



Improving the Odds for Children: Wellness Clinic for Tots (WCT)



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A partnership in developmental surveillance and promotion of early child development for toddlers and preschoolers rostered with the Stratford Family Health Team



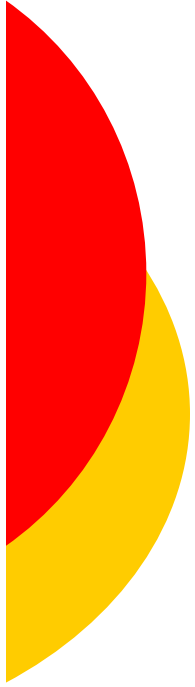


Why is it important?

Research shows that intervening early can influence health and learning, and save costs

Recommendation of the Expert Panel:

- Ontario develops a system where every 18 month old will receive an enhanced well baby assessment to include:
 - developmental assessment (Nipissing and Rourke)
 - discussion about healthy child development & behaviour
 - information about parenting & services
 - timely referrals
 - measurement of how children are doing



WCT in the making

- Consultation with physicians
- Review of other models
- Identification of resource needs
- Identification of data collection needs and methods
- Development of protocols and resources
- Orientation to staff
- Communication to parents

OBJECTIVES



IDENTIFY

- children at risk for: growth & developmental delays, autism, chronic diseases
- risks for healthy child development (e.g. postpartum depression, tobacco use)
- nutrition concerns



REDUCE

- risk of obesity among preschoolers
- burden on family doctors through effective use of allied health professionals
- costs by using shared resources among health partners



INCREASE

- ID and timely referral of 18 & 36 month olds with developmental concerns
- parents' knowledge of healthy child development, nutrition and local supports
- outreach to hard-to-reach Anabaptist communities in Perth County



WCT in a Nutshell ...

- 18 & 36 month old children are seen for an enhanced well child assessment by a nurse practitioner
- “At risk” children (and parents) referred for follow-up
- Data sharing with University of Guelph following NutriSTEP
- Referral follow-up by public health nurse



18 month visit



- Developmental screening:
 - Nipissing
 - Rourke Baby Record
- Selective screening for autism
- Physical exam
- Immunization
- Counselling to parents about health risk reduction, child development and child/parent services



36 month visit



- Developmental screening:
 - Nipissing
 - Rourke Baby Record
- Universal screening for nutritional risk (NutriSTEP)
- Physical exam
- Counselling to parents about health risk reduction, child development and child/parent services



The First Ten Months

Preliminary Data from February to December 2008

	18 mo	36 mo
No of Visits	203 (68%)	95 (32%)
Developmental concern (Nipissing)	12%	*

* Data suppressed due to sample size



The First Ten Months

Preliminary Data for 18 & 36 month visits:

5% of thirty-six month olds scored high risk for nutritional concerns (NutriSTEP)

In addition to those identified using the Nipissing screen:

- 29 referrals for health/developmental concerns were made for 28 children
- Main categories:
 - Speech and language
 - Dietitian



Referral Follow-up & Outcomes

- Referral outcomes of 35 children were provided by:
 - Parents
 - Healthy Babies Healthy Children
 - Wellness Clinic for Tots
- Over 70% could be grouped as follows:
 - No referral follow-up as yet, but intends to
 - Child assessed, further intervention required
 - Initial appointment booked, not yet assessed



Parent Identified Concerns

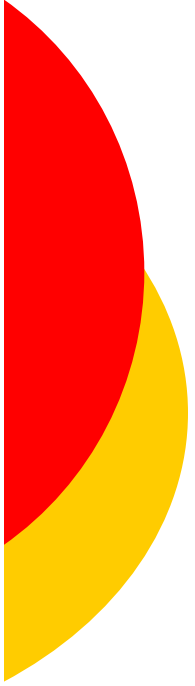
- 16% reported that they smoke
 - 48% accepted a referral
- 9% reported eating pattern or weight concerns;
 - 21% accepted a referral
- 8% reported concerns related to 'coping' with parenting
 - 33% accepted a referral



Parent Satisfaction

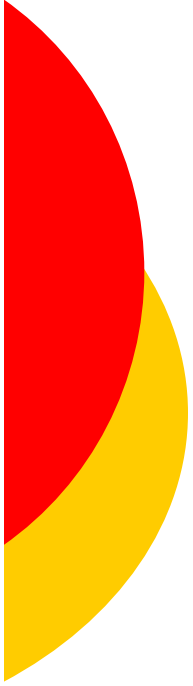
- 98% reported being “very satisfied” with the visit
- 97% would recommend the WCT to other parents

“It was so great that a program like this is offered to help parents with the tools for development.”



Strengths:

- Strong partnerships have been key to the success of WCT
- WCT has demonstrated the capacity to identify and refer children with health/developmental risks
- Parent and physician satisfaction with the transition in well child care



Lessons Learned:

- The service delivery model needs to be flexible to accommodate changes e.g. staff vacancies
- It is important to identify early on the appropriate data collection tools and potential software incompatibilities

