

Bringing Your Baby Home With a Monitor

Learning how to use a monitor

Meeting with the home monitor medical company. This one-hour class will be conducted by a home monitor medical equipment company representative and take place in the hospital. The apnea program staff will arrange the class at a time convenient to you. The session includes:

- Explaining the company's services
- Demonstrating how the monitor operates
- Correcting common problems
- Putting the monitor on a baby

Meeting with the home monitor program staff. This class consists of cardiopulmonary resuscitation (CPR) and skills needed to respond to monitor alarms. Everyone who will be involved in the care of your child, such as grandparents, baby-sitters, and extended family members, are invited and encouraged to attend. The apnea program staff will schedule this 1 ½ to 2 hour class for you. This class includes:

- Skills needed to respond to an infant who stops breathing (you will practice on mannequins)
- Steps to take when the baby chokes
- What to do when the monitor alarm sounds
- The difference between real and false alarms
- Dealing with false alarms

Leaving the hospital. Once you are at home, the apnea program staff will contact you by phone. The apnea staff are available 24 hours a day to answer any questions that come up after leaving the hospital.