

Postnatal discharge to a child and family health nurse: feeding concerns after gestational diabetes



Assume that today's date is 21 October 2026. Mrs Rahman and her baby are being discharged home today. You are a registered nurse on the postnatal ward at Eastwood Women's Hospital. Using the information in the case notes, write a letter to Ms Rebecca Moore, Child and Family Health Nurse, requesting an early home visit. Address the letter to Ms Rebecca Moore, Child and Family Health Nurse, Eastwood Child and Family Health Centre, 25 Mill Street, Eastwood. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

Mother's details

1. Name: Mrs Aisha Rahman
2. DOB: 08/04/1994 (32 yrs); first baby
3. Address: 14 Jacaranda Way, Eastwood

Social background

4. Lives with husband (Omar), who has 2 weeks' paternity leave
5. Husband works as an accountant
6. Pt's mother arriving from overseas in 3 wks to help
7. Interested in baby swimming classes

Pregnancy & birth

8. Gestational diabetes (diagnosed 26 wks) — insulin from 30 wks; ceased after birth
9. Postnatal BGLs within normal range
10. Emergency caesarean section 17/10/26 at 38+2 wks for failure to progress
11. Pt unhappy that obstetrician 'didn't try harder' for vaginal birth; considering a complaint
12. Estimated blood loss 600 mL; Hb 108 g/L postnatally
13. BMI 34 → enoxaparin 40 mg subcut daily, 18/10–27/10 inclusive (10 doses) — pt self-injecting competently
14. Wound: clean, dry, dissolvable sutures
15. Pain controlled with paracetamol and ibuprofen

Baby's details

16. Name: Zara Rahman; born 17/10/26 at 09:00; female
17. Birth weight 3,150 g
18. Neonatal BGLs monitored for 24 hrs (maternal GDM) — all within normal range

Baby's details

19. Day 4 weight 2,900 g (8% loss)
20. Jaundice noted day 3; serum bilirubin 236 $\mu\text{mol/L}$ at 72 hrs (phototherapy threshold 300); repeat today 241 $\mu\text{mol/L}$ at 96 hrs (threshold 350) — no further blood test planned unless clinically worse

21. Vitamin K given at birth; hepatitis B vaccine given
22. Newborn hearing screen: passed

Feeding

23. Breastfeeding; shallow latch → L nipple trauma
24. Expressing after feeds; supplementing with expressed breast milk via syringe/cup
25. 8–10 feeds/24 hrs; 5 wet nappies in last 24 hrs; stools changing to yellow
26. Lactation consultant review 20/10 — positioning improved

Mood

27. Tearful day 3, 'worried about not having enough milk'; EPDS 7
28. Husband supportive

Discharge plan

29. Child and family health nurse home visit within 48 hrs: weigh baby, feeding review, jaundice check, maternal mood
30. 75 g oral glucose tolerance test at 6–12 wks postpartum (request form given)
31. GP 6-wk check for mother and baby
32. Return to hospital if baby jaundice worsens, poor feeding, fewer wet nappies