

# Healthy Kids Check

**ITEM NUMBER:**

Practice

Nurse Item Number 10986

701 (<30min)

703 (30-45 min)

705 (45-60min)

707 (>60min)

Nurse Time		Doctor Time		Total Time	
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**Patient Eligibility**

The patient must be four years old, and not yet received the Healthy Kids Check (The Medicare rebate is payable only Once for any eligible patient). The Healthy Kids check is to be given in conjunction with the four year old immunisation.

**Patient details: Mr Donald Duck**

**DOB:** 19 Sep 1900: **Age:** 28y

**Gender:** Male

**Address:**

20 Street  
Nunawading  
3131  
VIC

**Healthy Kids Check:**

Explanation of Healthy Kids Check given? Yes  No

Consent for Check given? Yes  No

Date consent given:

**Get Set 4 Life - habits for healthy kids:**

Date 'Get Set 4 Life' provided to

Parent/Guardian:

**Four year old immunisation:**

Date 4 year old immunisation given:

**Evidence of previous 4 year old immunisation if given elsewhere:**

Personal Health Record: Yes  No

Comment:

**Vaccines:** Are all immunisations up to date? Yes  No  Comment:

**Immunization given**

Comment:

**Immunization over due**

- 2M Diphtheria Teta Pertussis Hep-B
- 2M Haemophilus Influenza type B
- 2M Poliomyelitis
- 4M Diphtheria Teta Pertussis Hep-B
- 4M Haemophilus Influenza type B
- 4M Poliomyelitis
- 6M Diphtheria Teta Pertussis Hep-B
- 6M Poliomyelitis
- 12M Haemophilus Influenza type B
- 12M Measles, Mumps, Rubella
- 18M Diphtheria, Tetanus, Pertussis
- 4Y Diphtheria, Tetanus, Pertussis
- 4Y Measles, Mumps, Rubella
- 4Y Poliomyelitis

Comment:

**Medications:**

Salbutamol sulfate 100 mcg/1 dose 200 doses (AiroMir Autohaler Inhaler) Use three times a week

Comment:

**PATIENT HISTORY:**

<p><b>Family and environmental factors:</b></p> <p>Family relationships:</p> <p>Care arrangements:</p>
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Other:

**Medical and social history:**

Paediatrician:

Previous presentations:

**Past Medical History:**

Asthma - Patient is allergic to smoke and dust

Comment:

Other:

**Lifestyle risk factors:**

Eating Habits:

(refer parents to pg 12 'Get Set for Life' booklet)

Physical activity/inactivity:

(refer parents to pg 12 'Get Set for Life' booklet)

Other:

**EXAMINATIONS AND ASSESSMENT** (Mandatory from this point forward):

**Height and Weight**

<b>Identified Issues:</b>	<b>Actions:</b>
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**Check eyesight - including but not limited to:**

- seeking parental/other concerns about vision (eg. amblyopia, squint, infection, injury)
- questioning family history of eyesight problems
- conducting a visual inspection of the eyes
- using the LEA Children's Chart or similar, if appropriate

<b>Identified Issues:</b>	<b>Actions:</b>
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**Check hearing - including but not limited to:**

- seeking parental/other concerns regarding the child's hearing or listening, following instructions or language
- questioning any history of ear infections, ear discharge, recurrent or chronic otitis media

- conducting an ear examination
- referring the child to an audiologist for a hearing assessment if appropriate

<b>Identified Issues:</b>	<b>Actions:</b>
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**Check oral health - teeth and gums**

- questioning whether the child has visited the dentist
- questioning how often the child brushes their teeth

<b>Identified Issues:</b>	<b>Actions:</b>
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**Question toilet habits - including but not limited to:**

- questioning whether the child needs assistance or can use a toilet independently
- questioning whether the child is a bed wetter

<b>Identified Issues:</b>	<b>Actions:</b>
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**Known or suspected allergies:**

<b>Identified Issues:</b>	<b>Actions:</b>
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**ADDITIONAL MATTERS FOR CONSIDERATION** (Non-mandatory from this point forward):

The health check may include the following matters, at the discretion of the GP/practice nurse and according to his or her clinical judgement. It may be useful to refer to the patient's Child Health Record (blue book).

**General wellbeing:**

**Discuss eating habits - including but not limited to:**

- discuss the child's appetite
- questioning about the variety of foods the child eats
- discussing the frequency of consuming processed foods

<b>Identified Issues:</b>	<b>Actions:</b>
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**Discuss physical activity - including but not limited to:**

- discuss the time spent in active or energetic play
- discuss the time spent in sedentary activities

<b>Identified Issues:</b>	<b>Actions:</b>
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**Question speech and language development - including but not limited to:**

- seeking parent/guardian concerns about:
  1. the number of words their child uses or their understanding of directions
  2. whether their child speaks clearly and takes an active part in conversations

<b>Identified Issues:</b>	<b>Actions:</b>
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**Question fine and gross motor skills - including but not limited to:**

- picking up small objects

- drawing without scribbling
- walking, running, jumping, hopping, climbing stairs
- riding a tricycle

<b>Identified Issues:</b>	<b>Actions:</b>
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**Question behaviour and mood - including but not limited to:**

- sleeping
- social and emotional well-being
- energy levels
- ability to separate from main carer

<b>Identified Issues:</b>	<b>Actions:</b>
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**Other examinations considered necessary by GP/practice nurse**

<b>Examination:</b>	<b>Identified Issues:</b>	<b>Actions:</b>
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**PATIENT'S OVERALL HEALTH STATUS:**

<b>Issues identified and discussed with the patient's parent or guardian</b>	
<b>Parental concerns identified and discussed with the Patient's parent or guardian</b>	
<b>Recommended intervention and/or referrals: e.g. Optometrist, dentist, audiologist, dietician, speech pathologist, paediatrician</b>	
<b>GP or Practice Nurse:</b>	
<b>Signature:</b> .....	<b>Date:</b>
<b>Signature of Parent/Guardian</b> indicating that they have received the Get Set 4 Life booklet:	
<b>Signature:</b> .....	<b>Date:</b>

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