



Stage: Discharge and going home

Questions to ask medical professionals

- What does my baby need to be able to do before they can go home?
- Could my child be sent home on oxygen?
- Could my child go home with a feeding tube?
- Will my child have access to a feeding clinic if needed?
- Do you offer a 'Care by Parent' program (some hospitals offer a program where the parents are allocated an onsite room where they can stay a few nights at the hospital with their baby to ensure they feel capable and confident in supporting their baby away from the doctors and nurses)?
- What is the care plan after we are discharged from the hospital?
- What support can I access once we go home?
- Does this hospital offer any follow-up services for children with CDH?
- Do I need to arrange a local paediatrician on top of our hospital one?
- Do I need to keep my child at home more than a normal baby? Do I need to keep visitors at a minimum?
- What can I do to ensure my child is as healthy as possible when we go home?
- What do I do if I get home and my child is unwell or if I'm worried about their breathing?
- Is there any medical equipment or items that you recommend purchasing for home?
- Who do I go to if I need to coordinate other health services? Do I contact the hospital or go through my GP or maternal and child health nurse?
- Does my child need any follow-up vaccinations (e.g. RSV or flu shots)?

Advice from parents

- Meet with people who will care for you post hospital, and find out how the care over the first year or so might look. Try to understand any potential complications, and signs to look out for.
- Ask 'What is going to happen when we get home?' — those were some of the hardest times.