



Identifying Developmental Concerns

1:45 – 2:15 pm

The role of the Health Visitor

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What is a Health Visitor?

- Health visitors are registered nurses/midwives who have additional training in community public health nursing.
- They provide information and advice to parents on a range of topics, including nutrition, child development, and mental health.
- Health visitors carry out assessments of children's development and offer guidance on how to support their growth and development.
- They work with families to identify any issues that may be affecting their health and wellbeing and provide support and referrals to appropriate services.
- Health visitors can provide emotional support to parents who may be experiencing stress, anxiety or other difficulties related to parenting.
- They can also offer practical support such as breastfeeding advice, help with weaning, and advice on managing minor illnesses.
- Health visitors work closely with other healthcare professionals and agencies to ensure that families receive the right support at the right time.
- Overall, health visitors play an essential role in supporting parents and promoting the health and wellbeing of children and families.

Health Visiting across UK

- Across the four nations of the UK, there are differences between the health visiting services offered in each nation
- **England:** Healthy Child Programme (HCP)
 - 5 mandated contacts antenatal health promoting review, reviews at: 10-14 days, 6 to 8 weeks, 1-year, 2 to 2 and a half years
 - Recently revised and added 3 and 6 months reviews
 - Universal, Targeted, Specialist support
- **Scotland:** Universal Health Visiting Pathway
 - 11 home visits - 8 within the first year of life and 3 Child Health Reviews between 13 months and 4-5 years.

Health Visiting across UK

- **Wales:** The Healthy Child Wales Programme
 - Health Visitor Antenatal Review, Family Health Reviews: One to Six Weeks, 8-16 weeks, 6 months, 15 months, 27 months, 3 ½ Years Old.
- **Northern Ireland:** Department of Health (DoH) Child Health Promotion Programme (CHPP)
 - The Northern Ireland health visiting workforce currently does not have the capacity to deliver the full universal CHPP to all pre-school children and priority is therefore given to contacts in the first year of life and responding to complex child and family health needs.

Early Intervention & the Multi Disciplinary Team (MDT)

- Health Visitors provide early interventions, can signpost to support or refer to other services if they identify developmental concerns
- All professionals involved in your child's care are referred to as the Multi Disciplinary Team (MDT)
- If your child needs support from a number of different agencies, you may be invited to meetings called TAC/F (Team around the child/family) or Early Help.
- These meetings help all the different services and professionals who are supporting you and your family work better together, by making a plan with you about how everyone can best support you.

Developmental Milestones

- Red Book / eRedbook
- Ages & Stages Questionnaires
- NHS Start for Life
- Institute of Health Visiting (IHV)
- Evidenced based websites:
 - Talking Point: <https://speechandlanguage.org.uk/talking-point/parents/ages-and-stages/>
 - UNICEF: <https://www.unicef.org/parenting/child-development#milestones>
 - NHS Trusts: <https://www.nhsggc.org.uk/kids/child-development/interactive-child-development-timeline/>



Institute of Health Visiting (IHV)

- Parent Tip describing the signs and symptoms of Hypoglycemia in babies and children, and what to do if your baby or child has symptoms.

<https://ihv.org.uk/wp-content/uploads/2021/01/PT-Hypoglycaemia-FINAL-VERSION-21.03.23.pdf>



iHV Parent Tips 



Hypoglycaemia

Hypoglycaemia (low blood sugar) is the medical term used when the level of glucose in your blood drops too low. Glucose is a sugar in the body, made from the breakdown of carbohydrates found in foods like bread, potatoes and pasta. Glucose is the main source of energy or fuel for the body and importantly the brain.

What causes Hypoglycaemia?

There can be a whole range of causes for hypoglycaemia in babies and young children. Some may cause single episodes of hypoglycaemia such as: sickness and diarrhoea, or another illness which stops your baby eating or drinking enough, or prevents them eating at all. Hypoglycaemia may be caused by an underlying health condition like diabetes, ketotic hypoglycaemia, congenital conditions, unusual hormone problems or certain medications. These causes will often be identified through a series of tests carried out by medical professionals. Depending on the cause, your baby or child may require on-going support and monitoring from a medical professional or team.

References

- <https://www.familysupportni.gov.uk/Support/33/about-health-visitors>
- <https://www.gov.uk/government/publications/healthy-child-programme-pregnancy-and-the-first-5-years-of-life>
- <https://www.gov.wales/healthy-child-wales-programme-0>
- <https://www.gov.scot/publications/universal-health-visiting-pathway-scotland-pre-birth-pre-school/>
- <https://ihv.org.uk/>
- <https://ihv.org.uk/wp-content/uploads/2021/01/PT-Hypoglycaemia-FINAL-VERSION-21.03.23.pdf>
- <https://www.nhs.uk/start4life/>
- <https://www.nhsggc.org.uk/kids/child-development/interactive-child-development-timeline/>
- <https://speechandlanguage.org.uk/talking-point/parents/ages-and-stages/>
- <https://www.unicef.org/parenting/child-development#milestones>