

Genomics & Newborn Screening Quarterly

July 2021

Volume 4, Issue 2



NEWBORN SCREENING
INDIANA

**Topics included
in this issue:**

**Newborn Screening
Quality and RSV**

**Hospital Spotlight:
St. Catherine
Hospital**

**Newborn Screening
Awareness Month**

**Folic Acid
Awareness**

**IBDPR Reporting
Champ: Franciscan
Health**

Increase in RSV cases highlights importance of performing valid initial newborn screens.

While performing a valid newborn screen on the first attempt is vital for timely follow-up and intervention, it also alleviates additional issues that can arise when a newborn needs to revisit a clinical environment to have a repeat newborn screen performed.

The onset of the COVID-19 pandemic shed light on an additional need for performing the initial screens correctly. Performing a repeat newborn screen due to poor quality and early screening (<24 hours after birth) requires the infant to re-enter the clinical environment, which increases the risk of exposure.

Performing good-quality heel sticks on the first attempt reduces the infant's chance of re-entering a clinical environment. On June 10, 2021, the Centers for Disease Control and Prevention (CDC) initiated an advisory notice to alert clinicians and caregivers about the increased interseasonal respiratory syncytial virus (RSV) activity across parts of the United States. The same principle as with the COVID-19 pandemic applies to this increase in RSV cases. Heel stick quality and validity should focus on hospital staff to reduce the infant's unnecessary exposure to RSV. Our free online education modules walk through how to perform excellent quality newborn screening for every Hoosier newborn.

[Learn more here!](#)

Hospital Spotlight: St. Catherine Hospital

St. Catherine Hospital in East Chicago, Indiana, consistently collected good-quality dried blood spot specimens throughout the first quarter of 2021! Less than 5% of their dried blood spots had a quality indicator (poor quality).

**Keep up the excellent work,
St. Catherine!**

September is Newborn Screening Awareness Month!

September 2021 marks 56 years of lifesaving newborn screening in Indiana! Newborn screening for PKU began in Indiana in 1965. More conditions have been added throughout the years, with the most recent addition of ALD on July 1, 2021. Today, every Hoosier newborn is screened for over 50 conditions, leading to 500 newborn lives saved each year!



Folic Acid Awareness Week: Prevent Birth Defects of Brain & Spine

Folic Acid Awareness Week is in September this year! The National Birth Defects Prevention Network (NBDPN) observes Folic Acid Awareness Week on September 12–18, 2021. Healthcare providers and support staff play a vital role in educating women about the importance of taking folic acid during pregnancy, as well as before and after pregnancy. Folic acid is used by our bodies to create new cells.

Without receiving this vital vitamin from the mother's diet or supplements, a growing fetus cannot develop the new cells needed to form the brain and spine. This results in the baby being born with congenital disabilities of the brain and spine, such as anencephaly. Folic acid can be taken in the form of



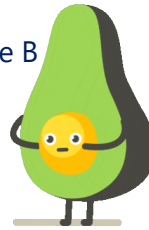
folate. Visit the [NBDPN website](#) to learn more about why folic acid is important before, during, and after pregnancy. To reduce the risk of having a baby with birth defects, pregnant women should take 400 micrograms (mcg) of folic acid each day.

Folate in Common Household Foods

While taking a multivitamin with folic acid may be the easiest way to ensure the 400mcg per day intake, it is also possible to supplement your diet with rich folate foods, another form of the B vitamin folic acid.

A variety of common household foods are rich in folate:

- Broccoli
- Bananas
- Beets
- Brussel sprouts
- Papaya
- Citrus fruits
- Nuts and seeds
- Avocados
- Eggs
- Fortified grains (pasta, bread, flour, etc.)
- Beans
- Peas and lentils
- Liver
- Dark green, leafy vegetables



IBDPR Reporting Champion: Franciscan Health

Franciscan Health has actively reported to the Indiana Birth Defects and Problems Registry for years. Recently, Franciscan Health's reporting staff implemented a new system to improve the timeliness and completeness of the data reported. This allows the IBDPR team to surveil birth defects appropriately and create specific educational resources for Hoosier babies and their families.

Thank you to everyone on the Franciscan Health team!

Need Materials?

****New Form Available****

Use the GNBS Printed Materials Request form to easily place an order for [free](#) materials!

Order printed materials like GNBS educational handouts, NBS cards, and more!

[GNBS Printed Material Request Form](#)

Click the link above to open the form.

Contact Us!

Genomics and Newborn Screening Program

P: 888-815-0006

F: 317-234-2995

ISDHNBS@isdh.IN.gov

IBDPR@isdh.IN.gov

nbs.in.gov

birthdefects.in.gov

Newborn Screening Laboratory

P:317-278-3245

F:317-321-2495



Early Hearing Detection and Intervention Program

P:317-232-0972

F:317-925-2888

hearing.in.gov

Click [here](#) to sign up for GNBS updates!