



Well Baby packages

Appointment Preparation Guidelines

Booking and scheduling of visits

- When booking any of the four Well Baby packages, you will be required to state if you prefer **home visits or clinic appointments** with the paediatrician and/or public health nurse. Our front desk representative will assist you with scheduling all visits.
- Paediatrician visits are scheduled with your baby's **developmental milestones** in mind, while vaccinations are per Ghana's **Expanded Programme on Immunization (EPI)**.
- If you book the **Well Baby Plus or Well Baby Premium packages**, some paediatrician and vaccination visits, if practical, will be scheduled for the same day for convenience.
- If your baby already has a **Child Health Record book** (Green book), Front Desk will request for some information from it. This will assist with scheduling of visits especially with the public health nurse for vaccination. Ensure that you have it on hand at all times.
- If not, baby will be provided one by the public health nurse.

What to expect during paediatrician visits

- The visit should last between **30-45 minutes**.
- During the first appointment, the paediatrician will ask for some details about your pregnancy and delivery.
- Each paediatrician visit will involve a detailed enquiry from you about your baby's state of health, behaviour, etc. and a thorough physical examination with special attention to developmental milestones.
- Baby's doctor will take **blood samples at 9 months** to run some tests. Do not worry, our paediatricians are skilled and patient and will do everything to make the procedure as quick and painless as possible for your baby.
- The paediatrician will have an **online review** with you about the test results, and they will be sent to you electronically.
- The paediatrician will make some notes in baby's Child Health Record book, so always remember to carry it along or make it readily available for each visit.

What to expect during vaccination visits

- Each PHN visit should last about **20-30 minutes**.
- The public health nurse will follow the schedule for the EPI.
- Vaccines per the EPI are provided by the Ghana Health Service and are not for sale. The public health nurse will come along with the vaccine at each visit.
- Other vaccines (chickenpox, typhoid, etc) may be provided to baby per recommendation or parental request.
- Baby's weight, length and head circumference will be checked and details entered into the CHR book.

Special considerations for home visits

- **Conducive workspace:** Your doctor will require a table or other surface for equipment and other items. Some parts of the examination will require you lay flat on your back on a bed or couch. Bedrooms and living rooms are ideal.
- **Water for handwashing and sanitation:** For baby's and doctor's hygiene and safety, kindly make available some water along with handwashing soap and towels.

What happens after baby turns 2?

- The Well Baby packages conclude at age 2 years.
- However, your baby will benefit from yearly paediatrician visits. There are also other vaccines and supplements your child can receive after the age of 2 years. You may discuss this with the paediatrician and Front Desk to have these visits scheduled on a yearly basis up to the age of 5 and beyond.