

Medicare Benefits Schedule (MBS)

Healthy Kids Check provided by a practice nurse
or registered Aboriginal health worker
(MBS Item 10986)



Australian Government
Department of Health and Ageing

Fact Sheet

MBS item 10986 applies to a Healthy Kids Check provided by a practice nurse or registered Aboriginal health worker on behalf of a medical practitioner. If the medical practitioner undertakes the Healthy Kids Check, MBS health assessment time-based items **701 (brief)**, **703 (standard)**, **705 (long)** or **707 (prolonged)** should be used.

The aim of the Healthy Kids Check is to improve the health and well-being of Australian children. The Healthy Kids Check promotes early detection of lifestyle risk factors, delayed development and illness, and provides the opportunity to introduce guidance for healthy lifestyles and early intervention strategies.

The Healthy Kids Check is to be delivered in conjunction with the four year old immunisation. In some states and territories, the four year old immunisation may be provided at an earlier or later age. Children receiving this earlier or later immunisation will be eligible for the Healthy Kids Check if they are over the age of three years and under the age of five years.

Components of the Healthy Kids Check

The Healthy Kids Check is an assessment of a child's physical health, general well-being and development, with the purpose of initiating medical interventions as appropriate. It must include:

- information collection, including taking a patient history and undertaking or arranging examinations and investigations as required;
- making an overall assessment of the child;
- recommending appropriate interventions;
- providing advice and information to the child's parent(s) or carer;
- keeping a record of the health assessment, and offering the child's parent(s) or carer a written report about the health assessment, with recommendations about matters covered by the health assessment; and
- updating any relevant records, such as a parent-held child health record.

Examinations and assessments must include:

- height and weight (plot and interpret growth curve and calculate BMI);
- eyesight;
- hearing;
- oral health (teeth and gums);
- toileting; and
- allergies.

The practice nurse or registered Aboriginal health worker must note if a copy of the *Get Set 4 Life – habits for healthy kids*



guide has been provided to the child's parent(s) or carer, and record evidence that the immunisation for a 4 yr old child has been provided.

If the practice nurse or registered Aboriginal health worker identifies any problems arising from the Healthy Kids Check, the child must be reviewed by his or her usual medical practitioner, who must arrange referrals and follow-up as required.

Restrictions on providing the Healthy Kids Check

The Healthy Kids Check provided by a practice nurse or registered Aboriginal health worker may only be provided once to an eligible child, and only if he or she has not already received a Healthy Kids Check provided by a medical practitioner under any of the MBS Health Assessment items (MBS Items 701, 703, 705 or 707). A Medicare rebate is payable only after both the assessment has been undertaken and four year old immunisation delivered.

In all cases, the medical practitioner under whose supervision the health assessment is being provided retains responsibility for the health, safety and clinical outcomes of the child. The medical practitioner must be satisfied that the practice nurse or registered Aboriginal health worker is appropriately qualified and trained to provide the service.

In circumstances where a parent/guardian chooses not to immunise their child, the Healthy Kids Check cannot be provided as a service for which an MBS rebate may be claimed.

Medical practitioners should not conduct a separate consultation in conjunction with a Healthy Kids Check unless it is a consultation associated with the four year old immunisation or it is clinically necessary (ie. the patient has an acute problem that needs to be managed separately from the assessment).

MBS items 10993 (immunisation by practice nurse) and 10988 (immunisation by registered Aboriginal health worker) can be claimed in conjunction with the Healthy Kids Check MBS Item 10986, provided the conditions of items 10993 and 10988 are satisfied.

MBS items 10990 or 10991 (bulk billing incentives) can be claimed in conjunction with the Healthy Kids Check.

Guidelines and Resources

For more detailed information about MBS item descriptors and explanatory notes visit the Department of Health and Ageing website at www.health.gov.au/mbsonline.

For more general information about the MBS items visit the Department of Health and Ageing website at www.health.gov.au/mbsprimarycareitems or phone the Medicare Australia provider enquiry line on 132 150.

Medical practitioners are encouraged to utilise relevant guidelines and resources, such as:

- Healthy Kids Check Checklist at http://www.health.gov.au/internet/main/publishing.nsf/Content/Healthy_Kids_Check%E2%80%93Checklist
- 'Get Set 4 Life – habits for healthy kids' guide at www.health.gov.au/internet/main/publishing.nsf/Content/Healthy_Kids_Check
- The Australian Immunisation Handbook 9th Edition 2008 at www.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-home
- Guidelines for preventive activities in general practice (The Red Book) 7th Edition 2009 <http://www.racgp.org.au/guidelines/redbook>
- Putting Prevention Into Practice - The Green Book 2nd edition <http://www.racgp.org.au/guidelines/greenbook>
- Raising Children Network: The Australian Parenting Website at www.raisingchildren.net.au
- A Healthy and Active Australia: Access to practical information for families, parents, teenagers, children and their carers available at www.healthyactive.gov.au