



“Infant Progress Clinic”

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Did you know the Cedars-Sinai NICU offers a developmental follow-up program to infants identified as being at "high risk" for developmental delays? Cedars' high risk infant follow up clinic is called the Infant Progress Clinic (or IPC for short). IPC offers developmental evaluations at intervals throughout the first two years of the NICU "graduate's" life to make sure that each child is functioning at a level appropriate for their age or that appropriate early intervention services have been initiated to help the child along. Early detection of delays and intervention with appropriate services provides children with the opportunity to strive toward their own individual optimal performance.

The Infant Progress Clinic offers an interdisciplinary evaluation of the child's developmental progress including an assessment of the child's mental and motor development and a short physical examination. Babies usually come in for their first visit when they are about six months adjusted age. The family is greeted by friendly faces that they were familiar with when their baby was in the NICU. At all ages, the children are presented with toys and tasks on a brightly colored rainbow mat that are fun but challenging.

The team discusses the evaluation findings and recommendations with the parents and, if needed, recommendations are made for early intervention services. These may include services from an infant stimulation specialist, physical, occupational or speech therapist, respite care, infant stimulation classes or involvement in a swim or gym class. Many of these services are provided to the children in their home, but families can choose to go to a place in the community. Every child and family are different so the recommendations are tailored to meet the needs of the child and family. The evaluation is also a time for parents to ask the team questions so they can get a better understanding of the stages of their child's development.

The IPC is intended to complement the developmental guidance provided by your pediatrician and does not take the place of any of visits to your pediatrician.

The IPC team members are:

Augusto Sola, MD - Medical Co-director
Sabitha Sehgal, MD - Medical Co-director John Graham, MD
Donna Posin, OTR - Occupational Therapist
Astri Sorgaard Hilton, RPT - Physical Therapist
Sherry Fillafer, RN - Clinic Coordinator

California Children's Services has developed guidelines that determine which NICU graduates are considered to be "high risk." Infants eligible for the Infant Progress Clinic are identified by certain criteria present in their medical history. If you have questions regarding your child's development, please consult with your pediatrician.

If you would like more information or would like to know whether a baby is eligible for Infant Progress Clinic, please contact the clinic coordinator - Sherry Fillafer at 310-423-4465.