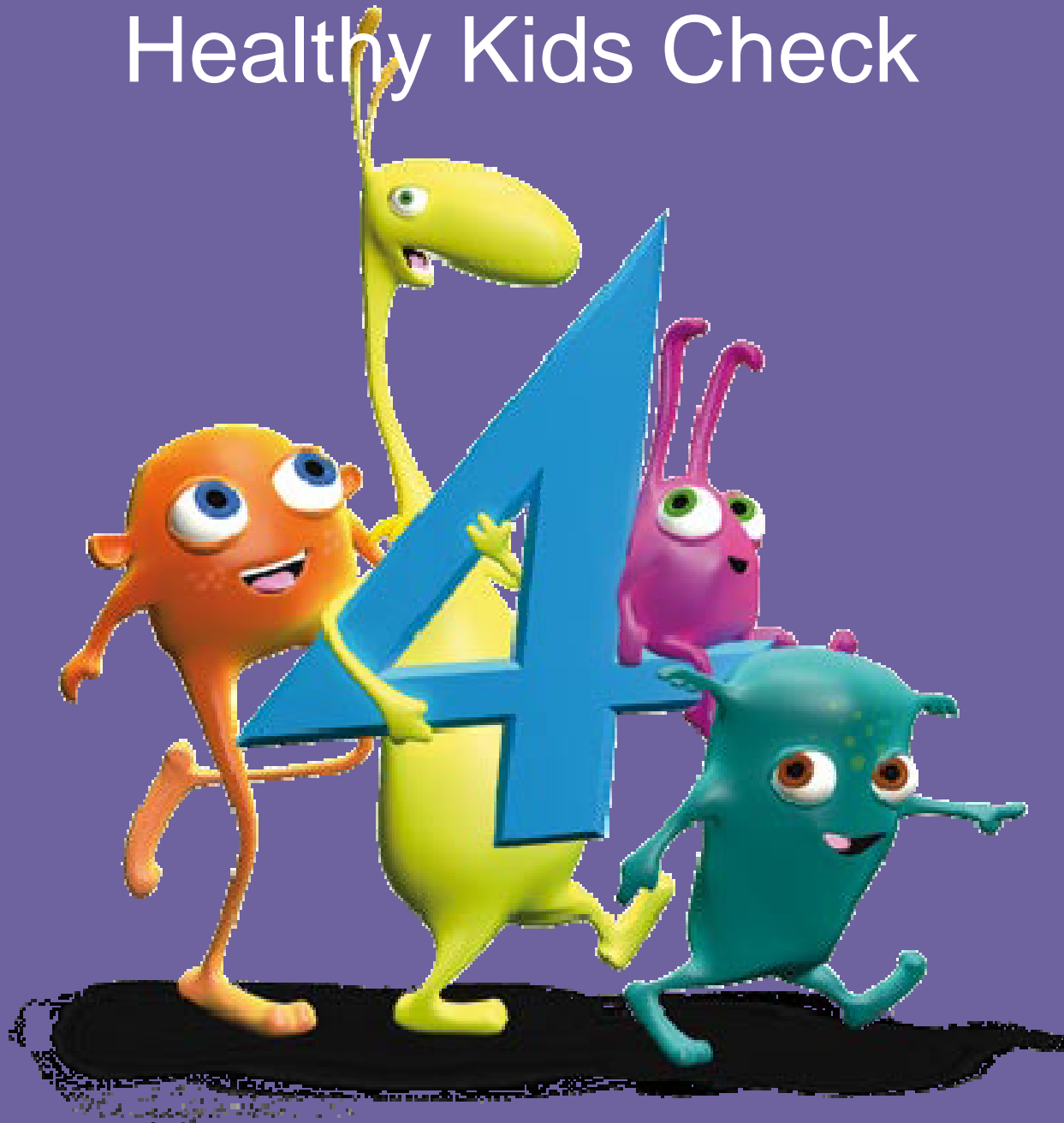


Healthy Kids Check



The Healthy Kids Check Objectives

- To improve the health and well-being of Australian children
- Early detection of lifestyle risk factors
- Detection of development delay and illness
- Introduce guidance for healthy lifestyles and early intervention strategies



Four is important!

- General Practitioners provided 84% of childhood immunisations in NSW
- 82% of children on the register by the age of 60-65 months have been fully immunised
- According to Medicare statistics of Items 709 and 711 between Jan 2009 and December 2009 a total of **18,019** Healthy Kids Checks done in NSW
- According to DET statistics **61,152** children started school in 2009



Australian Childhood Immunisation Register, September 2009

“Early Childhood Experience crucially determines health and well-being”



- Prevention is to prevent the development of future problems and promote the necessary conditions for a child’s healthy development
- Early intervention can counteract biological and environmental disadvantage and set children on a more positive developmental trajectory

Department of Community Services (2005) “Prevention and early intervention literature review”

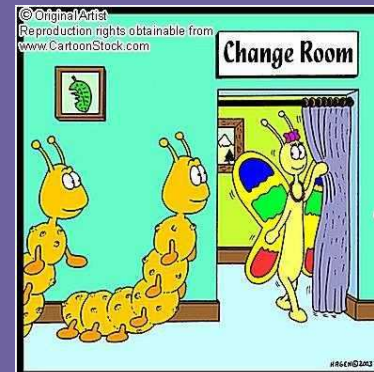
Research suggests....

- “Children who make a smooth transition and experience early success at school tend to maintain higher levels of social competence and academic achievement”
- “Beginning school behind one’s peers is a substantial deficit from which children may never recover”



Change is Here!

- In May 2010 the item numbers changed for PN or Aboriginal Health Worker from 711 it becomes “**10986**”, **\$55.00**
- GP’s will use an Item Number that is time based, for example “**703**” standard health assessment lasting more than 30 mins but LESS than 45 mins. Fee \$127.80
- Can be offered to children between 3-5 years of age, ideally at four years
- Item will not be claimable until all components are complete ie immunisation
- Able to claim in conjunction with bulk billing requirements
- Eligibility
 - Child needs to have had 4 year immunisations (or scheduled to have immunisations)
 - HKC is once in a lifetime
 - Permanent resident in Australia or covered by a Reciprocal Health Care Agreement



New Item Numbers	New Item Names	New Fee
701	Brief Health Assessment of less than 30 minutes duration	\$55.00
703	Standard Health Assessment lasting more than 30 minutes but less than 45 minutes	\$127.80
705	Long Health Assessment lasting more than 45 minutes but less than sixty minutes	\$176.30
707	Prolonged Health Assessment lasting more than 60 minutes	\$249.10
715	Aboriginal and Torres Strait Islander peoples health assessment	\$196.65
10986	Healthy Kids Check provided by a practice nurse or registered Aboriginal health worker	\$55.00

The Assessment comprises of-

- **Information collection**
 - Patient History (if not already done)
 - Family; Environmental; Social; Lifestyle risk factors
- **Assessment**
 - Health
 - Examinations and investigations needed
- **Interventions**
 - Referrals and follow-up of identified problems
- **Health Advice**
 - Information given to parent as well as “Get Set for Life”



Mandatory

- Consent to be noted
- “Get Set for Life” Book
- Measure Height, Weight, BMI
- Check Eyesight
- Check Hearing
- Check Oral Health
- Toilet Habits
- Note allergies

Non – Mandatory

- Discuss eating habits
- Discuss physical activity
- Question speech and Language
- Question fine and gross motor skills
- Question behaviour and mood
- Other

Aboriginal and Torres Strait Islander Child Health Check

- The Aboriginal and Torres Strait Islander Child Health check means the Assessment of the child's health, physical and psychological, social function and determine what interventions and education need to be provided to the child and their carer to improve the outcomes for the child and their family
- Aboriginal and Torres Strait Islander children have higher rates of-
- Death, illness and hospitalisations (respiratory infections are the leading cause)
- Otitis media
- Exposure to life stress events
- Skin infections; gastro-intestinal infections; acute rheumatic fever and rheumatic heart disease



Components of the check 4-9 years-

- Recommended Annually (from birth)
- "Usual" Doctor or Health Service
- Explanation of the check is to be given to the carer
- Consent to be noted
- Comprehensive History, updated at each check

Mandatory

- Height and weight (BMI)
- Ear examination
- Oral Health
- Trachoma check
- Skin Examination
- Respiratory Examination (if indicated)
- Cardiac Auscultation (if indicated)
- Developmental assessment
- Parent-Child Interaction
- Any other examinations considered necessary by the practitioner



What you will need.....

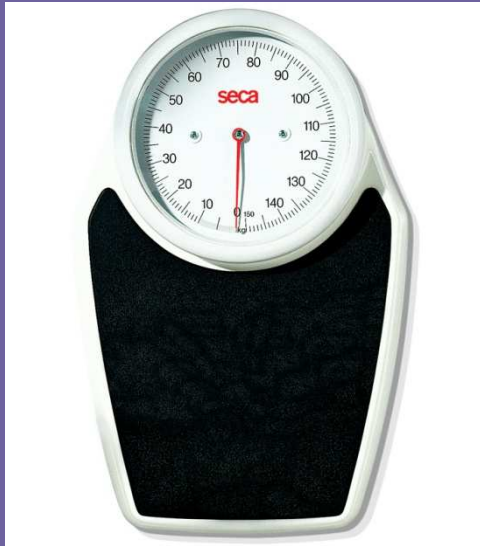
- PATIENCE !!!!
- Exceptional Communication Skills- Explain to the child what is going to happen
- A child friendly and partnership approach with family
- “A Bag of Tricks”



What you will need



What you will need....



- “Habits for Healthy Kids” Booklets

Phone- 02 6296 1060

E-mail- www.health.gov.au

- Resource Kits and Fact Sheets can only be downloaded via the website

