

# Longitudinal Follow-up for Newborn Screening – Information for Healthcare Providers

## CONGENITAL CYTOMEGALOVIRUS

### What is Longitudinal Follow-up?

The Minnesota Department of Health (MDH) Longitudinal Follow-up program collaborates with families, healthcare providers, educators, local public health nurses, community organizations, and others to develop and maintain a systems-based approach to understand and promote health and well-being after children are confirmed to have a condition included in Minnesota Newborn Screening.

### What are the goals of Longitudinal Follow-up?

- Ensure information, services, and supports for families are accessible, timely, and effective.
- Advance public health understanding of outcomes through the collection, integration, and evaluation of data.
- Build newborn screening system capacity and promote equitable access to interventions.

### How are families of children with congenital CMV connected to information and resources?

- MDH mails each family a packet of information and resources after their child is confirmed to have a congenital CMV infection. The materials were

developed in collaboration with the National CMV Foundation.

- Families are connected to a local Public Health Nurse (PHN). After speaking with the family, the PHN shares information and resources of interest. Topics and resources that may be discussed include, but are not limited to, financial assistance, medical insurance, transportation, housing, food and nutrition, and childcare.
- Minnesota Hands & Voices provides parent-to-parent support for families of children recently identified with congenital CMV and experiencing signs or symptoms of infection, regardless of hearing status. A parent guide will reach out directly to the family.
- Longitudinal Follow-up activities are offered at no cost to families. Families may choose to decline participation at any time.

### For More Information

For questions about congenital CMV or this fact sheet, call 800-728-5420 or email [health.cyshn@state.mn.us](mailto:health.cyshn@state.mn.us).

Find information and resources to provide to families at [CMV and Congenital CMV](https://www.health.state.mn.us/cmrv) (<https://www.health.state.mn.us/cmrv>).

