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Assessment of follow up rate and its determinants among newborns admitted in NICU in a tertiary care hospital of coastal district of Karnataka

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DISSERTATION PROTOCOL

Title: Assessment of follow up rate and its determinants among newborns admitted in NICU in a tertiary care hospital of coastal district of Karnataka

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ABSTRACT:

High risk infants discharged from NICU are at risk of adverse neuro-developmental outcomes. Follow up (FU) rate in NICU ranges from 21% to 40%, the neuro-developmental impairment rates which ranges from 22% to 50% for the preterm and ELBW infants. This study is to assess the rate of NICU follow up and to determine the loss to follow up by educational intervention.

Objective and methodology: assess the follow up rates of neonates discharged from NICU, factors associated with follow up, effects of follow up after intervention. A non-randomized before and after comparative study, for a period of one year at a tertiary care center at coastal district of Karnataka.

Results: 350 neonates admitted in the NICU for more than 72 hours were studied. Education intervention was used to assess the follow up rate after intervention.

49.72% visited the follow up clinic on day 8, 39.23% on day 30, 23.20% at 3 months and 14.92% at 6 months in the before intervention group. 44.38% came for follow up on day 8, 40.83% on day 30, 37.27% at 3 months and 16.57% at 6 months in after intervention group. After intervention the follow up rate improved significantly. The reasons for loss to follow up were asymptomatic baby, non-availability of convenient transportation, availability of local doctor, economic burden and working mothers.

Conclusion:

The follow up rate of new-born discharged from NICU was less than 50% both before and after intervention but the educational intervention was effective in improving the follow up.