

Optimizing Well Baby Care using the 2024 Rourke Baby Record

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Background

- The **Rourke Baby Record (RBR)** is a freely available health supervision guide for routine preventive healthcare in infants and young children up to 6 years of age.
- Each visit includes **evidence informed recommendations** on growth and nutrition monitoring, developmental surveillance, physical exam parameters and immunizations.
- It also includes **anticipatory guidance** on injury prevention, family functioning and health promotion.
- An **Ontario version** of the RBR is available that provides specific content and resources to address regional needs in infant and child preventive care.

Meet the Core RBR Team

- Consists of family physicians and pediatricians.
- Responsible for ongoing maintenance and updates to the RBR.



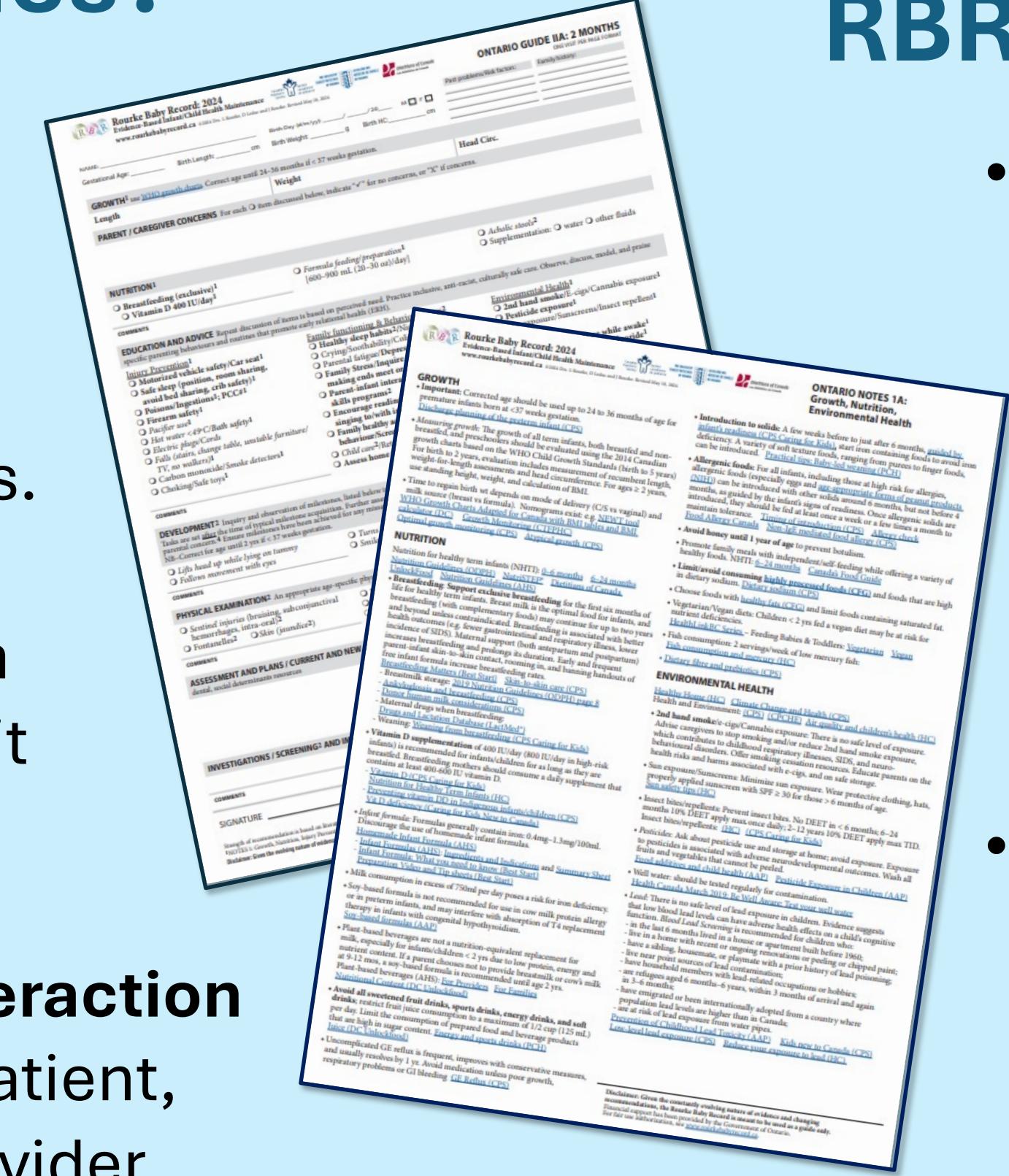
From left to right:
Denis Leduc, James Rourke, Leslie Rourke, Anne Rowan-Legg, Imaan Bayoumi, Bruce Kwok, Patricia Li

Methodology

- Literature search strategies, selection, and review of each relevant study was led by **McMaster Evidence Review and Synthesis Team (MERST)**, McMaster University, Hamilton, Ontario.
- A **modified Shekelle approach** was used to critically appraise the literature.
- The quality of the evidence was used to determine the strength of each recommendation, using the longstanding and clinician-friendly print scheme of **Good, Fair, and Inconclusive evidence/Consensus**.

What are RBR Guides?

- An **evidence-based tool** used during well baby and well child visits.
- Instead of treating it like a checklist, use it to **foster a personalized, reciprocal interaction** between the patient, family, and provider.



What are RBR Notes?

- Provides **concise background information and resources** that supports the recommendations found in the Guides.
- Previously known as **Resources**.

Key updates in the 2024 RBR...

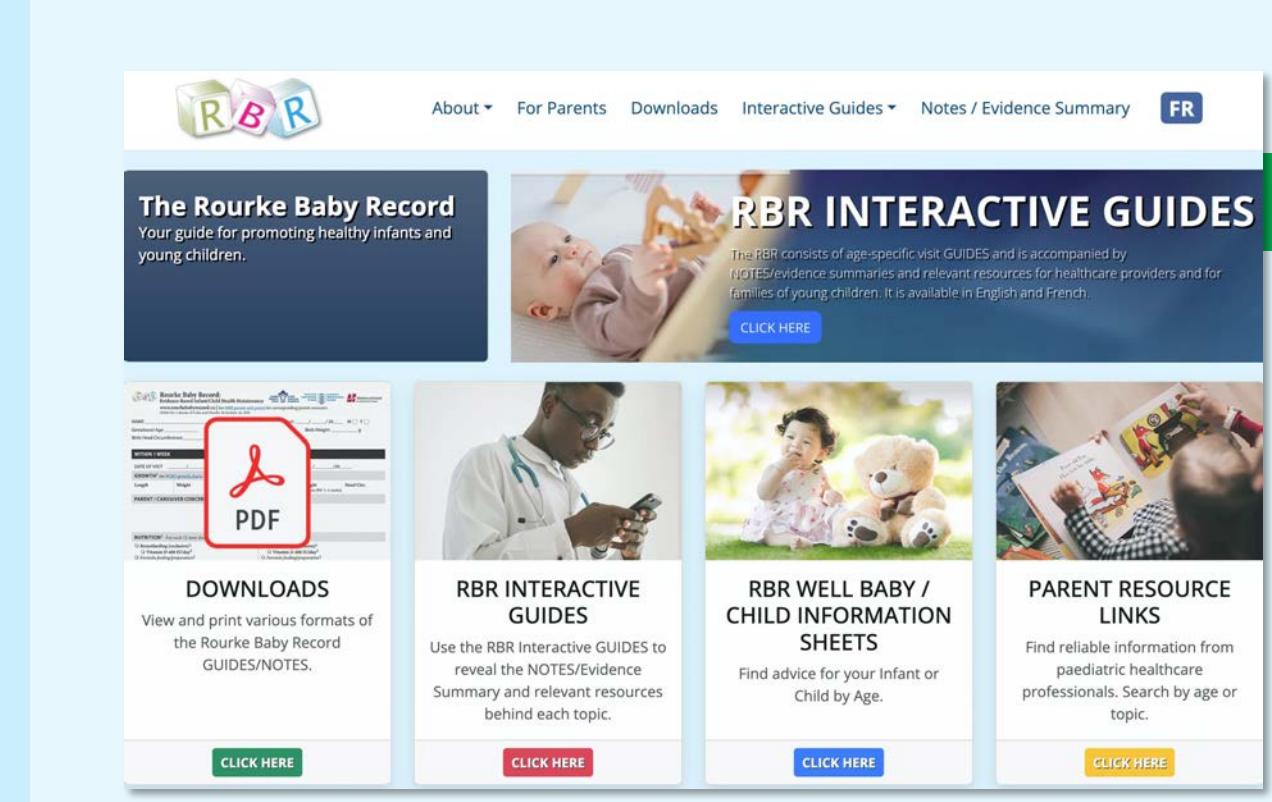
- A new section on **anti-racist, inclusive, and culturally safe care**.
- Shift from labelling high risk groups to **offering more support and resources**.
- Promotion of **early relational health** for families. Strong evidence to show that safe, strong, and nurturing relationships **promote child's health and development**, leading to positive experiences and can buffer the negative effects of trauma and adversity.
- New information and resources on **regaining of birth weight, baby-led weaning, plant-based beverages, and vegetarian and vegan diets**.
- Updates on the **dangers of ingesting button batteries and cannabis edibles**, and awareness of **choking risks and prevention**.
- Evidence-based advances in **developmental surveillance** to improve milestone clarity and age of achievement.
- Awareness of **sentinel injuries** in the context of child maltreatment.
- Expanded and updated web links** to information for healthcare professionals and families.

Strategies for using the RBR in a patient visit

Easily identify changes in the Guides and Notes by reviewing the **"teal version"**.



Before Visit



Look through our website at www.rourkebabycare.ca



Use appropriate **RBR Guide** to review relevant recommendations with caregiver.



Take History



Use **Interactive RBR** to get additional information and resources on the recommendations.

Perform Exam



Help parents answer their questions by sending them to **Parent Resources** on the RBR website.

Assessment and Plan



Did you know?
The 2024 RBR is endorsed by the **College of Family Physicians of Canada**, the **Canadian Pediatric Society**, and the **Dieticians of Canada**.

Print or email parents age appropriate **RBR Well Baby Information Sheets**.



The information presented in this poster is adapted from our recent article in Canadian Family Physician.

Rowan-Legg, A, et al. **2024 edition of the Rourke Baby Record**, *Can Fam Physician*. 2025 Sep; 71(9):553-61

