



Republic of the Philippines
PHILIPPINE HEALTH INSURANCE CORPORATION

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Case No. _____

Annex “I – Preterm and small baby”

PRE-DISCHARGE COUNSELING CHECKLIST

HEALTH CARE INSTITUTION (HCI)	
ADDRESS OF HCI	
PATIENT (Last name, First name, Middle name, Suffix)	
PHILHEALTH ID NUMBER OF PATIENT	<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/>
MEMBER (if patient is a dependent) (Last name, First name, Middle name, Suffix)	
PHILHEALTH ID NUMBER OF MEMBER	<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/>

Place a (✓) in the status column if DONE or NA, if not applicable.

I. ACTIVITY	Status
A. Explained and discussed how and when to wash hands	
1. Proper handwashing, e.g. WHO 1-2-3-4-5 technique, using soap and clean water	
2. Before and after breastfeeding or expressing	
3. Before and after baby care e.g. bathing	
4. Before and after changing diaper	
5. After using the toilet	
6. Before and after handling food and cooking	
B. Explained and discussed how to recognize danger signs	
1. Breathing fast (> 60 breaths per minute)	
2. Irregular breathing (gaspings) or noisy breathing	
3. Chest in-drawing (retractions)	
4. Stops breathing > 20 secs (apneic episode)	
5. Pale or blue color on lips and around mouth	
6. Baby feels cold	
7. Difficulty breastfeeding, recurrent vomiting, diarrhea	
8. Convulsions	
9. Yellow skin (jaundice)	
10. No spontaneous movement (moves only when stimulated)	
C. Explained and discussed actions to address problems	
1. Check temperature of the room, put in skin-to-skin contact and provide additional layers of clothing over baby’s back and head if the baby is cold or has slow breathing or blue color	

