



## APORS High Risk Infant Follow-Up Program



### What is the purpose of APORS?

The state of Illinois requires that all newborns who leave the hospital with certain high risk conditions called 'adverse pregnancy outcomes' have access to follow-up home visits by a public health nurse within 14 days after discharge from the hospital, up to age 2. This program is called the Adverse Pregnancy Outcomes Reporting System (APORS). APORS collects information that will help guide public health policy to reduce adverse pregnancy outcomes and provide special services to correct and prevent further health problems.

### How can a public health nurse help?

The public health nurse can support the family, by providing guidance on:

- breastfeeding support
- infant care
- optimal growth and development
- how to prevent complications and illness
- ways to reduce family stress
- referrals for evaluation, treatment and supportive services

### What kind of conditions are considered high risk?

In order to be referred through the APORS system, the infant must have one of the following conditions at birth:

- Prematurity (less than 30 weeks)
- Birth defect
- Multiple births (3 or more)
- Serious infection
- Metabolic, endocrine, or immune disorder
- Blood disorder
- Neonatal or fetal death
- Prenatal drug exposure
- Other high risk conditions

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*With the help of the nurse, my son Nicholas was able to finally latch onto my breast. It was the most exhilarating moment of my life. Not only will my son receive the best nutrition, but we will build a strong connection.*

~Lissette, mother of Nicholas, 3 mos.

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*I was lucky for my children's nurse. The help I received from the program was above and beyond. I had a 1.7 lb. preemie at 23 weeks and needed a lot of support to get the services she needed. I truly believe that without the program, my daughter wouldn't be as well developed. I am thankful for my nurse.*

~Catherine, mother of Alexa, 4 years, and Evy, 4 mos.

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*The program is awesome. The nurse gave me great advice. My son needed speech therapy and the nurse helped me to get the therapy he needed.*

~Adriana, mother of Christopher, 18 mos.

### **Is there a cost?**

No, there is no cost for the APORS home visit program. It is free.

### **Will information be kept confidential?**

Yes, all information is kept confidential, according to HIPAA guidelines.

### **Where can I go for more information?**

Please visit the following websites for more information about APORS, birth defects and developmental milestones and disabilities:

- Illinois Department of Public Health - Information about the APORS program [idph.state.il.us/about/epi/apors.htm](http://idph.state.il.us/about/epi/apors.htm)
- U.S. Centers for Disease Control and Prevention National Center on Birth Defects and Developmental Disabilities [cdc.gov/ncbddd/index.html](http://cdc.gov/ncbddd/index.html)
- American Academy of Pediatrics [aap.org/en-us/Pages/Default.aspx](http://aap.org/en-us/Pages/Default.aspx)
- Ages and Stages Questionnaires Parent-completed developmental and social/emotional screening tools [agesandstages.com](http://agesandstages.com)

### **About Cook County Department of Public Health**

Cook County Department of Public Health is the nationally accredited, state-certified local health department serving residents of suburban Cook County. To confirm the employment of a public health nurse before a visit or to speak with someone about the APORS program, please email [APORS@cookcountyhhs.org](mailto:APORS@cookcountyhhs.org) or call any phone number below:

North District 847-818-2860  
South District 708-633-8030

West District 708-974-6160  
Southwest District 708-974-6160

For more information:

[www.cookcountypublichealth.org](http://www.cookcountypublichealth.org)

