How to Screen for Congenital CMV

A clinical guideline from the Colorado Chapter, American Academy of Pediatrics

ASSESS for Risk Factors:

1. Mother diagnosed with CMV infection during pregnancy
2. Small for gestational age: birth weight <10th percentile
3. Microcephaly: head circumference <10th percentile
4. Low birth weight or preterm: birth weight <2000 grams
5. Did not pass the newborn hearing screen (one or both ears)
6. Fetal hydrops or ascites, abdominal calcifications, or thickened bowel on prenatal ultrasound
7. Hepatomegaly, splenomegaly, or elevated liver function tests (AST or ALT >100 U/L or direct bilirubin >1.0 mg/dL)
8. Abnormal brain imaging
9. Persistent thrombocytopenia (platelets <100,000/mm3)
10. Petechial or "blueberry muffin" rash
11. Retinitis or other eye finding

SCREEN if any risk factors are identified:

1. Order Qualitative CMV PCR on urine or saliva, with a diagnosis code indicating the risk factor
2. If saliva CMV PCR is positive, order urine CMV PCR to confirm
3. Give the family the handout: ***Why Is My Baby Being Tested for CMV?*** (English link, Spanish link).
4. Add the diagnosis **Screening for CMV** to the Problem List

If urine CMV PCR is POSITIVE:

1. Add the diagnosis **Congenital CMV Infection** to the Problem List
2. Give the family the handout ***We invite you and your child with cCMV to join the Colorado cCMV Family Network*** (English link, Spanish link)
3. Discuss the case with a Pediatric Infectious Disease specialist
4. Order a CBC with differential and liver function tests
5. Order brain imaging, either head ultrasound or brain MRI
6. Refer to a pediatric ophthalmologist, to look for CMV retinitis
7. Refer to Early Intervention, to monitor for developmental delays
8. Refer to Pediatric Audiology and Pediatric ENT
9. For more information, go to aapcolorado.org