



## **NEONATAL NEURODEVELOPMENTAL FOLLOW-UP PROGRAMME**

**Dear Parents,**

Welcome to the Neonatal Neurodevelopmental Follow-Up Programme at Singapore General Hospital.

### **1. What is the Neonatal Neurodevelopmental Follow-Up Programme?**

This is an individualised and comprehensive outpatient follow-up service offered to babies needing intensive care following birth.

### **2. Who are the team of healthcare professionals involved in the Follow-Up Programme?**

The team comprises of specialists who are experienced in addressing the on-going needs of your child and includes neonatologists, nurses, physiotherapists, speech therapists, psychologists, occupational therapists and medical social workers.

### **3. Why has this programme been set up?**

The follow-up programme aims at multi-disciplinary assessments of your child's neurodevelopment on discharge from hospital. These visits will also allow us the opportunity to provide timely support should any problems be highlighted during the assessments.

### **4. Why has my child been included in the Follow-Up Programme?**

We invite all babies for follow up if they were born prematurely. We also invite more mature babies with significant medical problems in the newborn period.

### **5. What happens during these appointments?**

A Neonatologist will lead the follow-up of your child following discharge from the hospital. During the visits, our team of healthcare professionals will assess your child and discuss any concerns you may have. We will assess your child's growth and examine your child's posture, movements, and activity. Your child's developmental milestones, feeding, health and immunisations will also be reviewed.

The Physiotherapist will assess your child's motor skills while the Speech Therapist will assess your child's feeding, speech and language development

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to ensure that he/she is meeting his/her milestones. We will obtain information from you about your child's development. Your child will also be given tasks to perform based on a standardised assessment. The results of the assessment and therapy suggestions will be shared with you, to help your child reach his/her full potential.

## **6. What other information do I need to know about these appointments?**

We may also ask you to fill out some questionnaires that will give us more information about your child. These will be given to you at the time of the appointment and we will offer assistance with the form filling, if required.

## **7. How long do these visits last and do I need to make any special preparations?**

Although every effort will be made to keep to the appointment time, please be prepared for possible delays. We recommend that you allow sufficient time for each visit. You will be informed of the estimated duration for each visit. We would advise you to come prepared with milk and baby food, a toy or a book your child likes and a baby blanket. We would also encourage you to bring your child's Health Booklet ('Baby Book') and you may also wish to bring along a list of questions or concerns that you would like to discuss with the team.

## **8. How will I be informed about the appointments?**

You will be contacted about the appointment and an SMS will be sent to you.

## **9. Where should my child and I go for these visits?**

The Neonatologist is located at the Baby & Child Clinic at the Obstetrics & Gynaecology Centre, Block 5, Ground Floor, Singapore General Hospital. When you arrive, do remember to inform the staff that you are here to attend the Neonatal Neurodevelopmental Follow-Up Programme. If you have an appointment letter, please bring this along and pass it to our staff.

Kindly note that the 12-month appointment will be a combined clinic with the Neonatologist, the Physiotherapist and the Speech Therapist. This will be located at the Obstetrics & Gynaecology Centre, Block 5, Ground Floor, Singapore General Hospital. The other Physiotherapist and the Speech Therapist appointments are located at SingHealth Tower, Level 4.

## **10. Aside from the Follow-Up Visit appointments, does my child need to attend any other appointments?**

In addition to the Follow-Up Visit appointments, your child may have appointments with other specialists for other reviews. If your child was

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referred to the Speech Therapist for feeding in the hospital, please continue with these appointments for feeding. The Follow-Up Visits with the Speech Therapist will be focused on your child’s speech and language development. Your child may also be referred for more regular sessions with the therapists for early intervention should the need arises. We will try our best to allocate future appointments to facilitate your schedule. Please contact us should you have any concerns.

**11. What if I cannot attend?**

If you are unable to attend or wish to cancel or change the appointment, please contact us (during office hours):

Susan Phung | Programme Coordinator  
 DID : (65) 6576 7785  
 Email: [phung.took.cheng@sggh.com.sg](mailto:phung.took.cheng@sggh.com.sg)

Nurse | Neurodevelopmental Follow-Up Programme  
 DID : (65) 6321 4543

Sharon Yam |Staff Nurse | Baby & Child Clinic, O&G Centre  
 DID : (65) 6326 5938

Anaathi D/O Rasoo | Patient Service Associate | Ward 53 – NICU  
 DID : (65) 6321 4540

**Your Child’s typical follow-up schedule**

Age	Follow-Up	
6 months*	Neonatologist	Physiotherapist & Speech Therapist
12 months*	Neonatologist, Physiotherapist & Speech Therapist	
18 months*	Neonatologist	Physiotherapist & Speech Therapist
24 months*#	Neonatologist & Psychologist	
5.5 years#	Neonatologist & Psychologist	
8 years#	Neonatologist & Psychologist	

\*Corrected; #By criteria

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