

Well Child – Tamariki Ora

NATIONAL SCHEDULE

From Birth to 15 Months

Health Education and Promotion	Health Protection and Clinical Assessment	Family or Whanau Care and Support
<p>Key topics to include:</p> <p>Recognition of illness</p> <p>Management of minor illnesses including colic, crying, minor skin complaints, fever</p> <p>Breastfeeding promotion – support and supervision of early postnatal breastfeeding</p> <p>Advice on maternal nutrition</p> <p>Support of infant feeding – instructions as necessary</p> <p>Contact plan for emergencies – include local agencies list plus 24 hour advice contact numbers</p> <p>SIDS prevention, including:</p> <ul style="list-style-type: none"> • sleep position • smokefree environment and bedsharing • breastfeeding promotion <p>CPR information/education</p> <p>Promotion of parenting skills, including:</p> <ul style="list-style-type: none"> • behaviour in first six weeks and other development stages • dealing with temperament • healthy sleep patterns • understanding why babies cry • feeding • infant/toddler behaviour: management strategies • clothing, nappies • bedding, room temperature • ear health <p>Education and promotion of infants' developmental needs</p> <p>Promotion of immunisations: culturally appropriate explanation sessions on immunisation and screening process for all parents or whanau</p> <p>Promotion of smokefree environment</p> <p>Dealing with caregiver stress and fatigue</p> <p>Contraceptive advice for mother/parents</p> <p>Community networking with other well child care providers</p> <p>Promotion of safe environment</p> <ul style="list-style-type: none"> • car seats • fire safety • prevention of falls • hot water • sun exposure • lead exposure • poison, drugs etc • ensure safe and appropriate child care <p>Promotion of appropriate nutritional needs:</p> <ul style="list-style-type: none"> • introduction of solids • prevention of iron deficiency etc <p>Recognise rights of the child</p> <p>Ensure resources are:</p> <ul style="list-style-type: none"> • culturally and socially appropriate • delivered in a culturally and educationally appropriate manner <p>Collaboration with other providers</p>	<p>BIRTH</p> <p>Brief clinical assessment, including Apgar Score Initial breastfeed Vitamin K (IM)</p> <p>WITHIN 24 HOURS *See Note 1 re Vitamin K Full clinical examination including:</p> <ul style="list-style-type: none"> • observe infant • head circumference • cardiovascular system • weight • hips • eyes <p>Hepatitis B vaccine and immunoglobulin for infants of hepatitis B antigen +ve mothers</p> <p>BCG if indicated, per national TB guidelines</p> <p>Assessment of risk of sensorineural hearing loss or blindness and referral if necessary</p> <p>5 DAYS *See Note 1 re Vitamin K Review:</p> <ul style="list-style-type: none"> • antenatal and family history • birth events <p>Full clinical examination including:</p> <ul style="list-style-type: none"> • observe infant • head circumference • cardiovascular system • weight • hips • eyes <p>Metabolic screening ('Guthrie') test must be done by 5 days, can be taken 48 hrs after feeding introduced</p> <p>2 – 4 WEEKS *See Note 2 re additional services Growth/weight and nutritional assessment (includes maternal nutrition) Observe infant</p> <p>6 WEEKS *See Note 1 re Vitamin K Informed consent to Immunisation Programme</p> <p>Fill in Immunisation Certificate if non consent</p> <p>Immunisation (as per Immunisation Schedule)</p> <p>Clinical examination including:</p> <ul style="list-style-type: none"> • observe infant • head circumference • cardiovascular system • testicular descent • weight • hips • eyes <p>Developmental assessment</p> <ul style="list-style-type: none"> • observation and questioning <p>Questioning on hearing and vision (Audiology check for infants assessed at birth as at risk of hearing loss; and/or ophthalmology check if assessed risk of blindness)</p> <p>Ongoing review of growth and nutrition</p> <p>3 MONTHS Immunisation (as per Immunisation Schedule) Nutritional assessment/weight Questioning of hearing and vision Developmental assessment – observation and questioning</p> <p>5 MONTHS Immunisation (as per Immunisation Schedule) Nutritional assessment/weight Questioning of hearing and vision Developmental assessment – observation and questioning</p> <p>8 – 10 MONTHS Check immunisations Nutritional assessment/weight Questioning on hearing and vision Check for squint Developmental assessment – observation and questioning Tympanometry (in line with <i>Preventing Child Hearing Loss</i>, PHC 1995)</p>	<p>Key elements:</p> <p>Support person with mother at birth</p> <p>Opportunity to discuss parental or whanau concerns at all contacts</p> <p>Listen and respond to family or whanau concerns</p> <p>Review of psychosocial and environmental circumstances including cultural support</p> <p>Assessment of risk/presence of postnatal depression; ensure appropriate referral/management</p> <p>Promote family or whanau support</p> <p>Assessment of need for additional support for families in difficult circumstances or infants at higher risk of adverse health outcomes</p> <p>Crisis intervention if needed</p> <p>Promotion of community networking</p> <p>Assessment of parental relationship with child</p> <p>Mutually agreed plan of services between provider and family or whanau</p> <p>Contact numbers for:</p> <p>Crisis support and intervention eg</p> <ul style="list-style-type: none"> • GP/Midwife • NZ Children and Young Persons' Service • Public Health/rural District Nurse <p>Support groups such as:</p> <ul style="list-style-type: none"> • La Leche • Karitane Unit • Home Help • Pregnancy Help • play groups • coffee clubs <p>Provision of care activities, and link with culturally safe support networks, and/or referral as necessary</p> <p>Support for families in their contact with agencies such as NZ Income Support Service for child care subsidies etc</p>

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NATIONAL SCHEDULE
From 15 Months to School New Entrant

Health Education and Promotion	Health Protection and Clinical Assessment	Family or Whanau Care and Support
<p>Key topics to include:</p> <p>Education on the management of common childhood illness</p> <p>Promotion of home and environmental safety</p> <ul style="list-style-type: none"> • home hazards • water • medicines, poisons • hot water • car seat • road • sun • safe home/neighbourhood • safe playgrounds • water safety/pool fencing etc <p>Education about and promotion of developmental needs of young children</p> <ul style="list-style-type: none"> • play • language • appropriate nutrition etc <p>Promotion of dental health and enrolment with dental service</p> <p>Promotion of parenting skills, including:</p> <ul style="list-style-type: none"> • behaviour management • toileting • sleeping • socialisation with others • eating • minor illness management etc <p>Promotion of 'Keeping Yourself Safe'</p> <p>Discussion and promotion of preschool education facilities, Kohanga Reo, PAFT etc</p>	<p>15 MONTHS</p> <p>Immunisation (as per Immunisation Schedule)</p> <p>Sign Immunisation Certificate for completed early childhood immunisations</p> <p>Weight</p> <p>Questions on hearing and vision</p> <p>Check for squint</p> <p>Developmental assessment – observation/questioning (including language, mobility, behaviour)</p> <p>Tympanometry (in line with <i>Preventing Child Hearing Loss</i>, PHC 1995)</p> <p>21 – 24 MONTHS</p> <p>Questions on hearing and vision</p> <p>Check for squint</p> <p>Weight/Height</p> <p>Developmental assessment – observation/questioning (including language, mobility, behaviour)</p> <p>Review immunisation</p> <p>Dental assessment/enrolment</p> <p>3 YEARS</p> <p>Questions on hearing and vision</p> <p>Weight/Height</p> <p>Developmental assessment – observation/questioning (including language, mobility, behaviour)</p> <p>Tympanometry</p> <p>Visual acuity and check for squint</p> <p>Dental enrolment/assessment if not done earlier</p> <p>Review immunisation</p> <p>SCHOOL NEW ENTRANT</p> <p>Review immunisation</p> <p>Review child's history with parents/caregiver and school, taking regard of Privacy legislation</p> <p>Effective hand-over between well child care providers</p> <p>If indicated, physical/psychosocial/developmental assessment</p> <p>Dental assessment</p> <p>Tympanometry and audiology assessment</p> <p>Test eyes for acuity and squint</p>	<p>Key elements:</p> <p>Listen and respond to family or whanau concerns</p> <p>Review of psychosocial and environmental circumstances</p> <p>Assessment of need for additional support for families or whanau in difficult circumstances, and provide support, link with community resources/support groups, and referral to other agencies if necessary</p> <p>Support for families or whanau in their contact with agencies such as NZ Income Support Service for child care subsidies etc</p> <p>Mutually agreed plan of services between provider and family or whanau</p> <p>Facilitate involvement in child's preschool, Kura Kaupapa Maori activities</p> <p>Promote family or whanau support, community development issues that relate to child health</p> <p>Facilitation of community networking</p>

- Note 1** If IM Vitamin K is not given then a total of 3 oral doses of Vitamin K are to be given/offered at intervals marked with an *
- Note 2** Additional discretionary services may be purchased and used as needed in the early weeks, or later.