



## Child Health Check Course

Category	Professional Development
Purpose	<ul style="list-style-type: none"> <li>• Provide orientation and training to support the implementation of Child Health Checks</li> <li>• Support a primary health care approach to child health</li> <li>• Support the building on the rural and remote workforce capacity for child health screening</li> </ul>
Aims	<ul style="list-style-type: none"> <li>• To provide a systematic approach to screening of children in the rural and remote and primary health care setting</li> <li>• To develop and enhance chronic disease care in the rural and remote and primary health care workforce</li> </ul>
Scope	<p>The PaRROT Child Health Check course has been developed for the multicultural, multidisciplinary team and will support the professional development of</p> <ul style="list-style-type: none"> <li>• All health service providers working in rural and remote area</li> <li>• Workers at pre-recruitment and orientation stages</li> <li>• Chronic disease prevention, detection and management in a comprehensive primary health care framework</li> </ul>
Delivery Mode	<p>Blended learning including:</p> <ul style="list-style-type: none"> <li>• Technology assisted learning – elearning, audio, video, podcast, CD/DVD, Videoconference</li> <li>• Self-paced learning using hard copy or electronic interactive manuals</li> <li>• Facilitated workshops</li> </ul>
Assessment	<p>Graded and non-graded learning activities; Graded quizzes; No minimum passing grade.</p>



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**Session Outline**

Session	Synopsis	Outcomes	Modules	Learning Objectives
<b>PD3101</b> <b>Child Health Check Introduction</b>	<p>This session introduces the Child Health Check Program and provides information on the background, processes and potential outcomes of child screening programs</p>	<p>On completion of this session learners will understand the history, processes and potential outcomes of screening programs for children and will understand how this approach supports effective and efficient primary child health care service provision</p>	<ol style="list-style-type: none"> <li>1. Background</li> <li>2. Primary Health Care</li> <li>3. Screening</li> <li>4. Screening Tool</li> </ol>	<ul style="list-style-type: none"> <li>• Discuss the background and history of child health checks</li> <li>• Explain the relationship between child health check and chronic disease strategy</li> <li>• Explain the importance and relevance of screening in child hood</li> <li>• Identify the principles of an effective primary health care approach to child health services.</li> <li>• Confidently use the child health check screening tool</li> </ul>
<b>PD3102</b> <b>Child Health Check Core</b>	<p>This session reviews the main sections of the Child Health Check process and discusses the reasons for including each component of the check.</p>	<p>Learners will be familiar with the tools and understand why specific screening occurs at specific ages.</p>	<ol style="list-style-type: none"> <li>1. Maternal History</li> <li>2. Birth Information</li> <li>3. Current Measurements</li> <li>4. General Appearance</li> </ol>	<ul style="list-style-type: none"> <li>• Discuss the content of the child health check form</li> <li>• Collect maternal history information</li> <li>• Identify aspects of maternal history that may impact on an infant's health</li> <li>• Collect birth information</li> <li>• Explain how issues with birth can impact on an infant's health and well being</li> <li>• Explain the components of the measurement check</li> <li>• Conduct initial and ongoing measurement</li> <li>• Conduct an appearance check and discuss the relevance of findings</li> </ul>



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<b>PD3103</b> <b>Skin</b>	This session provides information on skin checks and discusses the importance of follow up because of the poor health outcomes associated with skin infections. It also provides information that helps identify rashes, their likely cause and treatment or management required.	Learners will understand the importance of comprehensive skin checks and be able to identify and treat or manage rashes on children.	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Rashes</li> <li>3. Infections</li> </ol>	<ul style="list-style-type: none"> <li>• Discuss the structure, physiology and function of the skin</li> <li>• Describe the differences between normal healthy and unhealthy skin</li> <li>• Identify different types of rashes including those associated with infectious diseases</li> <li>• Provide simple prevention and treatment of rashes</li> <li>• Identify common skin infections that can be found on screening</li> <li>• Discuss the importance of treating skin infections</li> <li>• Describe impetigo</li> <li>• Discuss potential outcomes of untreated skin infections</li> </ul>
<b>PD3104</b> <b>Development</b>	This session provides information on developmental screening of infants and children including developmental milestones and infant reflexes.	Learners will understand why and how we conduct developmental screening and have an understanding of what developmental milestones and reflexes are and how the results of screening can help detect early risk factors.	<ol style="list-style-type: none"> <li>1. Development Milestones</li> <li>2. Infant Reflexes</li> </ol>	<ul style="list-style-type: none"> <li>• Explain the rationale behind conducting developmental milestones and reflexes screening</li> <li>• Describe the developmental milestone and reflexes checks at specific ages</li> <li>• Refer appropriately if milestones or reflexes are consistently or markedly delayed</li> <li>• Check and record milestones and reflexes</li> </ul>



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<b>PD3105</b> <b>Ears and Hearing</b>	<p>This session introduces ear and hearing screening in infants and children. It defines each screening test and explains the reasons for conducting tests, what results may indicate and follow up care.</p>	<p>Learners will understand what is involved in conducting otoscopy, tympanometry and audiometry and will be aware of potential findings and follow up care requirements.</p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Otoscopy</li> <li>3. Tympanometry</li> <li>4. Audiometry</li> </ol>	<ul style="list-style-type: none"> <li>• Discuss the function of the ear and the importance of assessment</li> <li>• List 5 causes of ear problems</li> <li>• Undertake a reliable ear assessment</li> <li>• Identify a normal ear canal and ear drum using Otoscopy and tympanometry</li> <li>• List abnormalities of the ear drum and ear canal</li> <li>• Read and interpret tympanometry graphs</li> <li>• Recognise an abnormal ear canal and ear drum and refer for treatment</li> <li>• Discuss the importance of checking ears and hearing</li> <li>• Recognise abnormal results and refer for treatment</li> <li>• Clearly document hearing assessment results</li> </ul>
<b>PD3106</b> <b>Eyes and Vision</b>	<p>This session introduces eye and vision screening in infants and children. It discusses the function of the eye, describes screening process and discusses possible abnormal findings and required follow up.</p>	<p>Learners will understand the function of the eye, be able to conduct eye checks and identify abnormal findings including recommended follow up care.</p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Eye Checks</li> <li>3. Abnormal Findings</li> </ol>	<ul style="list-style-type: none"> <li>• Identify the normal eye</li> <li>• Identify the different structures of the eye</li> <li>• Describe how the eye works</li> <li>• Undertake a reliable eye assessment at relevant ages and stages of development</li> <li>• List the types of eye tests and describe the procedure</li> <li>• Describe near and far sightedness</li> <li>• Define visual acuity</li> <li>• Recognise and describe potential problems and appearance of the eye</li> <li>• Define Strabismus and amblyopia</li> <li>• Perform corneal light reflex, cover tests and visual acuity assessment</li> <li>• Recognise abnormal results and refer for treatment</li> </ul>



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<b>PD3107</b> <b>Oral Health</b>	<p>This session discusses oral health in infants and children. It introduces the components of oral health screening, discusses potential oral health issues and introduces strategies for the prevention of poor oral health.</p>	<p>Learners will understand the components of the child health check oral health screen. They will be able to recognise good and poor oral health, diagnose oral health issues, initiate follow up and will understand the importance and some strategies for preventing poor oral health.</p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Screening Part 1</li> <li>3. Screening Part 2</li> <li>4. Prevention</li> </ol>	<ul style="list-style-type: none"> <li>• Conduct oral health screening</li> <li>• Discuss the importance of oral health</li> <li>• Recognise healthy gums and unhealthy gums</li> <li>• Identify some common problems of poor hygiene</li> <li>• Discuss the factors that contribute to poor oral hygiene and good oral health habits</li> <li>• List 4 causes of misaligned teeth</li> <li>• Discuss causes and management of unhealthy gums</li> <li>• Discuss maintenance of a healthy mouth and brushing teeth, including dental checks</li> <li>• Explain process of teeth brushing and flossing for adults and children</li> </ul>
<b>PD3108</b> <b>Nutrition</b>	<p>This session examines the nutrition component of the child health check including continence and elimination, screening, breast feeding and introducing solids, anaemia, food choices and growth including poor growth and obesity / overweight.</p>	<ul style="list-style-type: none"> <li>▪ Participants will understand the nutrient requirements of babies and children, and be aware of the issues that may arise, including anaemia, failure to thrive, poor growth, overweight and obesity, if a child does not consume a healthy diet.</li> <li>▪ Participants will also be able to identify the factors that make up healthy and unhealthy diets and be able to talk to parents and children about healthy eating habits.</li> <li>▪ Participants will be confident to screen children, and will be able to provide follow up care should it be required.</li> </ul>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Anaemia</li> <li>3. Food</li> <li>4. Growth</li> </ol>	<ul style="list-style-type: none"> <li>▪ Discuss the nutritional requirements of babies and children</li> <li>▪ Define iron deficiency anaemia and contributing factors</li> <li>▪ Interpret haemoglobin levels</li> <li>▪ Discuss the healthy food plate and food choices</li> <li>▪ Identify iron rich foods</li> <li>▪ Identify healthy childhood growth</li> <li>▪ Discuss the reasons for monitoring growth</li> <li>▪ Define BMI-for-age</li> <li>▪ Interpret growth charts</li> <li>▪ Identify poor growth and obesity</li> <li>▪ Refer a child with growth issues</li> </ul>



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<b>PD3109</b> <b>Social and Emotional Well-being</b>	<p>This session reviews the screening process for social and emotional health and discusses the elements of a child's environment that needs to be checked as well.</p>	<p>Participants undertaking this session will understand the need to ensure children are developing in an environment that is conducive to best possible life outcomes. They will be able to perform a social and emotional well-being check on infants, young children and adolescents, identify and provide follow up for clients if concerned and discuss management and referral for self-harm, suicide and other urgent concerns</p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. 0-4 years</li> <li>3. 5-14 years</li> </ol>	<ul style="list-style-type: none"> <li>▪ Discuss the relationship between the UN Declaration Of The Rights Of The Child 1959 and the need to ensure children are developing in an environment that is conducive to best possible life outcomes</li> <li>▪ Perform a social and emotional well-being check on infants, young children and adolescents</li> <li>▪ Define, identify and respond to the risk factors associated with post natal depression</li> <li>▪ Identify and refer clients with post natal depression</li> <li>▪ Discuss the importance of a social an emotional well-being check</li> <li>▪ Describe differences between child abuse and neglect</li> <li>▪ Utilise guidelines for response to a child's social and emotional well-being</li> <li>▪ Discuss management and referral for self -harm and suicide or urgent concerns</li> </ul>
<b>PD3110</b> <b>Child Safety</b>	<p>This session introduces the concept of child safety, in the context of child protection. It defines harm, discusses the assessment of harm and provides information on recommended and or legislated follow up should a child be assessed as being harmed or at risk of being harmed.</p>	<p>Participants will understand the harm and be able to identify the types of child abuse including neglect. They will be able to accurately assess a child and determine harm and neglect and determine if an injury may be intentional or accidental. Participants will also be able to document and report incidents of harm and neglect.</p>	<ol style="list-style-type: none"> <li>1. Harm</li> <li>2. Assessment</li> <li>3. Reporting</li> </ol>	<ul style="list-style-type: none"> <li>▪ Define harm</li> <li>▪ Identify the types of child abuse including neglect</li> <li>▪ Accurately assess a child and determine harm and neglect</li> <li>▪ Determine if an injury may be intentional or accidental</li> <li>▪ Discuss documentation and reporting process if a child is deemed to be at risk of harm or neglect</li> <li>▪ Report harm or neglect</li> </ul>





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<p><b>PD3111</b> <b>Injury Prevention</b></p>	<p>This session discusses the importance of providing a safe environment for babies and children examines the main causes of childhood injury and death and discusses strategies that can be adopted to ensure children remain safe.</p>	<p>Participants will be able to identify the potential hazards that may injure or harm babies and children in the home, water, outdoors and motor vehicles. They will be aware of some strategies that could be adopted to minimise the risk of injury or harm and will be aware of the causes of and types of burn or scald injury that could occur.</p>	<ol style="list-style-type: none"> <li>1. Home</li> <li>2. Water</li> <li>3. Outdoor</li> <li>4. Motor Vehicle</li> <li>5. Burns</li> </ol>	<ul style="list-style-type: none"> <li>▪ Identify strategies to keep children safe from poisons</li> <li>▪ List at least 5 types of poisonous products</li> <li>▪ List 5 key factors to reduce the incidence of SIDS</li> <li>▪ Identify choking hazards</li> <li>▪ Discuss ways of preventing falls, including areas of high risk for falls</li> <li>▪ Discuss the data on drowning in Australia</li> <li>▪ Identify water hazards in and around the home</li> <li>▪ Discuss strategies that reduce the risk of drowning</li> <li>▪ Identify hazards associated with outdoor safety</li> <li>▪ Discuss the use of restraints in a vehicle</li> <li>▪ Identify hazards associated with motor vehicle travel</li> <li>▪ Identify strategies that reduce the risk of injury and death associated with motor vehicle use</li> <li>▪ Discuss the various types of burns and how to prevent them</li> <li>▪ List 5 common causes of house fires</li> <li>▪ Describe strategies to educate young children and carers about fire and burns</li> </ul>



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<b>PD3112</b> <b>Alcohol, Tobacco and Other Drugs (ATODS)</b>	<p>This session discusses screening and intervention for substance use in children, and examines the impacts of alcohol use during pregnancy. It introduces Foetal Alcohol Spectrum Disorder (FASD), and provides some strategies on prevention and management of FASD</p>	<p>Participants will understand why and how to screen children for substance use, be aware of the substances commonly used, and be able to provide brief interventions and discuss substance use with children.</p> <p>Participants will also be able to identify the signs and symptoms and discuss the impacts of FASD, screen for FASD and provide prevention, early detection and management strategies for FASD.</p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Screening</li> <li>3. Foetal Alcohol Spectrum Disorders (FASD)</li> <li>4. Foetal Alcohol Spectrum Disorders Prevention and Management</li> </ol>	<ul style="list-style-type: none"> <li>▪ Screen children for substance use</li> <li>▪ Discuss substance use with young children</li> <li>▪ Provide brief interventions for substance use in children</li> <li>▪ Identify substances commonly used by young children</li> <li>▪ Identify the signs and symptoms and discuss the impacts of FASD</li> <li>▪ Screen for FASD</li> <li>▪ Discuss prevention, early detection and management strategies for FASD</li> </ul>
<b>PD3113</b> <b>Acute Rheumatic Fever / Rheumatic Heart Disease</b>	<p>This session introduces and defines Acute Rheumatic Fever and Rheumatic Heart Disease, which, if left untreated, result in complications and serious chronic disease in adult life. It also provides information on misdiagnosed cases – a common occurrence – and the consequences of this misdiagnosis</p>	<p>Participants will be aware of the signs and symptoms of Acute Rheumatic Fever (ARF), and will understand the actions they will need to take if they suspect a client has acute illness. Participants will also understand the potential complications of untreated ARF, including Rheumatic Heart Disease (RHD), and will be able to provide treatment for clients with this disease.</p>	<ol style="list-style-type: none"> <li>1. Acute Rheumatic Fever</li> <li>2. Rheumatic Heart Disease</li> </ol>	<ul style="list-style-type: none"> <li>▪ Define Acute Rheumatic Fever and Rheumatic Heart Disease</li> <li>▪ Discuss the signs and symptoms of Acute Rheumatic Fever and Rheumatic Heart Disease</li> <li>▪ Discuss ways of preventing Acute Rheumatic Fever and Rheumatic Heart Disease</li> <li>▪ Discuss management of Acute Rheumatic Fever and Rheumatic Heart Disease</li> </ul>