

Healthy Kids Check

MBS Items 701, 703, 705 & 707 (GP claim) or 10986 (Practice Nurse claim)

Patient details:	Current contact details:	
DOB:	Age:	Parent/Guardian name:
Gender:		Tel:

Healthy Kids Check:
Explanation of Healthy Kids Check given?
Consent for Check given?
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:

Vaccines: Are all immunisations up to date? Yes/No

Immunisation List:

Medications:

PATIENT HISTORY:

Family and environmental factors:

Family relationships:

Care arrangements:

Other:

Medical and social history:

Paediatrician:

Previous presentations:

Past Medical History:

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

Height:

Weight:

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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Known or suspected allergies:

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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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

Identified Issues:	Actions:
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Other examinations considered necessary by GP/practice nurse

Examination:	Identified Issues:	Actions:
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