

My health record



Name:

Please bring this book to any health related appointments.



Government
of South Australia

SA Health

Acknowledgements

'My health record' was developed with the assistance of parents, carers, child and family health nurses, midwives, social workers, dietitians, paediatricians, neonatologists, Aboriginal health workers and other health professionals.

The changes in this revised edition have arisen from evidence and expert opinion about the most appropriate approach for the families with babies and young children.

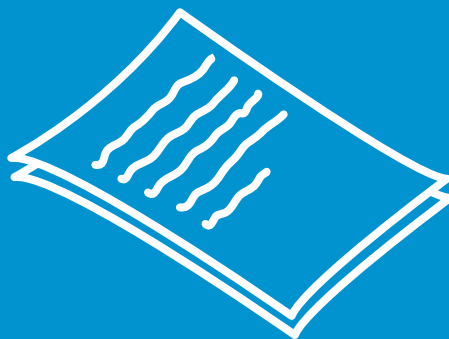
SA Immunisation Section, Kidsafe SA, SA Dental Service and the Tobacco Control Unit of SA Health have contributed to the development of this content.

WA Health is acknowledged as the first state to redesign in this format. NSW Health is acknowledged for their permission to adapt and reproduce parts of this record.

2011 Edition.

Writing board

(please do not remove)



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Information and forms

Personal details

Child's name

Home address

.....

.....

Change of address

.....

.....

Aboriginal Yes / No

Torres Strait Islander Yes / No

Parent name (1)

Home address

.....

.....

Telephone (Home) Work

Mobile

Email

Main language spoken at home

Parent name (2)

Home address

.....

.....

Telephone (Home) Work

Mobile

Email

Main language spoken at home

Number of children in the family

About 'My health record'

Congratulations on the arrival of your new baby.

The birth of a new baby is an exciting time, with many special experiences and challenges along the way. Information is available to help you support your growing child from a range of places, including this health record.

This record is designed to help you track your child's journey as they learn and grow. It provides a place for you and your health professional to record your child's health and progress.

Each year has a separate section, which includes some tips for caring for your child under *What I need*. Also included is a checklist of important milestones entitled *Help me grow and learn*. You can fill these in as your child reaches each milestone. This will help you to know what to watch for in their development and when to seek help.

Health checks are important for your growing child and are included in this record. It is recommended that your child has a health check at:

- > 1-4 weeks (by a child and family health nurse, midwife, GP or paediatrician)
- > 6-8 weeks (by a GP or paediatrician)
- > 6-9 months (by a child and family health nurse, GP or paediatrician)
- > 18-24 months (by a child and family health nurse, GP or paediatrician)
- > 3 years (by a GP or paediatrician)
- > 4 years (by a GP, paediatrician or child and family health nurse, this health check form is not included in this record).

An immunisation section at the back of the record can be used to track your child's immunisations.

How to use 'My health record'

It is important that this health record is kept safe and is regularly updated. If you need help to update it, ask your health professional.

Take it with you every time you see your doctor, paediatrician, midwife, child and family health nurse, immunisation provider or other health professional such as a dentist, physiotherapist or speech pathologist. **It is important that your health professional completes the health checks and records any other relevant information in the progress notes or *About me* section.**

You may also need to show it to child care centres, preschools or schools when enrolling your child.

You can add to this record any other important information about your child's health.

Interpreters

Let your health provider know if you need an interpreter

አስተርጓሚ ክፈለጉ : ለርስዎ ሓኪም ወይ አስተማሪ ያሳውቁ

AMHARIC

Mumenyeshe ujejwe kubungabunga amagara yawe niba ugomba umusiguzi
KIRUNDI

يُرجى إعلام الطبيب أو الممرضة إذا كنت بحاجة إلى مترجم.
ARABIC

تکایه نه‌گه‌ر پتویستت به وه‌رگێز (موت‌ه‌رجیم) هه‌یه نه‌وا دکتۆرێک/برینپتچیک ئاگا‌داریکه‌وه
KURDISH

စကားပြန် အလိုရှိက၊ ကျန်းမာရေးစစ်ဆေးပေးသူ ကိုအကြောင်းကြားပါ။
BURMESE

Laari kim du Lari mi gööri Yöö ba Ji Luoc thok.
NUER

اگر به ترجمان ضرورت دارید به دکتور، یا نرس خود اطلاع دهید.
DARI

در صورتیکه به مترجم نیاز دارید به دکتور، یا پرستار خود اطلاع دهید.
PERSIAN

Lekke dictordu awu raan lui paan akim yin kor raan bi war thok.
DINKA

Mjulische mhudumu wako wa afya kama unahitaji mkalimani
SWAHILI

សូម ប្រាប់ ទៅ វេជ្ជបណ្ឌិត / គិលានុប្បវត្តិ ថា លោក អ្នក ប្រសិនបើ ត្រូវ ការ អ្នក បកប្រែ ភាសា ។
KHMER

Nếu cần thông dịch viên, xin hãy nói với bác sĩ / y tá của quý vị
VIETNAMESE

If your client requires a telephone interpreter please phone 131 450

Aboriginal Cultural Consultants

Aboriginal Cultural Consultants are located at some Child and Family Health sites. The Aboriginal Cultural Consultant's role is to support Aboriginal and Torres Strait Islander children and families in gaining access to local child and family health services.

Your rights and responsibilities

All people who use public health services in South Australia have rights and responsibilities.

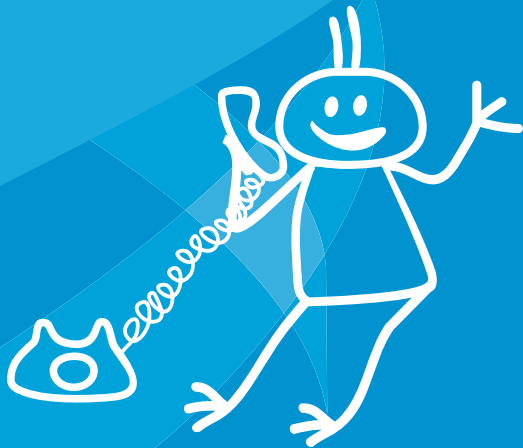
These are outlined in a document called, *Your Rights and Responsibilities – A Charter for Consumers of the South Australian Public Health System*

This document is available on the internet at:

www.safetyandquality.sa.gov.au

Your rights	This means
Access	You can access services which address you or your child's health care needs.
Safety	You and/or your child receive high quality health services provided by qualified health professionals in a timely manner.
Respect	You and/or your child will be treated with dignity and respect.
Communication	You will receive open, timely and appropriate communication about you or your child's health care and in a way that is understood.
Participation	You may join in decisions and choices about health care and health service planning.
Privacy	You and/or your child's personal privacy is maintained and proper handling of personal health and other information is assured.
Comment	You can comment on or complain about your own or your child's health care and have your concerns dealt with properly and promptly. To make a complaint, phone the Health and Community Services Complaints Commissioner on 08 8226 8666 or Toll Free 1800 232 007. This service is available Monday to Friday from 9am to 5pm.
You can help by	<ul style="list-style-type: none"> > Sharing any relevant information with your health professional > Asking for health care information or letting us know if you do not understand the information > Keeping your appointments when possible or letting us know if you cannot > Being considerate of staff and other clients

Where to go for help



Where to go for help

Help and information is available from many places. Other families have found the below list helpful.

Emergency (Ambulance, Fire or Police)	000
Australian Breastfeeding Association (ABA) Australian Breastfeeding Association helpline service or visit www.breastfeeding.asn.au and look for the section on counselling	1800 686 2686
beyondblue For help with depression and anxiety visit www.beyondblue.org.au	1300 22 4636
Child Abuse Report Line (24 hours)	131478
Child and Family Health Centre To make an appointment at your local centre	1300 733 606
Child and Youth Health Website For information on child health and parenting visit www.cyh.com	
Child care access hotline (Free Call) For family day care, long day care, occasional care, out of school hours care	1800 670 305
Crisis Care (after hours and weekends)	131 611
Drug and Alcohol Services of South Australia For a range of prevention, treatment, information, education and community-based services visit www.dassa.sa.gov.au	1300 131 340
Domestic Violence Helpline A free 24 helpline offering counselling, support, information and referrals.	1800 800 098
Family doctor/ General Practitioner Contact your local doctor or medical centre	

.....

For fathers

Father's Direct website www.fatherhoodinstitute.org

MensLine Australia www.menslineaus.org.au

Friends of Child and Youth Health

08 8303 1544

For parenting groups and support

www.cyh.com/friendsparentgroups

Go for 2&5® Website

For information about healthy eating visit www.gofor2and5.com.au

healthdirect Australia

1800 022 222

24 hour call centre for non urgent health advice

www.healthdirect.org.au

Hearing Assessment Service

08 8303 1530

Human Services Finder

For information on health, housing, family and community services from the private, public and community sectors.

www.hsfinder.sa.gov.au

Immunisation

Australian Childhood Immunisation Register

1800 653 809

For information about your child's immunisations

www.medicareaustralia.gov.au

SA Health: Immunisation Section

08 8226 7177

For South Australian immunisation information

Immunisation Australia Information Line

1800 671 811

www.immunise.health.gov.au

Kidsafe SA

08 8161 6318

For information on how to prevent child accidents

www.kidsafesa.com.au

Medicines and Drug Information Centre

08 8161 7222

For information on using medicines in pregnancy, while breastfeeding or for children

Multicultural Health Information

For information about infant health in many languages visit

www.mhcs.health.nsw.gov.au/index.asp

Parent Helpline

1300 364 100

24 hour, 7 day information on child health, behaviour, nutrition, parenting or youth issues

Playgroup Australia

www.playgroupaustralia.com.au

Pregnancy, Birth and Baby Helpline

1800 882 436

Poisons Information Centre

131 126

Quitline

137 848

For help to quit smoking

Raising Children Network

For information on raising children visit www.raisingchildren.net.au

South Australian Multiple Birth Association

08 8364 0433

www.communitywebs.org/samba

SA Dental Service

08 8222 8222

www.sadental.sa.gov.au

SIDS and Kids

08 8369 0155

www.sidsandkids.org

1300 308 307

Speech and language fact sheets

www.speechpathologyaustralia.org.au

Vision

See your local Optometrist

.....
.....

My birth



Birth details *(to be completed by doctor or midwife)*

Name of child

Name of birth place

Date of birth / / Time of birth Sex M / F

Maternal information

Mother's name

Pregnancy complications

Blood group

Labour spontaneous/induced – reason
.....

Type of delivery: (please circle) Normal Caesarean Breech Forceps Ventouse

Other

Post partum issues

Neonatal information

Estimated gestation EDC / / Apgar 1 minute..... 5 minutes

Birth weight (gms) Birth length (cm) Birth head circ (cm)

Neonatal Screening Test (NNST) Card Number

Vitamin K given Injection Oral

1st dose / / 2nd dose / / 3rd dose / /

Hepatitis B given Y/N Date given / / HBIG given Y/N

Going home

Only breastmilk Y/N Infant formula Y/N Breastmilk + infant formula Y/N

Discharge issues

Plan

Follow up

Date of discharge / / Discharge weight (gm) Head circ (cm)

Name (printed)

Signature Designation

Birth details *(to be completed by doctor or midwife)*

Name of child

Name of birth place

Date of birth / / Time of birth Sex M / F

Maternal information

Mother's name

Pregnancy complications

Blood group

Labour spontaneous/induced – reason
.....

Type of delivery: (please circle) Normal Caesarean Breech Forceps Ventouse

Other

Post partum issues

Neonatal information

Estimated gestation EDC / / Apgar 1 minute..... 5 minutes

Birth weight (gms) Birth length (cm) Birth head circ (cm)

Neonatal Screening Test (NNST) Card Number

Vitamin K given Injection Oral

1st dose / / 2nd dose / / 3rd dose / /

Hepatitis B given Y/N Date given / / HBIG given Y/N

Going home

Only breastmilk Y/N Infant formula Y/N Breastmilk + infant formula Y/N

Discharge issues

Plan

Follow up

Date of discharge / / Discharge weight (gm) Head circ (cm)

Name (printed)

Signature Designation

Newborn Examination *(to be completed by hospital staff)*

Name of child

Name of hospital

Date of birth/...../..... Sex M / F

Weight%..... Length%..... HC%.....

Postnatal day

Check	Appropriate	Comment
Head shape		
Neck		
Eyes		
Ears		
Mouth and palate		
Cardiovascular		
Central colour		
Femoral pulses R/L		
Respiratory		
Abdomen and umbilicus		
Anus		
Genitalia		
Testes fully descended R/L		
Musculo-skeletal		
Hips		
Skin		
Neurological (including reflexes, responsiveness/tone)		
Does the mother have any concerns about her baby?		
Findings	Action plan	Follow up

Name of examiner (printed)

Signature Designation

Date/...../.....

Newborn Examination *(to be completed by hospital staff)*

Name of child

Name of hospital

Date of birth/...../.....

Sex M / F

Weight%..... Length%..... HC%.....

Postnatal day

Check	Appropriate	Comment
Head shape		
Neck		
Eyes		
Ears		
Mouth and palate		
Cardiovascular		
Central colour		
Femoral pulses R/L		
Respiratory		
Abdomen and umbilicus		
Anus		
Genitalia		
Testes fully descended R/L		
Musculo-skeletal		
Hips		
Skin		
Neurological (including reflexes, responsiveness/tone)		
Does the mother have any concerns about her baby?		
Findings	Action plan	Follow up

Name of examiner (printed)

Signature Designation

Date/...../.....

Universal Neonatal Hearing Screening (UNHS)

The Universal Neonatal Hearing Screening Program (UNHS) provides free hearing screening to all newborn babies to identify significant hearing loss. You will be given a pamphlet about this hearing test.

There are two types of hearing screening tests which are quick, easy and painless.

Babies are first checked soon after they are born. If they are premature, this test may be delayed until they are more mature. Many babies need a second test within a few weeks of birth. If this second test is needed, the person doing the first test will work out with you how this will be done.

If your baby was unwell after birth a second test will be performed.

Some babies who are more likely than others to have a hearing loss are referred straight to a paediatric audiologist and are not screened.

Your screener will provide you with more information about these tests.

If any of your baby's close relatives have a life long hearing loss from early childhood, your baby's hearing should be checked several times during childhood.

If you have any concerns about your baby's hearing, talk to your local doctor, child and family health nurse or the Hearing Assessment Service on 8303 1530.

Even if your baby passes the hearing screening, always look for signs of hearing difficulty as hearing loss can develop later.

The following checklist can help you know if your baby's hearing is okay. See the *Help me grow and learn checklist* in each year's section of this record.

In the first year is my baby	Age when noticed
Startled by sudden loud noises by 2 months	
Recognising parent's voice by 3 months	
Turning head or eyes towards a sound by 6 months	

Universal neonatal hearing screening results

Screening is complete when there is a *pass* for both ears at the same appointment.

Screening Test: Otoacoustic Emission (OAE)

Screened by

Screened at: Signature

Date screened/...../.....

Left
 Pass (P)
 Refer (R)
 Decline (D)

Right
 Pass (P)
 Refer (R)
 Decline (D)

Repeated test if required:

Screening Test: Otoacoustic Emission (OAE)

Screened by

Screened at: Signature

Date screened/...../.....

Left
 Pass (P)
 Refer (R)
 Decline (D)

Right
 Pass (P)
 Refer (R)
 Decline (D)

If required:

Screening Test: Automated Auditory Brainstem (AABR)

Screened by

Screened at: Signature

Date screened/...../.....

Left
 Pass (P)
 Refer (R)
 Decline (D)

Right
 Pass (P)
 Refer (R)
 Decline (D)

If required:

Referred to Audiologist: Yes / No Date:/...../.....

12 month Hearing Assessment Service appointment recommended: Yes / No Date:/...../.....

Phone 8303 1530

Signature.....

About me



Family health

Use this page to record your family's health.

	Mother	Father	Brothers or sisters
Hearing			
Vision			
Dental health			
Allergies			
Asthma			
Other			

