

## **Completing primary health screening for children and young people in Out of Home Care (OOHC)** **A guide for health practitioners**

Children and young people in out-of-home care (OOHC) are recognised as a highly vulnerable group and often have a range of unidentified and untreated health issues. The time at which a child or young person enters OOHC provides an important opportunity for General Practitioners and other health professionals to assess the child's health, development and wellbeing.

A primary Health Screen should be commenced within 30 days of the child or young person entering out of home care.

### **Step 1 The OOHC Health Coordinator will provide you with:**

- a request for a primary health screen
- a health summary, including the child or young person's known information summaries/medical records
- **(0 – 5 only)** Carer's response to ages and stages questionnaire (ASQ) and ages and stages questionnaire: social and emotional (ASQ:SE) if available
- Copy of the OOHC primary health screen template according to the age of the child  
[under 1](#)      [1-5 years](#)      [6-11 years](#)      [12-18 years](#)

### **Step 2 The primary health screen**

- Use the primary health screen template to assess the child's health across the domains of physical health, development, psychosocial and mental health
- Complete a referral letter to appropriate [follow up service](#) where [red flags](#) in the primary health screen template indicate a need for further assessment or intervention.
- Fax 9462 9067 or email [nslhs-oohcintake@health.nsw.gov.au](mailto:nslhs-oohcintake@health.nsw.gov.au) the completed template or copy of clinical notes and the referral letter to the OOHC health coordinator. They will organise any appointments as a priority.
- Any referrals made directly to private practice also need to be notified to the OOHC health coordinator.

This information is used by the OOHC health coordinator to develop a health management plan which is integrated as part of the child or young person's case file by Community Services/NGO caseworkers and accompanies the child or young person if they change placement, are restored or transition from OOHC.

### **Step 3 The health review**

- This is done as a minimum at: **6 months** for the **0 - 5 year olds**      **12 months** for the **6 – 18 year olds**
- Get confirmation for the review from the OOH health care coordinator or make sure the carer has a "confirmation of placement" form.
- Use the primary health screen template according to the age of the child as above
- Complete a referral letter to appropriate [follow up service](#) where [red flags](#) in the primary health screen template indicate a need for further assessment or intervention.
- Fax 94629067 or email [nsldh-oohcintake@health.nsw.gov.au](mailto:nsldh-oohcintake@health.nsw.gov.au) the completed template or copy of clinical notes and the referral letter to the OOHC coordinator. They will organise any appointments as a priority.
- Any referrals made directly to private practice also need to be notified to the OOHC coordinator.

#### **Out of Home Health Care Coordinator**

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## **Criteria for progression to further assessment or comprehensive assessment ('red flags')**

### **Under 1 year olds: 'red flags' for progression to comprehensive assessment**

1. Any physical, developmental or psychosocial health concerns requiring further assessment, including if infant required medication for neonatal abstinence syndrome.
2. Any infant (over one month) on Ages and Stages Questionnaire (ASQ3) assessment scoring in the "needs monitoring" or "concerns exist" zone.
3. Any infant (over 3 months) on Ages and Stages Questionnaire: Social Emotional (ASQ: SE) assessment scoring in the "clinically significant" range.
4. Any sensory concerns, for example, with vision or hearing.
5. Any concerns identified at childcare or by the carer or caseworker that are not able to be addressed in the primary health screen.
6. More than one OOHC placement breakdown or unexpected OOHC placement change.
7. Concerns regarding carer's wellbeing and capacity to meet the infant's needs.

### **1- 5 year olds: 'red flags' for progression to comprehensive assessment**

1. Any physical, developmental or psychosocial health concerns requiring further assessment.
2. Any child on Ages and Stages Questionnaire (ASQ3) scoring in the "needs monitoring" or "concerns exist" zone.
3. Any child on Ages and Stages Questionnaire: Social Emotional (ASQ:SE) scoring in the "clinically significant" range.
4. Any sensory concerns, for example, with vision or hearing.
5. Placement history concerns, for example, more than one placement breakdown or unexpected placement change, or a placement change because of child's behaviour.
6. Any concern identified at childcare or pre-school that was unable to be addressed in the primary health screen.
7. Concerns regarding carer's wellbeing and capacity to meet the child's needs.

### **6- 11 year olds: 'red flags' for progression to comprehensive assessment**

1. Any physical health concerns requiring further assessment.
2. Any developmental concerns, which may include:
  - Relationship issues and social concerns
  - Concerns about school not able to be addressed in the primary health screen
  - Academic concerns or learning difficulties
3. Any psychosocial or mental health concerns, which may include:
  - Diagnosis of mental health problem and/or mental health professional involved
  - Carer or clinician identified clinically significant symptoms of emotional or behavioural disturbance
  - Child on medications prescribed to help emotional or behavioural problems
  - Identity concerns such as belonging, connection to significant people and places in their past, family of origin, culture and heritage
  - Clinically significant concerns noted on the Strengths and Difficulties Questionnaire (SDQ)
4. Placement history concerns, for example, more than one placement breakdown or an unexpected placement change because of child's behaviour.
5. Concerns regarding carer's wellbeing and capacity to meet the child's needs.

## **12- 18 year olds : 'red flags' for progression to comprehensive assessment**

1. Any physical health concerns requiring further assessment.
2. Any developmental concerns, which may include:
  - Relationship issues and social concerns
  - Concerns about school not able to be addressed in the primary health screen
  - Academic concerns or learning difficulties
3. Any psychosocial or mental health concerns, which may include:
  - Diagnosis of mental health problem, concerns regarding suicide or depression, and/or
  - mental health professional involved
  - Carer or clinician identified clinically significant symptoms of emotional or behavioural disturbance
  - Young person on medication prescribed for emotional or behavioural problems
  - Concerns with drug use, sexual activity or sexuality, or safety
  - Clinically significant concerns noted on the Strengths and Difficulties Questionnaire (SDQ)
4. Placement history concerns, for example, more than one placement breakdown or unexpected placement change because of the child or young person's behaviour.
5. Concerns regarding a carer's wellbeing and capacity to meet the child or young person's needs

## Referral pathways for children in out of home care

Age Group	Up to 5yrs	6-11 years	12-18 years
<b>Reviews</b>	Minimum review requirement every 6 months	Minimum review every 12 months	Minimum review every 12 months
<b>Growth and Development</b>	Refer to Community Health Centre Paediatrician at Hornsby 9987 3044, Lower North Shore & Ryde 9462 9200 or Northern Beaches, Dalwood 9951 0300	Refer to Community Health Centre Paediatrician at Hornsby 9987 3044, Lower North Shore & Ryde 9462.9200 or Northern Beaches, Dalwood 9951 0300	Consult OOHC coordinator for preferred service and to coordinate with Youth Health Nurse Consultant
<b>Socio-emotional</b>	Referral to CYMHS through OOHC coordinator for assessment. Appropriate referral to private services preferably with trauma - informed background	Referral to CYMHS through OOHC coordinator for assessment. Appropriate referral to private services preferably with trauma - informed background	Referral to CYMHS through OOHC coordinator for assessment. Appropriate referral to private services preferably with trauma - informed background. Headspace
<b>Speech</b>	Referral to public health system, contact OOHC coordinator 9462 9266 Children with Global delay private health system	Refer to private speech pathologist Letter advocating for funding of private service may be provided to FACS	Refer to private speech pathologist Letter advocating for funding of private service may be provided to FACS
<b>Fine Motor Skills delay</b>	Referral to public health system, contact OOHC coordinator 9462 9266	Referral to public health system, contact OOHC coordinator 9462 9266	
<b>Gross Motor Skills Delay</b>	Referral to public health system, contact OOHC coordinator 9462 9266	Referral to public health system, contact OOHC coordinator 9462 9266	
<b>Vision</b>	as per the Blue Book. At 3-4 years - StEPS Screening through pre-schools. Catch up clinics: 9462 9550 for appointments	Optometrist Review biannually (Medicare). Refer to Ophthalmologist if required or Ophthalmologist Clinic Royal North Shore Hospital. Fax referrals to 9463 1065	Optometrist review biannually (Medicare). Refer to Ophthalmologist if required or Ophthalmologist Clinic Royal North Shore Hospital. Fax referrals to 9463 1065
<b>Hearing</b>	SWISH at birth. No public services. If concerns referral to private service.	Private Services (Bulk Bill service preferred)	Private Services (Bulk Bill service preferred)

<b>Oral Health</b>	OOHC coordinator provides referral from 2 years of age. Need annual reviews. Prior to 2 years, Lift the Lip assessment as per the Blue Book. Referral to oral health prior to 2 years if required.	OOHC coordinator provides referral from 2 years of age. Need annual reviews.	OOHC coordinator provides referral from 2 years of age. Need annual reviews.
<b>Drug and alcohol</b>			Referral to <a href="#">Drug and alcohol service</a> , <a href="#">Headspace</a> , Online services as required
<b>Sexual Health</b>			Information for <a href="#">Clinic 16 – RNSH</a> , <a href="#">Headspace Chatswood</a> to be given
<b>Other resource Information</b>	Strengths and difficulties questionnaire <a href="http://www.sdqinfo.com/">http://www.sdqinfo.com/</a>	Strengths and difficulties questionnaire <a href="http://www.sdqinfo.com/">http://www.sdqinfo.com/</a>	Strengths and difficulties questionnaire <a href="http://www.sdqinfo.com/">http://www.sdqinfo.com/</a> <a href="http://youthsource.com.au">http://youthsource.com.au</a>