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Rourke et al



Rourke Baby Record

The 2020 Rourke Baby Record materials in this edition were designed and written in accordance with earlier versions of RBR materials in previous editions of this book. We wish to acknowledge the substantial contributions made by Drs. Lyn Power and Sonya Englert to the design and content of RBR materials in these previous editions.

Overview

The Rourke Baby Record (RBR) is an evidence-based system endorsed by CFPC, CPS, and DC for well-baby and well-child visits from 1 week to 5 years of age. It includes Guides I to V:

- Guide I - Age 0-1 months
- Guide II - Age 2-6 months
- Guide III - Age 9-15 months
- Guide IV - Age 18 months -5 years
- Guide V - Immunization chart

It also includes 4 Resources pages that summarize current evidence:

- Resources 1: Growth, nutrition, injury prevention, environmental health, other
- Resources 2: Family, behavior, development, physical exam, investigation/screening
- Resources 3: Immunizations
- Resources 4: Development & parenting resources, referrals table

Note: Strength of recommendation is based on literature review using the classification: **Good** (**bold type**); *Fair* (*italic type*); Inconclusive evidence/consensus (plain type).

Key Content

Each child should have the following info recorded on the RBR:

• Pregnancy	• Past Problems	• Name	• Gestational age
• Birth remarks	• Risk factors	• DOB	• Birth wt, length, and HC
• Apgar	• Family Hx	• M/F	• Discharge wt

Domains of Well-baby/Well-child care:

- **Growth:** Use WHO growth charts. Used corrected age until 24-36 mo of page for infants <37 weeks gestation
- **Nutrition:** See RBR Resources 1
- **Education and Advice:** Repeat discussion of items is based on perceived risk or need
- **Physical Exam:** An appropriate, age-specific exam is recommended at each visit.
- **Development:** Tasks are set after the time of typical milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB-correct for age if < 37 weeks gestation
- **Investigations/Immunizations:** Discuss immunization benefits and pain reduction strategies.

Additional Online Resources

For health care professionals:

- News items
- Download RBR and WHO Growth Charts for Canada
- Interactive RBR: Provides the evidence and resources for RBR items
- Parent resources: Parent info sheets and link to parent web portal
- Evidence summary by topic
- Revisions from earlier RBR editions
- Literature review for RBR items, annotated with level of evidence
- Publications

For parents:

- Parent info sheets for specific ages corresponding to RBR items
- Links to reliable parent resources, by topic or by age, and with a search function

Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only.