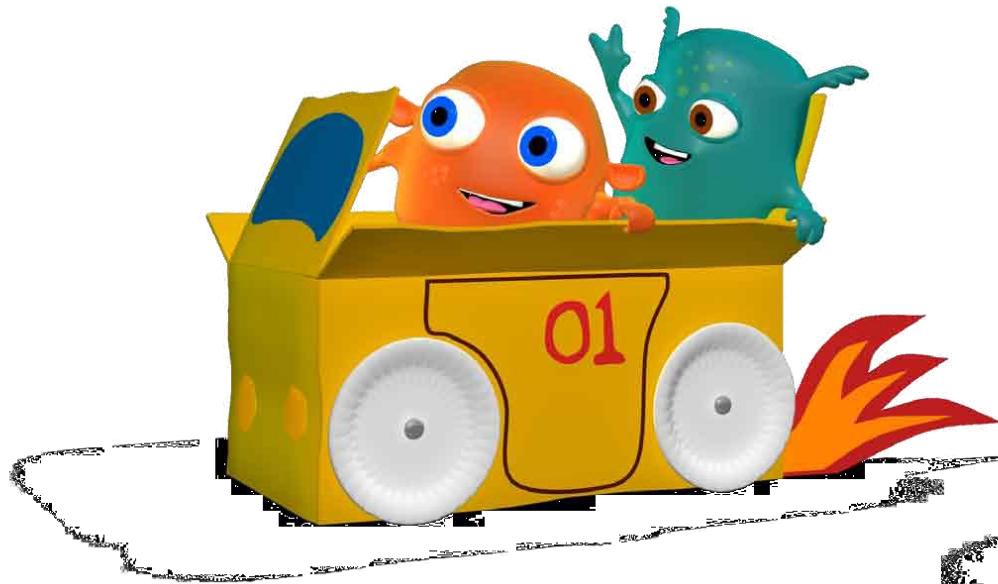




# Healthy Kids

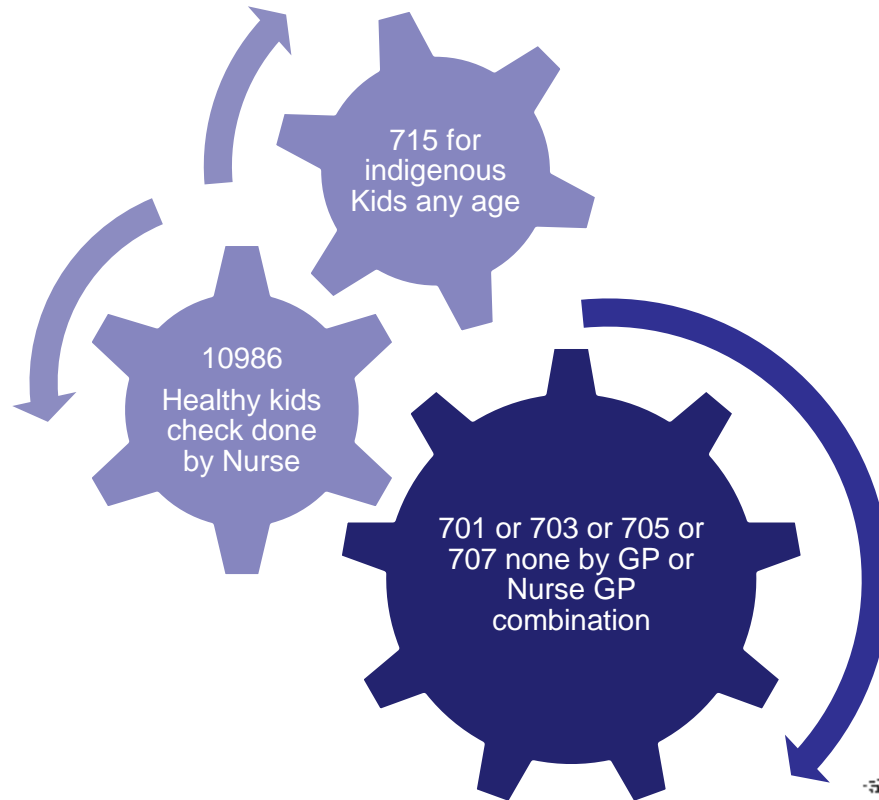


Trudy Ballinger

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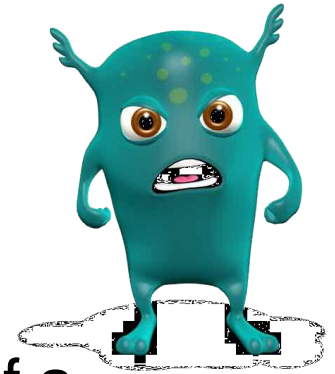


# Three ways to do a Childs Health Assessment





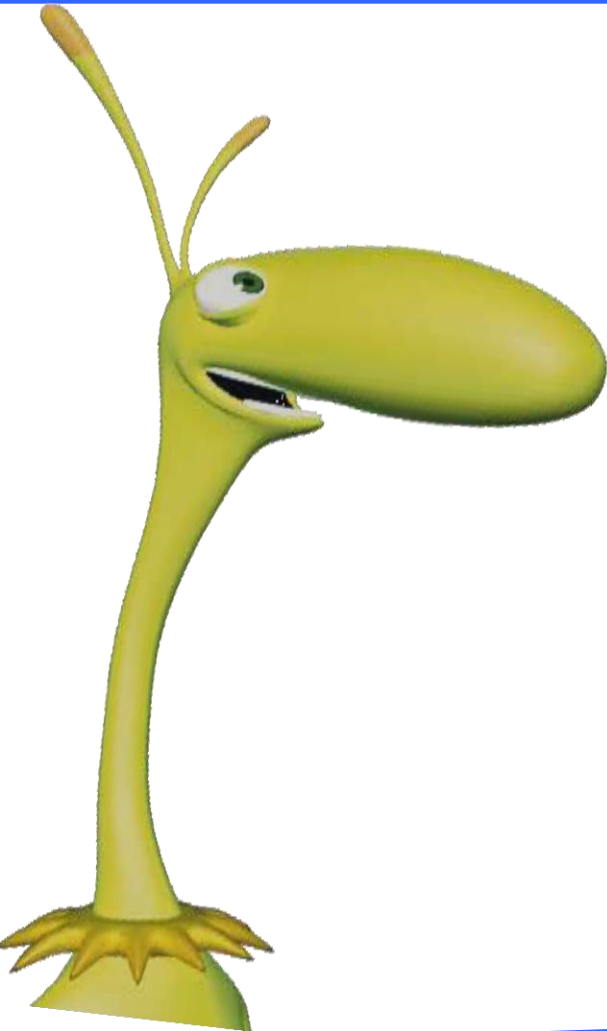
**Entire Healthy Kids Check completed by a practice nurse or a registered Aboriginal health worker  
(No input by GP)**



The Healthy Kids Check is undertaken on behalf of a medical practitioner, by a practice nurse or a registered Aboriginal health. The GP is only required to see the child prior to the immunisation being administered, as the immunisation must be given prior to the Healthy Kids Check, or on the same day.



Item number	Description	Note	Dollar value
10986	Healthy Kids Check completed by a practice nurse or a registered Aboriginal health worker		\$56.00 (Regardless of time required to perform check)
10990	Bulk billed service provided to a child		\$5.75
10993	Immunisation given by a nurse		\$11.55
10990	Bulk billed service provided to a child		\$5.75
23	Standard consult	Separate consult clinically required	\$34.90
10990	Bulk billed service provided to a child		\$5.75
*23	Standard consult	(Item claimed by GP for other patient seen in this timeframe)	\$34.90
*23	Standard consult	(Item claimed by GP for other patient seen in this timeframe)	\$34.90
<b>Total</b>			<b>\$117.75</b> <b>(+ \$69.80 = \$186.35)</b>



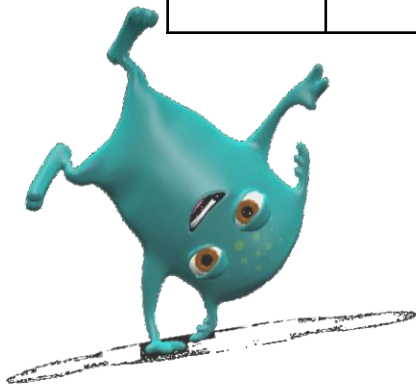
## Healthy Kids Check completed by both GP and Practice Nurse

The patient is seen by the nurse for 30 mins. The nurse completes several components including; collecting height, weight, eyesight, and the collection and documentation of patient information, specifically the child's social and family history and to go through the '*Get Set 4 Life – habits for healthy kids*' publication. The child is then seen by the GP for 30 mins to complete the Healthy Kids Check Health Assessment. The doctor then documents the need for the 4 year old immunisation to which the nurse can then administer.

With the assessment complete and the immunisation administered the billing would be as follows.



Item number	Description	Note	Dollar value
10993	Immunisation given by a nurse		\$11.55
10990	Bulk billed service provided to a child		\$5.75
10990	Bulk billed service provided to a child		\$5.75
705	Long Health assessment	Healthy Kids Check	\$179.45
*23	Standard consult	Additional Item claimed while patient is with nurse	\$34.90
<b>Total</b>			<b>\$202.50</b> <b>( + \$34.90 = \$237.40)</b>





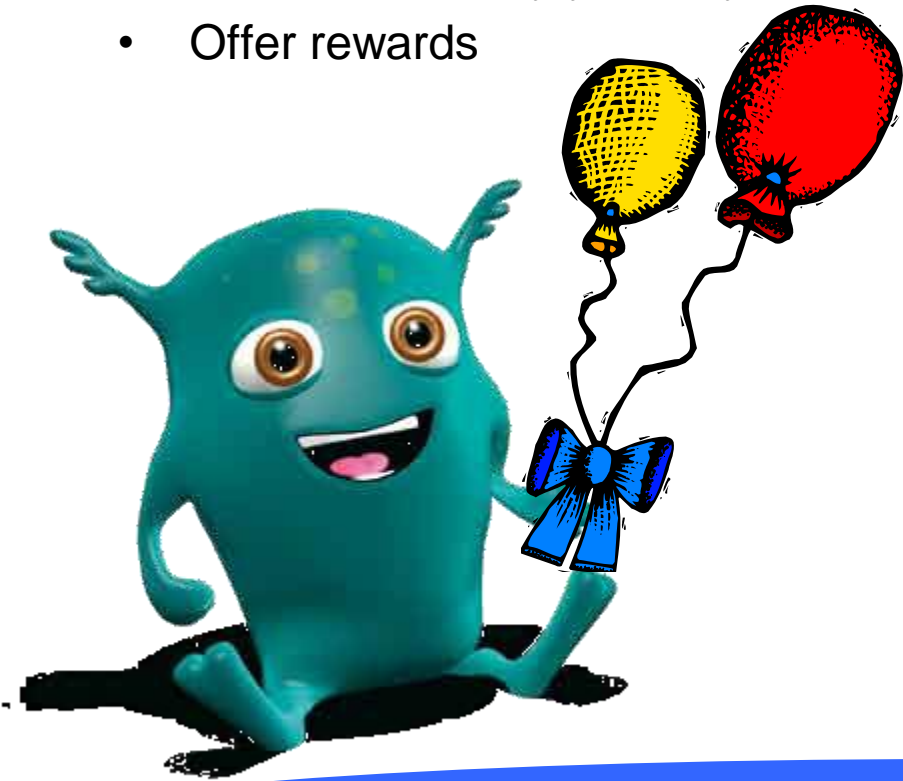
# Appointment book

Time	RN	GP1	GP2
9.00	Mary Smith 10986 Healthy Kids check	John Johnston	Patient 1
9.15		Jennifer Jones	Patient 2
9.30	Fred Jones 707 Healthy kids check	John Jones	
9.45		David Andrews	Patient 3
10.00	Jane Doe milestone check and 4mth immunization	Debra Dumas	Fred Jones
10.15	Alice Apple	Jane Doe	Procedure
10.30	Indigenous health check 715	Kylie Kilos	
10.45	Phone calls	Jack Jumper	Alice Apple
11.00	Lunch	Lunch	Lunch



## Making Assessments Fun

- Draw a picture and get them to copy it
- Get them to copy you as you hop on one foot or do star jumps.
- Offer rewards





# Equipment

- Paediatric Eye Chart
- Colour pens and paper
- Rewards e.g. balloons, lollies, stamps and stickers etc.
- Templates
- A “Get Set 4 Life” Booklet to look through
- Paediatric Height Chart
- Scales



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Link for Healthy kids Get Set 4 Life booklet.

[http://www.health.gov.au/internet/main/publishing.nsf/Content/Health\\_Kids\\_Check\\_GetSet4Life%20Guide](http://www.health.gov.au/internet/main/publishing.nsf/Content/Health_Kids_Check_GetSet4Life%20Guide)



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<http://www.dairyaustralia.com.au/Health-and-nutrition/Health-Professionals/Good-Health-Recipe-Books.aspx>



*Success through Partnerships, Achievement through Innovation.*



[http://swapit.gov.au/?ysmwa=oLQ7juxG6C788D4IDxDW5wuXRi-\\_\\_yo-4ZR-WobLpNXDBXhZtncAEjSb90iZv4er](http://swapit.gov.au/?ysmwa=oLQ7juxG6C788D4IDxDW5wuXRi-__yo-4ZR-WobLpNXDBXhZtncAEjSb90iZv4er)





A site with a range of multicultural (inc. Indigenous) resources for children. They are based at Cleveland. Great books, dolls, toys etc. that would be great for engaging CALD kids and parents and also for play treatment.

<http://globalkidsoz.com.au/>

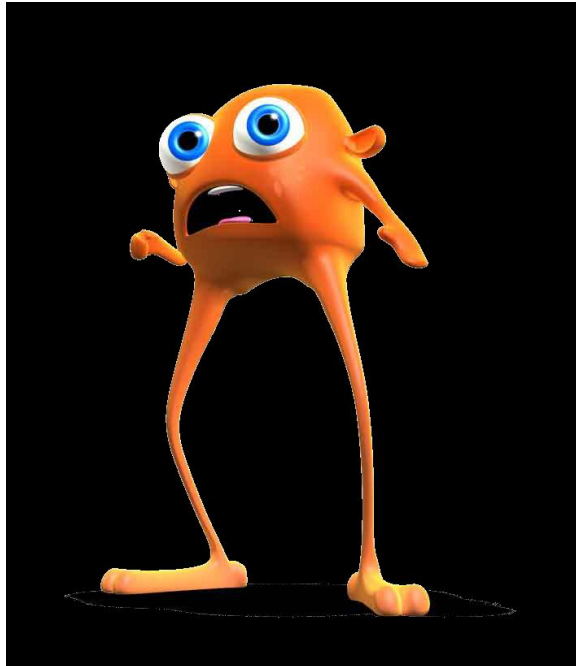




## Other opportunities for healthy kids ?

- Milestone checks in their baby book
- Opportunistic visit to the GP
- Immunisation visits





# 4 year old Immunisation



## National Immunisation Program Schedule Queensland September 2010 for children & adults



Age	Diseases being immunised against				Routine childhood vaccinations plus		Annual seasonal influenza for medical at risk groups <sup>4</sup>	
					Additional vaccines for high risk children <sup>1</sup>	Additional vaccines for Aboriginal & Torres Strait Islander people		
Birth	Hepatitis B birth dose administered within 7 days of birth				Tuberculosis <sup>4</sup>		Both children (from six months of age) and adults who are in the medical at risk group for influenza are eligible to receive free seasonal influenza vaccine.  Talk to your doctor or immunisation provider to discuss eligibility for free annual seasonal influenza vaccine.	
2, 4 & 6 months <small>Vaccines due at 2 months of age can be administered from 6 weeks</small>	Diphtheria-tetanus-pertussis-hepatitis B-poliomyelitis-Haemophilus influenzae type B (Hib) <sup>2</sup>	Infant pneumococcal	Rotavirus <small>Age limits apply</small>					
12 months	Hib			Measles-mumps-rubella <sup>2</sup>	Meningococcal C	Infant pneumococcal		
18 months								Hepatitis A
24 months								Pneumococcal Hepatitis A
4 years <small>Vaccines can be administered from 3 years 6 months</small>	Diphtheria-tetanus-pertussis-poliomyelitis <sup>2</sup>			Measles-mumps-rubella <sup>2</sup>		Pneumococcal		
Year 8	Hepatitis B <sup>3</sup> (2 doses)							Varicella (chickenpox) <sup>3</sup> Human Papillomavirus <sup>3</sup> (females only) (3 doses)
Year 10	Diphtheria-tetanus-pertussis <sup>2,3</sup>							
15 to 49 years								Influenza Pneumococcal
50 years & over								Influenza Pneumococcal
65 years & over	Influenza	Pneumococcal						

### Schedule Key

1 Only underlying medical conditions.

2 These are combined vaccines, meaning one injection protects against several diseases.

3 Adolescent vaccinations are offered in the School Based Vaccination Program. Catch-up for these vaccines is available from your doctor or immunisation provider.

4 Refer to the Queensland Tuberculosis Control Program website for more information about tuberculosis <http://www.health.qld.gov.au/qtbcc/clinical/treat/infectcontrol.asp>

NOTE: A free booster dose of pertussis vaccine for birth parents, adoptive parents and foster parents of children under 6 months of age is available from your doctor or immunisation provider. Expectant fathers can request their free vaccination prior to the birth of their baby.

### To find out more about immunisation for you or your child

- Visit [www.health.qld.gov.au/immunisation](http://www.health.qld.gov.au/immunisation) or [www.immunise.health.gov.au](http://www.immunise.health.gov.au)
- Talk to your doctor or immunisation provider
- Call 13 HEALTH (13 43 25 84)



Vaccines due at 4 years of age can be administered from 3 years 6 months.



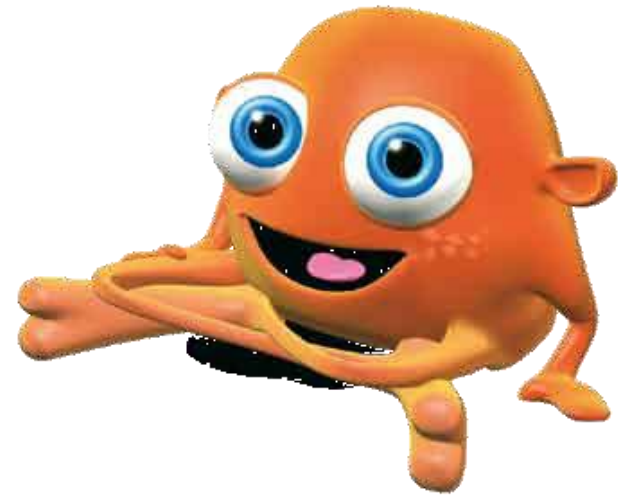


## Measles (4years)

**Measles** is a highly infectious disease caused by the virus, ***Morbillivirus***.

Characterised by a red raised rash that typically starts on the face and neck, and then spreads to the rest of the body.

Measles is rare in Australia because of the widespread use of measles vaccination. However, the infection can still be brought in to the country by people who travel from countries where measles is prevalent.





## Mumps (4 yrs)

**Mumps** is a viral infection of the salivary gland caused by the *Rubulavirus*.

Commonly characterised by:-

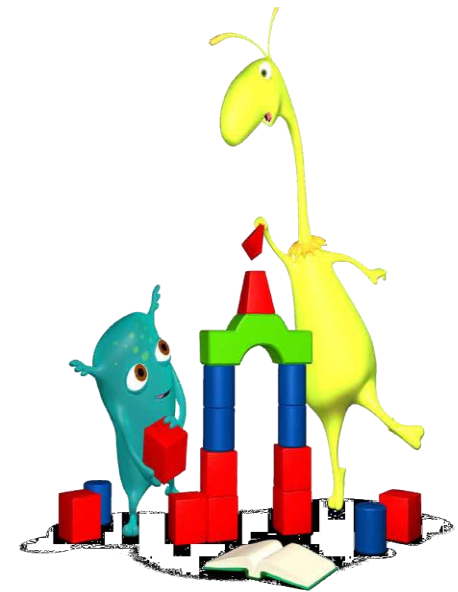
- swollen salivary glands in the neck, cheek and jaw area.
- fever,
- muscle aches
- loss of appetite.

Can take several weeks to develop symptoms following infection and patients usually recover within 10 days.

Serious complications can occur eg as partial or complete deafness.

During the first trimester of pregnancy may cause miscarriage. Not associated with birth defects.

Less frequent complications include serious infection of the ovaries, pancreas, liver, brain and heart,





## Rubella (4 yrs)

Rubella, also known as '**German Measles**', is caused by the virus, ***Rubivirus***.

The main symptoms of rubella are:-

- a red rash,
- swollen glands
- occasionally, joint pain.

Rubella is generally a mild disease, with about half the people infected asymptomatic.

During pregnancy can lead to serious abnormalities in the developing baby.

Including:-

- deafness
- blindness
- heart defects
- intellectual disabilities.

This is the main reason for vaccinating against rubella.





**Tetanus** is a serious disease caused by the bacteria ***Clostridium tetani***. Toxins made by the bacteria affect the nervous system.

**Symptoms include:-**

- inability to open the mouth (lockjaw)
- stiffness or pain in the neck, shoulder and back muscles
- muscle spasms.

**Complications of tetanus include:-**

- pneumonia
- fractures
- muscle rupture.

**Death can occur from ( around 1 in 10 people infected will die)**

- respiratory failure
- hypertension
- hypotension
- heart failure.

**Tetanus is rare in Australia**, mainly occurs in older adults who have never been vaccinated or vaccinated a long time ago. Infection through a tetanus-prone wound/travelling.





**Poliomyelitis (polio)** is a serious disease caused by infection with **one of three types of poliovirus**.

Poliovirus is spread between people through contact with infected faeces and saliva.

**Symptoms of polio:-**

- mild, flu-like symptoms
- severe paralysis in the arms, legs or diaphragm.

There is **no cure** for polio.

Treatment is management of the effects of the disease and may include physiotherapy and portable ventilators.

As a result of vaccination, there has been a dramatic drop in polio worldwide.

Australia was declared **polio free** by the **World Health Organisation in 2000**.

However, the infection can still be brought in to the country by **people who have travelled** to and from countries where polio is still common.





## Diphtheria

**Diphtheria** is a serious disease caused by the **bacterium *Corynebacterium diphtheriae***.

The bacteria produce toxins which cause:-

- throat problems
- breathing difficulties
- nerve damage
- heart problems

**A small number of cases may cause death.**

Diphtheria is **extremely rare** in Australia because of the widespread use of diphtheria vaccination.

**However**, the infection can still be brought in to the country by people who have travelled to and from countries where diphtheria is still common.





## Whooping Cough(Pertussis)

**Whooping cough (Pertussis)** is a highly contagious infection of the respiratory tract, caused by the bacterium ***Bordetella pertussis***.

Whooping cough can affect all ages, but infants less than 6 months of age are at the greatest risk.

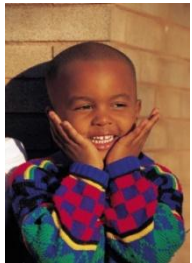
The illness is characterised by repeated attacks of coughing followed by a 'whoop' when inhaling. However, the 'whoop' is not always present in young infants, older children and adults.

### **Complications of whooping cough include:-**

- pneumonia (which is the most common cause of death)
- seizures and lack of oxygen to the brain.

In Australia, whooping cough outbreaks occur every 3 to 4 years.

A person's immunity to whooping cough after infection or immunisation decreases over time, placing them at risk of infection and a source of whooping cough infection for young babies.





# Immunisation Audit



## About the audit

This Vaccine Management Audit can be conducted by the practice/clinic or by an external person such as your local Division of General Practice or Public Health Unit.

It is designed to provide a **rigorous evaluation** of how your practice/clinic performs against best practice standards as stated in the

**National Vaccine Storage Guidelines: Strive for Five.**



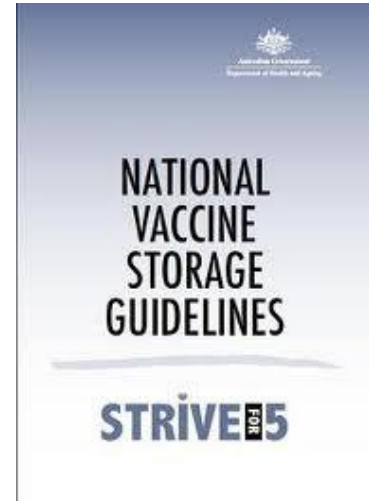


## It involves reviewing:-

- your policies and procedures
- vaccine refrigerator
- monitoring equipment
- minimum/maximum temperature records

## Aim of an Audit:-

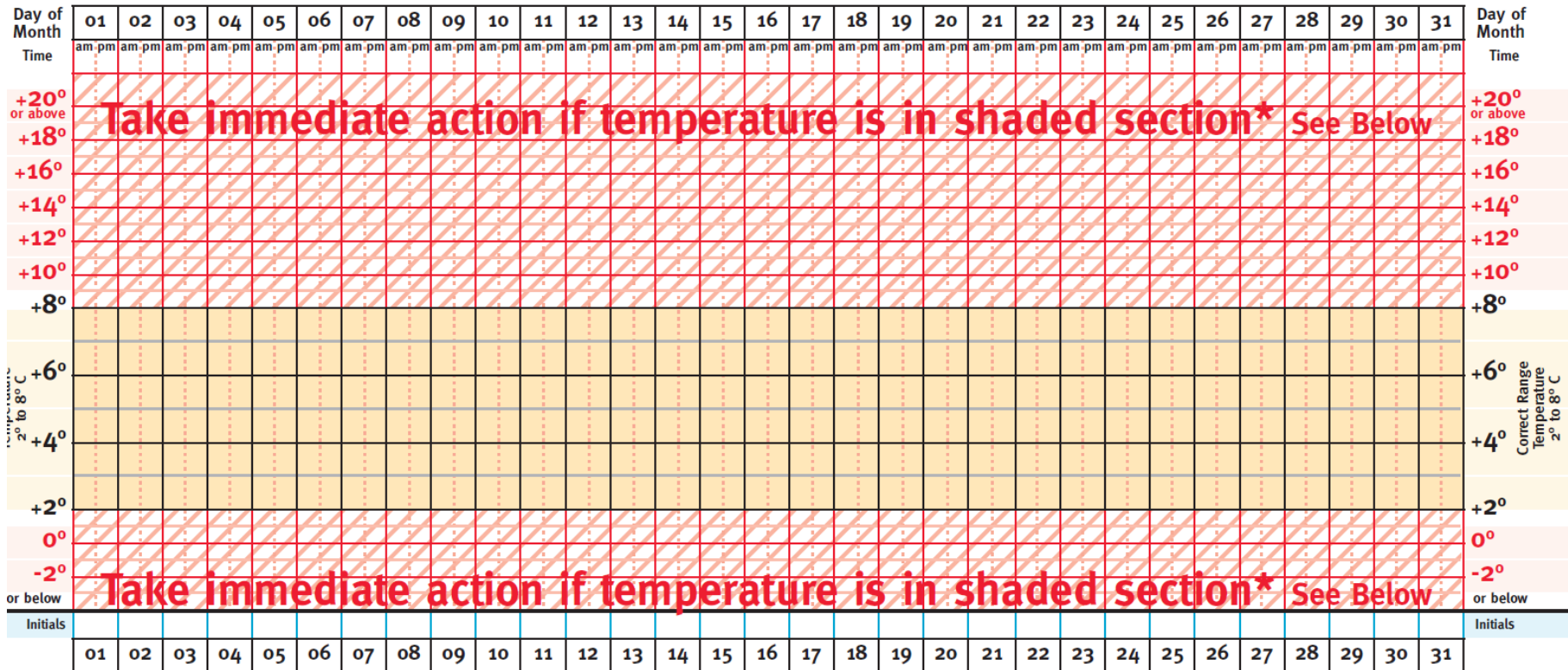
To ensure that your practice/clinic continues to administer safe and effective vaccine to patients.





# Minimum / maximum temperature chart

VSP Number \_\_\_\_\_  
 Location of Refrigerator \_\_\_\_\_  
 Month and Year \_\_\_\_\_ / \_\_\_\_\_



Mark minimum and maximum temperatures on the graph with a black pen twice daily

Date \_\_\_/\_\_\_/\_\_\_ Audited by: \_\_\_\_\_ Cleaning Date \_\_\_/\_\_\_/\_\_\_



## KISS GUIDE TO VACCINE MANAGEMENT



### Planning

The objective of planning is to **identify** potential cold chain problems and their **causes** that are most likely to impact on the practice/clinic **before they occur**.

**It involves considering whether:-**

- the identified causes can be eliminated/ likelihood occurring reduced
- whether the impact of the problem can be minimised should it occur.

**It also involves developing a management plan in the event that the problem occurs.**

Planning framework can be used

- to trouble-shoot arising cold chain problems
- to quality review problems that have occurred.



Fact sheets, templates and how to's can all be found on the Brisbane South's Website [www.brisbanesouth.com.au](http://www.brisbanesouth.com.au)

**Brisbane South Division**  
Success through Partnerships, Achievement through Innovation

Brisbane South Division (BSD) works in partnership with general practice and the wider community to deliver innovative health solutions. The focus of the Division is to ensure that the patient journey is embraced as a key organisational goal. This is achieved by:

- > Leadership that ensures BSD is committed and engaged to sustain patient centred care as its common mission.
- > A strategic vision that is clearly and constantly communicated.

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**What's New**

**Tuesday, 7 June 2011**  
Implementation of the West Moreton-Oxley Medicare Local Officially Underway

**Wednesday, 1 June 2011**  
The Infant Immune System and Nutrition: Infection - Prevention and Treatment

**What's On**

**Nurse Network Meeting - June 2011**  
Tuesday, 14 June 2011

[View all events >>](#)

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New Membership Package!  
Fantastic new benefits for members!

[Application Form >>](#)

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# Goodnight



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