A heart-health next step for the mother, too.

Suggested use of the two-page family handout during a NICU stay and at discharge.

Scope

Educational conversation aid, not an adult cardiac screening test or a treatment protocol. The mother's treating team owns her care plan. Do not wait for infant discharge to connect her with care.

1. Ask and listen.

"Who is looking after your health while your baby is here?" Follow local maternal emergency procedures if warning signs are reported. Do not route urgent symptoms to a routine or lactation appointment.

2. Identify the maternal history.

With permission, help her locate her discharge instructions. Separate her diagnoses from the infant's history. Highlight hypertensive disorders, gestational diabetes, early birth/growth concerns, and diagnosed cardiac or vascular disease.

3. Connect the receiving team.

Help identify a maternity or primary care contact, and a specialist when indicated. Clarify the receiving service, appointment and result-review responsibility. A contact number alone does not confirm a completed handoff.

4. Include feeding and practical support.

Low milk supply alone is not a cardiac diagnosis. Offer lactation and maternal review; coordinate medication questions with the prescriber and infant team. Ask about transport, cost, language, childcare and emotional support.

5. Check understanding.

Ask the mother to explain her next step and who she will call. Review overdue follow-up during the stay and again before infant discharge. Offer paper or a private digital copy; do not collect her completed form for HEART RESERVE.

Before routine institutional use

Obtain local obstetric, cardiology, lactation and discharge-team review; align referral and escalation pathways with local policy. This edition has not undergone independent clinical review or outcomes evaluation. No adoption or endorsement is implied.

For a pilot, measure understanding and successful connection to care using an approved local process. Website visits and download clicks do not establish completed follow-up.

Family handout, medical sources and current version: https://heartreserve.blog/resources/after-nicu