and "Texting Support 604-255-7999". At the bottom of this section, there is a "Support PPPSS" heading and a prominent blue button that says "DONATE NOW".

# 4. Use community resources and referrals


## Pacific Postpartum Support Society

← → ↻ Not Secure | postpartum.org/services/dads/ ☆ 🌱 ⚙️ 🌐 🛑

604-255-7999 | Toll-Free (855) 255-7999 | Texting 604-255-7999

### *For Dads*

## For Dads



**For Dads**

- Signs of Postpartum Depression and Anxiety in Men
- Tips to help dads deal with PPD/A
- Where dads can go for help
- Resources for Dads

Postpartum depression and anxiety (PPD/A) isn't just for moms. About 10% of all new dads will experience PPD/A, and for those who have a partner coping with it as well, that number is as high as 25–50%. The depression can begin while the partner is still pregnant, but usually happens 3–6 months after birth.

If you find yourself struggling after the birth of your baby, we are here to help.

# 4. Use community resources and referrals

## BC Women's Reproductive Mental Health

reproductivementalhealth.ca

Home About Us Resources Events Sitemap Compliments & Complaints Contact

IN CRISIS? 310-6789

EVENTS DEPRESSION ANXIETY PSYCHOSIS BIPOLAR DISORDER

PACIFIC POST PARTUM SUPPORT SOCIETY



### Reproductive Mental Health



Reproductive Mental Health Program

Watch later

#### REPRODUCTIVE PHASES

Pre-Pregnancy	Pregnancy	Postpartum	Pregnancy Loss	Infertility	PMS
If you have an existing mental health	Any woman may experience a mental	The first year after a baby's birth can	Pregnancy loss is a unique and often	Finding it difficult to become pregnant is an	Many women are troubled by pre-

### Perinatal Depression Treatment Options

BC Reproductive Mental Health Program



Women can experience depression during pregnancy or after the birth of a baby. A woman struggling with depression feels down, sad or empty. She loses interest in doing things that she usually enjoys. She often sleeps and eats more or less than usual and cries for no apparent reason. She may withdraw from friends and family. She has negative and upsetting thoughts. Depression is a medical condition. It is important for a woman to seek help if she is concerned about her mood.

There are several types of treatment for women with depression, including self-care, support groups, counseling and medication. Different women will take different paths to feeling better. The decision about treatment is a very personal one. Talk to your health care provider to learn more about the treatment options that are available. Remember the goal is to reduce symptoms and increase your wellbeing so you can do the things that are important to you.

#### Perinatal Depression (PND)

Each letter stands for one area of self-care:

- eat nutritious foods throughout the day.
- regular exercise to reduce stress and feel less physically fit.
- regular physical activity can help.
- regular sleep is very important for both your mental health. It is worth the effort to work on your sleep.
- Take some time to care for yourself. It is just for a few minutes.
- Don't be afraid to ask for help. You may need support from others. Don't be afraid to ask for help and information!
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- Don't be afraid to ask for help and information!

### Baby Blues & Postpartum Depression

BC Reproductive Mental Health Program

The first few weeks after the birth of a baby can be exciting. But this time can also be very stressful for a woman. Her body is going through changes in hormones, daily routines and sleeping patterns. It's not surprising that many women feel sad, overwhelmed and tearful. Sometimes it is hard to know if the changes to your mood are due to normal "baby blues" or a more serious postpartum depression.

You can learn more by reading this fact sheet - but it is always a good idea to talk to your healthcare provider if you're concerned about your mood. There is help available for postpartum depression. With treatment, most women improve a lot and are able to do much better in all areas of their lives.

#### Depression in Pregnancy

We usually hear about postpartum (after birth) depression, but depression can actually begin in pregnancy.

- 8-12% of pregnant women experience depression
- 10-16% of women experience depression in the first year after birth (postpartum)

If you are pregnant and worried about your mood, talk to your doctor. Treating depression in pregnancy can reduce the risk of depression after the baby is born.

#### Baby Blues

About 80% of mothers feel the "baby blues" or postpartum blues 3-5 days after giving birth. They may:

- feel happy one minute and sad the next - rapid mood swings
- feel helpless, worried, irritable or anxious
- cry for what seems like no reason
- have problems sleeping

These are normal feelings and responses when women have the postpartum blues. Usually these symptoms get better or go away within a week or two and do not require treatment. But, if your mood does not improve after 2 weeks of giving birth, you may be experiencing postpartum depression.

#### Postpartum Depression (PPD)

Depression affects a woman's mood, behaviour, thoughts and physical well-being. Some women might start feeling depressed within the first few days after the baby is born. Others might not feel depressed until weeks or months later. A woman who is experiencing PPD may:

- Feel depressed or extremely sad, most of the day and nearly every day
- Feel irritable or angry
- Feel guilty or worthless
- Feel hopeless and overwhelmed

#### Depression in Pregnancy

- Lose interest in things she used to enjoy
- Sleep a lot more or a lot less than usual
- Eat more or less than usual
- Withdraw from family, friends and contact with other people
- Cry for no apparent reason
- Be restless, or have little energy
- Find it hard to concentrate or make decisions
- Have headaches or upset stomach or other physical symptoms
- Have thoughts that she is a terrible mother
- Have frightening thoughts that keep coming back about harming herself or her baby

Only a doctor can diagnose depression. A woman may be diagnosed with postpartum depression if the symptoms:

- last for more than two weeks
- are very upsetting to the woman
- make it difficult to carry out her daily activities and care for her baby

#### If I am depressed, why do I feel so anxious?

Many women who experience PPD will also experience anxiety. Some symptoms of anxiety are a racing heart, feeling on edge, too much or unrealistic worry, and upsetting thoughts or images of harm to the baby. Other times women will experience symptoms of anxiety without being depressed.

It's important to tell your healthcare provider all of the symptoms you are experiencing. That way you can both discuss all of the support and treatments that are available to you.

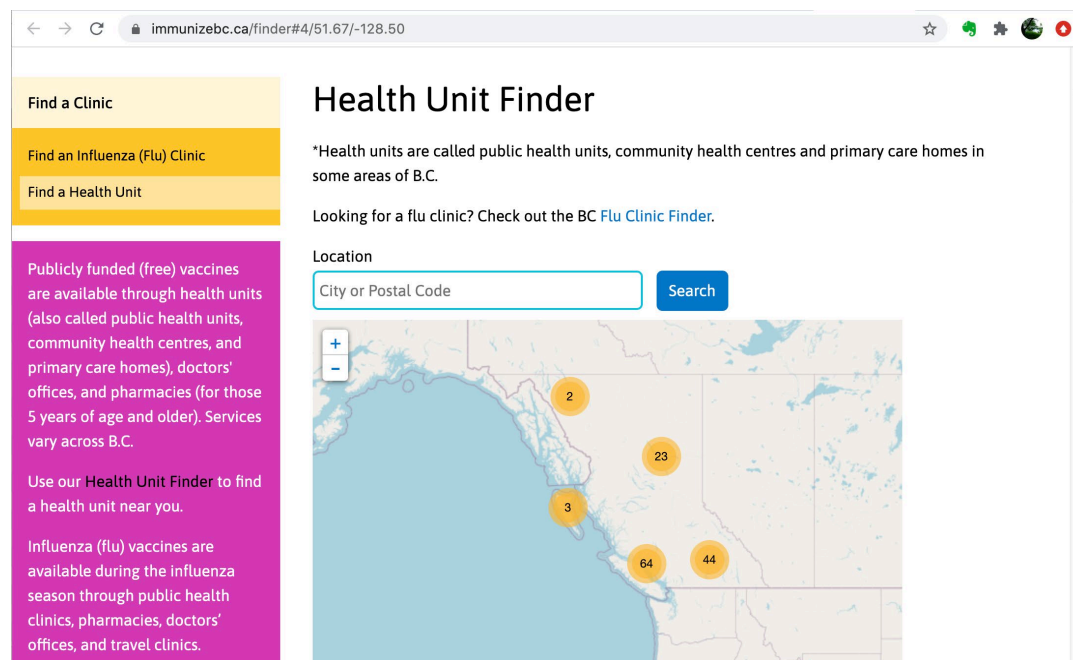
Updated August 2011



# 4. Use community resources and referrals

## Public Health Unit

- In many communities, public health nurses will do postpartum home visits
- Will be able to connect you with services:
  - Infant development / early intervention therapy
  - SLP
  - PT
  - OT
- And more! Contact your local unit to find what services are available



The screenshot shows a web browser window with the URL `immunizebc.ca/finder#4/51.67/-128.50`. The page is titled "Health Unit Finder" and features a navigation menu on the left with options: "Find a Clinic", "Find an Influenza (Flu) Clinic", and "Find a Health Unit". The main content area includes a search bar for "City or Postal Code" with a "Search" button. Below the search bar is a map of British Columbia with five yellow circular markers labeled with numbers 2, 23, 3, 64, and 44. Text on the page explains that health units are also called public health units, community health centres, and primary care homes in some areas of B.C. It also provides information about publicly funded (free) vaccines available through health units and where to find influenza (flu) vaccines.

Health Unit Finder

\*Health units are called public health units, community health centres and primary care homes in some areas of B.C.

Looking for a flu clinic? Check out the [BC Flu Clinic Finder](#).

Location

City or Postal Code

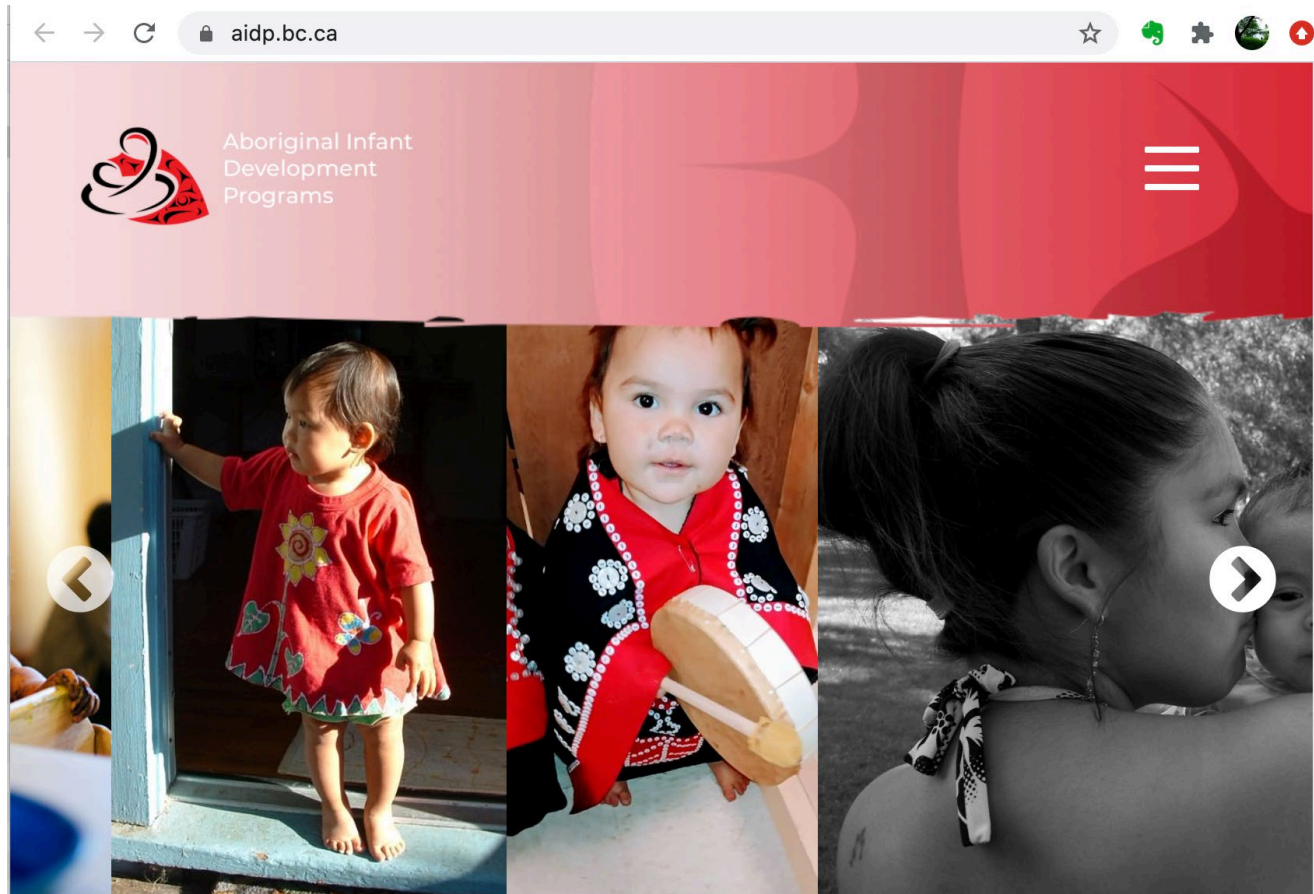
Publicly funded (free) vaccines are available through health units (also called public health units, community health centres, and primary care homes), doctors' offices, and pharmacies (for those 5 years of age and older). Services vary across B.C.

Use our [Health Unit Finder](#) to find a health unit near you.

Influenza (flu) vaccines are available during the influenza season through public health clinics, pharmacies, doctors' offices, and travel clinics.

# 4. Use community resources and referrals

## Aboriginal Infant development program



# 4. Use community resources and referrals

## Pelvic physiotherapy

The screenshot shows the website [bcphysio.org/find-a-physio](https://bcphysio.org/find-a-physio). The navigation menu includes: LOG IN / REGISTER, SEARCH, FOR PHYSIOS, FOR PUBLIC, NEWS AND PUBLICATIONS, POSTINGS, EVENTS, ABOUT US, and COVID-19. The main search area has a 'Find a Physio/Clinic' button. The filter sidebar on the left includes a 'Keywords' field and an 'Areas of practice' dropdown menu. The dropdown menu is open, showing the following options: Orthopaedics (muscles/joints), Paediatrics (children), Pelvic floor (highlighted), Pool therapy, Research, Seniors' health (gerontology), Sports therapy, and Stroke. Below the dropdown, there is a 'Select any filter and click on Apply to see results' section with a 'Location' field (example: eg: 123 Main St. Var) and a 'Proximity (km)' field (value: 20). To the right, a map of British Columbia is shown with several red location pins indicating physiotherapy clinics. The map includes labels for ALBERTA, BRITISH COLUMBIA, EDMONTON, CALGARY, VICTORIA, SEATTLE, WASHINGTON, and MONTANA.

- <https://bcphysio.org/find-a-physio>
- “Areas of practice” -> Pelvic floor

# How do we get all this done?

1. Use reference cards and checklists
2. Automate processes
3. Give the parent resources
4. Use community resources and referrals
5. **EMR optimization**



# 5. EMR Optimization

## Office Considerations

- Templates in EMR
- Growth charts in EMR
- Referral forms in EMR with pre-filled demographics
- Billing worksheets / automation for well baby visits, vaccines



# 5. EMR Optimization Templates

2 Month well baby visit and vaccinations  
Parental concerns: ??

Sleep:

Feeds: BF/formula

Development: meeting all developmental milestones as per Rourke

Safety: sleep safety discussed

Growth: growing well along curve

O/E: Alert, active, NAD

Ant fontanelle soft

+red reflex bilat

+S1/S2, no EHS, no murmurs

GAEB, no crackles, no wheeze

neg Ortolani/Barlow

Good tone

Skin clear

N GU exam – testes down x 2

Vaccinations: 2 month vaccines given, well tolerated

A/P: Well 2 month old baby growing well on curve and meeting all developmental milestones

1. Vaccines: discussed s/e of vaccines, remain in clinic for 15 min
2. F/U at 4 months or sooner PRN



# 5. EMR Optimization

## Billing worksheets - vaccination

**oscarBC Billing**

Patient
FPMS/MISC, 2020
Age
0
Invoice List
Patient Status
AC
Roster Status
FPMS/Misc
Assigned Physician

**Billing Form** | **Billing Physician** | **Billing Type** | **Clarification Code** | **Service Location**

Immunizations | de Valence, Moira | Bill MSP | VANCOUVER | A|Practitioner's Office - In Community

**Service Date** | **Service to date** | **After Hours** | **Time Call** | **Start (HHMM 24hr):** | **End (HHMM 24hr):** | **Dependent** | **Sub Code** | **Payment Method**

2020-10-18 | | No | | | | | No | O - Normal | ELECTRONIC Facility

Group1 Name	Description	\$Fee	Immunizations	Description	\$Fee	Visits	Description	\$Fee									
<div style="display: flex; justify-content: space-between;"> <div> <p><b>Referral Doctor</b></p> <input style="width: 100%;" type="text"/> <p><b>Referral Type</b></p> <p>Select Type <span style="font-size: small;">v</span></p> <p><span style="background-color: #007bff; color: white; padding: 2px;">code search</span></p> </div> <div> <p><b>Referral Doctor on Master Record</b></p> <p>none</p> </div> </div>			<input type="checkbox"/>	00034	INJECTION SUBCUTANEOUS	11.37	<input type="checkbox"/>	12100	VISIT IN OFFICE (AGE 0-1)	34.79							
			<input type="checkbox"/>	00010	INJECTION, INTRAMUSCULAR	11.37	<div style="border: 1px solid gray; padding: 5px;"> <p><b>Diagnostic Code</b></p> <input style="width: 100%; margin-bottom: 5px;" type="text" value="05a"/> <input style="width: 100%; margin-bottom: 5px;" type="text" value="05a"/> <input style="width: 100%; margin-bottom: 5px;" type="text" value="05a"/> <p><span style="background-color: #007bff; color: white; padding: 2px;">dx code search</span></p> </div>										
			<input type="checkbox"/>	10015	IMMUNIZATION - PATIENT < 19 YRS - INFLUENZA (FLU)	5.43											
			<input type="checkbox"/>	10030	IMMUNIZATION-PATIENT < 19 YRS- MMR/V	5.43											
			<input type="checkbox"/>	10011	IMMUNIZATION-PATIENT < 19 YRS- DTAP-IPV-HIB	5.43											
			<input type="checkbox"/>	10026	IMMUNIZ - PATIENT < 19 YRS- VARICELLA(CHICKENPOX)	5.43											
			<input type="checkbox"/>	10027	IMMUNIZATION-PATIENT < 19YRS- DTAP-HB-IPV-HIB	5.43											
			<input checked="" type="checkbox"/>	10029	IMMUNIZATION-PATIENT <19 YRS - ROTAVIRUS	5.43											
			<input checked="" type="checkbox"/>	10023	IMMUNIZATION-PATIENT <19 YRS- PCV13 PNEUMOCOCCAL	5.43											
			<input checked="" type="checkbox"/>	10020	IMMUNIZATION-PATIENT <19 YRS- MEN-C MENINGOCOCCAL C	5.43											
<p><b>Other service/procedure/premium codes</b>   <b>Unit</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid gray; width: 80%;">10020</td> <td style="border-bottom: 1px solid gray; width: 10%; text-align: center;">.5</td> <td style="border-bottom: 1px solid gray; width: 10%;"></td> </tr> <tr> <td style="border-bottom: 1px solid gray;">10023</td> <td style="border-bottom: 1px solid gray; text-align: center;">.5</td> <td style="border-bottom: 1px solid gray;"></td> </tr> <tr> <td style="border-bottom: 1px solid gray;">10029</td> <td style="border-bottom: 1px solid gray; text-align: center;">.5</td> <td style="border-bottom: 1px solid gray;"></td> </tr> </table> <p><span style="background-color: #007bff; color: white; padding: 2px;">code search</span></p>			10020	.5		10023	.5		10029	.5		<p><b>Short Claim Note</b> <span style="float: right;"><input type="checkbox"/> Ignore Warnings</span></p> <p><input style="width: 100%;" type="text"/></p> <p>No Correspondence <span style="font-size: small;">v</span></p> <p><b>Billing Notes</b> (Notes are for internal use and will not be sent to MSP)</p> <div style="border: 1px solid gray; height: 40px; width: 100%;"></div>					
			10020	.5													
			10023	.5													
			10029	.5													

Continue
Cancel

# Billing Tips

## COMPLETE AND APPROPRIATE CHARTING IS ESSENTIAL

1. **I4094** Postnatal Office visit, may be billed up to 6 weeks postpartum.
2. **I2100** Visit in office, 0-1 years old.  
Use for routine well baby visits, ICD-9 = 05a Growth and Development
3. **I2101** Complete examination in office, 0-1 years old.  
For condition requiring complete physical examination and detailed history. Routine or periodic physical examination (check-up) is not a benefit under MSP.
  - Neonatal Jaundice (ICD-9 = 774)
  - Nippissing Development Screen at 18 months (ICD-9 = V79.3 Special screening for developmental delay in childhood)

# Billing Tips

## COMPLETE AND APPROPRIATE CHARTING IS ESSENTIAL

### Immunizations for Patients 18 Years of Age or Younger

10010	Tdap-IPV or DTaP-IPV (Diphtheria, Tetanus, Pertussis, Polio)	<b>10021</b>	<b>Meningococcal Quadrivalent Conjugate (Groups A, C, Y, W-135)</b>
10011	DTaP-IPV-Hib (Diphtheria, Tetanus, Pertussis, Polio, Hib)	<b>10022</b>	<b>MMR (Measles, Mumps, Rubella)</b>
10012	Td (Tetanus, Diphtheria)	<b>10023</b>	<b>Pneumococcal Conjugate (PCV13)</b>
10013	Td/IPV (Tetanus, Diphtheria, Polio)	<b>10024</b>	<b>Pneumococcal Polysaccharide (PPV23)</b>
10014	Tdap (Tetanus, Diphtheria, Pertussis)	<b>10025</b>	<b>Rabies</b>
10015	Influenza (Flu)	<b>10026</b>	<b>Varicella (Chickenpox)</b>
10016	Hepatitis A	<b>10027</b>	<b>DTap-HB-IPV-Hib (Diphtheria, Tetanus, Pertussis, Hep B, Polio, Hib)</b>
10017	Hepatitis B	<b>10028</b>	<b>HPV (Human Papillomavirus)</b>
10018	Haemophilus influenzae type b (Hib)	<b>10029</b>	<b>Rotavirus</b>
10019	Polio (IPV)	<b>10030</b>	<b>MMR/V (Measles, Mumps, Rubella and Varicella)</b>
10020	Meningococcal C Conjugate (MEN-C)		



Vaccine billable in addition to visit for patients 18 Years of age or younger.



This fee may only be claimed up to 4 times per patient per day.



This fee is billable only for the following specific patient populations: patients 18 or younger

ICD-9

33A

# Conclusion

- ▶ When parents give birth, they take one step on their journey in parenthood. They take further steps in the days, weeks, and months after birth.
- ▶ Our responsibility to new families includes comprehensive postpartum and newborn care that encompasses their physical, mental, and emotional needs.




# Additional Training in Maternity Care


## MC4BC (Maternity Care for BC)

← → ↻ [gpscbc.ca/what-we-do/clinical-supports/maternity-care-bc](https://gpscbc.ca/what-we-do/clinical-supports/maternity-care-bc) ☆ 🌱 ⚙️ 🌍 🔒

CONTACT US



HOME WHO WE ARE WHAT WE DO OUR IMPACT NEWS



Clinical Supports Maternity Care for BC

We work on behalf of doctors to strengthen full-service family practice and patient care in BC.

**WHAT WE DO**  
Clinical Supports

- In-Patient Care
- Long-term Care
- **Maternity Care for BC**

Collective Voice  
Incentives  
Practice Supports  
System Change

Recognizing the importance providing obstetrical care in practices, Maternity Care for BC (MC4BC) supports family doctors to strengthen their obstetrical knowledge and skills through hands-on experience, peer mentorship, and financial compensation.

GPs who currently provide (or intend to provide) maternity services, including antepartum, labour and delivery, postpartum, and/or breast-feeding care, are eligible to participate in MC4BC.

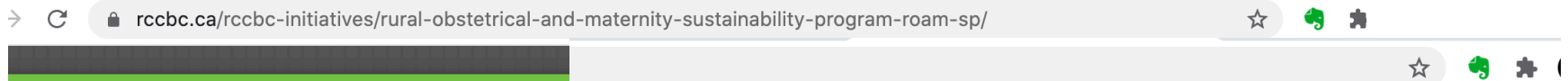
**QUICK LINKS**

- > [CLFP Payment](#)
- > [PMHs and PCNs](#)
- > [Doctors Technology Office](#)
- > [Practice Support Program](#)

Getting Patients

# Additional Training in Maternity Care

REAP (Rural Education Action Plan): ROAM (Rural Obstetrical and Maternity Sustainability Program)



Rural Coordination  
Centre of BC



RCCbc

Education + CME/CPD

Practitioner s

The Rural Education Action Plan (REAP) supports the **training needs of physicians in rural practice**, provides undergraduate **medical students** and **postgraduate residents** with rural practice experience, and increases rural physician participation in the medical school selection process.

REAP was established as a result of the *Rural Practice Subsidiary Agreement (RSA)*, and is managed by the **Joint Standing Committee on Rural Issues (JSC)**. REAP oversees and/or contributes to the following rural education programs:

Learners

Residents

Practitioners



## Rural Obstetrical and Maternity Sustainability Program (ROAM-SP)

### RCCbc Initiatives

- › Rural Health Services Support initiatives/Networks
- › Knowledge-based initiatives

Through ROAM, eligible rural maternity teams have the opportunity to access support and funding to strengthen peer, facility, and regional networks and relationships, and to create and implement a plan that enhances their ability to provide sustainable, high quality maternity care for women and families in rural BC.

### What is ROAM?

# Questions/Comments?

