

Medicare Benefits Schedule (MBS) Healthy Kids Check



Australian Government
Department of Health and Ageing

Checklist

Use of a specific form to record the results of the health assessment is not mandatory but the health assessment should cover the matters listed below. This form can be used as a report of the health assessment.

This checklist must be read in conjunction with the explanatory notes for Items 701, 703, 705, 707 and 10986 (found at www.health.gov.au/mbsonline).

Patient's Name

Male Female Date of Birth: / / Age: years months

Current contact details

Address _____ Phone _____

Parent/Guardian name/s _____

Healthy Kids Check

Explanation of Healthy Kids Check given Yes

Consent for Check given Yes

Date consent was given: / /

Signature of Parent/Guardian authorising consent for the Healthy Kids Check to be undertaken

Get Set 4 Life – habits for healthy kids (the Guide)

Get Set 4 Life provided to Parent/Guardian Yes

Date provided: / /

Signature of Parent/Guardian receiving Get Set 4 Life

Four year old Immunisation

Consent for immunisation given Yes

Date consent was given: / /

Signature of Parent/Guardian authorising consent for immunisation

If immunisation has previously been given note evidence:

Personal Health Record Yes

Other _____

Vaccine	Batch No.	Date given	Signature Stamp
Diphtheria, tetanus, pertussis			
Poliomyelitis			
Measles, mumps, rubella			

Medicare Health Kids Check

PATIENT HISTORY

Family and environmental factors:

- Family relationships
- Care arrangements
-

Medical and social history:

- Paediatrician
- Previous presentations
-

Lifestyle risk factors:

- Eating Habits
- Physical activity/inactivity
-

PATIENT'S OVERALL HEALTH STATUS

HEALTH ISSUES IDENTIFIED AND DISCUSSED WITH THE PATIENT'S PARENT/GUARDIAN

RECOMMENDED INTERVENTION AND/OR REFERRALS

GP, Practice Nurse or Aboriginal health worker:

Signature:

/ /

If the check has not been conducted at the patient's usual medical practice, a copy of the record is to be sent to:

/ /

Name of 'usual' GP/Practice

Parent/Guardian consent to provide copy

EXAMINATIONS AND ASSESSMENT

Measure height and weight

Height:

Weight:

IDENTIFIED ISSUES	ACTION

Check eyesight – may include (but not limited to):

- conducting a visual inspection of the eyes
- using an eye chart if appropriate
- seeking parental/other concerns about vision (eg. amblyopia, squint, infection, injury)
- questioning family history of eyesight problems
- referring the child to an optometrist for an eyesight assessment if appropriate

IDENTIFIED ISSUES	ACTION

Check hearing – may include (but not limited to):

- conducting an ear examination
- 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
- referring the child to an audiologist for a hearing assessment if appropriate

IDENTIFIED ISSUES	ACTION

Check oral health – teeth and gums (a potential tool could include Lift the Lip)

- questioning whether the child has visited the dentist
- questioning how often the child brushes their teeth

IDENTIFIED ISSUES	ACTION

Question toilet habits – may include (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	ACTION

Note known or suspected allergies

IDENTIFIED ISSUES	ACTION

ADDITIONAL MATTERS FOR CONSIDERATION

The health check may include the following matters, at the discretion of the GP, Practice nurse/Aboriginal health worker and according to his or her clinical judgement. It may be useful to refer to the patient's State/Territory personal health record and the Guide.

General wellbeing:

Discuss eating habits – may include (but not limited to):

- discussing the child's appetite
- questioning about the variety of foods the child eats
- discussing the frequency of consuming processed foods

IDENTIFIED ISSUES	ACTION

Discuss physical activity – may include (but not limited to):

- discussing the time spent in active or energetic play
- discussing the time spent in sedentary activities

IDENTIFIED ISSUES	ACTION

Question speech and language development – may include (but not limited to):

- seeking parent/guardian concerns about:
 - the number of words their child uses or their understanding of directions
 - whether their child speaks clearly and takes an active part in conversations

IDENTIFIED ISSUES	ACTION

Question fine and gross motor skills – may include (but not limited to):

- picking up small objects
- walking, running, jumping, hopping, climbing stairs
- drawing without scribbling
- riding a tricycle

IDENTIFIED ISSUES	ACTION

Question behaviour and mood – may include (but not limited to):

- sleeping
- energy levels
- social and emotional well-being
- ability to separate from main carer

IDENTIFIED ISSUES	ACTION

Other examinations considered necessary by GP/practice nurse/registered Aboriginal health worker

EXAMINATION	IDENTIFIED ISSUES	ACTION