

Interstage Home Monitoring Program

Home Monitoring Flowsheets for:

**Please Bring This Binder
To All Clinic Visits**



Interstage Home Monitoring Cover Page

Name:

MRN#:

DOB:

Diagnosis: **Hypoplastic Left Heart Syndrome with mitral atresia and aortic atresia**

Surgical Intervention & Date: **S/p stage 1 Norwood palliation with 6mm Sano modification**

Primary Cardiologist:

Interstage Cardiology Team:

Discharge Date: _____

Discharge Weight: _____

Discharge O₂ Saturation: _____

Discharge Feeds: _____



HOME MONITORING FAMILY EDUCATION

WEIGHT CONVERSIONS AND CALCULATIONS

1 kg or kilogram = 2.2 pound

1 ounce = approx. 30 grams

1 kg = 1000 grams

.1 kg = 100 grams

.01 kg = 10 grams

.001 kg = 1 gram

3.25kg = 3250 grams

2.975kg = 2975 grams

weight on day #1 = 2.89kg

2.91

weight on day #2 = 2.91kg

-2.89

0.02 or 20 gram weight gain

weight on day #1 = 3.31kg

3.31

weight on day #2 = 3.28kg

-3.28

0.03 or 30 gram weight loss

NUTRITION AND GROWTH GUIDELINES

1cc = 1ml

1 fluid ounce = 30cc

A baby needs 100cc per kg of weight to be adequately hydrated. This means a 3.15 kg baby needs 315cc of fluid / day.

A full-term baby with no health problems gains an average of 25-35 grams / day during the first months of life.

A baby with severe congenital heart disease has a goal of gaining 15-25 grams/day during first months of life.

To gain 15-25 grams per day a baby needs to take in about 110 -130 kcal/kg/day. We calculate this by knowing the ounces of intake, the calorie strength of the formula or breast milk, and the current weight of the baby. Babies who feed by mouth increase their intake as they grow to meet their needs. Tube fed babies need to have their volumes and/or calories increased about every 2 weeks to continue to reach their nutritional goals. The Interstage Team will manage your infant's feeds during the interstage period.

Date: ___/___/___

Today's Weight:

_____ lbs / Kg / grams

Yesterday's weight:

_____ lbs / Kg / grams

Weight Change:

(Today – Yesterday):

+ / - _____ lbs / Kg / grams

O₂ Saturation: _____%

Heart Rate: _____ Beats per minute

Feeds: <u>Time</u>	<u>Amount*</u> (cc / oz)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

* If you breast feed, write bf under amount.

24 hour Feed Total: _____

Comments _____

Date: ___/___/___

Today's Weight:

_____ lbs / Kg / grams

Yesterday's weight:

_____ lbs / Kg / grams

Weight Change:

(Today – Yesterday):

+ / - _____ lbs / Kg / grams

O₂ Saturation: _____%

Heart Rate: _____ Beats per minute

Feeds: <u>Time</u>	<u>Amount*</u> (cc / oz)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

* If you breast feed, write bf under amount.

24 hour Feed Total: _____

Comments _____

CALL YOUR CHILD'S CARDIOLOGIST IF:

- Your child does not gain 0.01 kg (10 grams) over a 3 day span.
- Your child loses 0.03 kg (30 grams) over a 1-2 day span.
- Your child's oxygen saturations drop consistently below 75%.
- Your child does not take in 100cc/kg of formula or breast milk in 24 hours.
- Your child has a temperature of 100.4 or higher rectally (99.4 axillary).
- Your child is breathing harder, faster or is fussy.
- You have any questions or concern

