

CHILD AND FAMILY HEALTH CONSULTATION - CHW

PRACTICE GUIDELINE[®]

DOCUMENT SUMMARY/KEY POINTS

- The Child and Family Health Clinical Nurse Consultant (CFH CNC) provides expert clinical services, advice and advocacy for clients, parents/carers and health care professionals within the specialty of Child and Family Health.
- Consultation encompasses all aspects of the spectrum of care of the infant, toddler, pre-schooler and family.
- The Child and Family Health Nurse Consultant provides services for health, growth and development advice and information, strategies to promote normal infant development and behaviour and parenting education and support covering a range of topics such as infant feeding, sleep and settling and toddler management.
- Patients are referred to the Child and Family Health Clinical Nurse Consultant when an inpatient with the hospital.
- Consultation may include a face-to face consultation during their stay and/or a follow up phone consultation if discharged.
- Child and Family Health Consultations are available to all patients excluding those admitted to GRACE/PICU/Wade.
- Patients in Emergency requiring Child and Family Health Consultation will be prioritised for review before those admitted to a ward requiring Child and Family Health Consultation.
- This document gives guidance to medical and nursing staff involved in referring a patient for Child and Family Health Nurse Consultation and specifies the procedures involved.

This document reflects what is currently regarded as safe practice. However, as in any clinical situation, there may be factors which cannot be covered by a single set of guidelines. This document does not replace the need for the application of clinical judgement to each individual presentation.

Approved by:	SCHN Policy, Procedure and Guideline Committee	
Date Effective:	1 st January 2021	Review Period: 3 years
Team Leader:	Child and Family Health Clinical Nurse Consultant	Area/Dept: Emergency CHW

CHANGE SUMMARY

- Document due for mandatory review. Minor amendments made to the guideline.

READ ACKNOWLEDGEMENT

- All clinical staff: nurses and medical officers need to understand and acknowledge this document.

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Child and Family Health Nurse Consultation

The Child and Family Health Clinical Nurse Consultant provides expert clinical services, advice and advocacy for clients, parents/carers and health care professionals within the specialty of Child and Family Health. Child and family health nursing is delivered from a primary health care model encompassing all aspects of the spectrum of care of the infant, toddler, pre-schooler and family¹. Child and family health consultancy in the hospital aims to ensure safe clinical practice and quality outcomes of holistic family centred service provision.

Child and Family Health Nursing Consultation Referrals

Patients are referred to the Child and Family Health Clinical Nurse Consultant when an inpatient with the hospital. Consultation may include a face-to face consultation during their stay and/or a follow up phone consultation if the patient has been discharged.

Consultations are 30 to 60 minutes duration and involve working in partnership with parents from a psychosocial perspective to create positive health impacts. A strength-based approach and wellness focus is utilised to promote the health and well-being of the child and family unit. The CFH CNC assists in identifying variations in health and development and in collaboration with the family and treating health professionals works to develop suitable strategies to enhance family protective factors, increase resilience, promote parenting confidence and enrich social connectedness.

Consultation includes follow up advice and liaison with primary health care providers to enable the patient and family to continue be supported in the community.

Child and Family Health Consultations are available to all patients excluding those admitted to GRACE Centre for Newborn Care, PICU and Wade Ward.

Patients in Emergency requiring Child and Family Health Consultation will be seen prior to patients admitted to a ward requiring Child and Family Health Consultation.

Reasons for Child and Family Health Consultation Referrals

Families are seen with issues related to:

- Infant feeding – both breastfeeding and formula feeding, general lactation support (supply, expressing, storage and handling of breast milk), introduction of solids & fussy eating
- Sleep and settling
- Unsettled infants
- Adjustment to parenting
- Toddler behaviours and management
- Growth and development
- Parent-craft problems

- Parental support and coping
- Psychosocial issues that may be impacting on child development or parenting capacity
- Parental mental health concerns
- Support for parents experiencing difficulties in the transition to parenting
- Health education and promotion (for example immunisation, infant attachment and bonding, Safe Sleeping/SIDS)

Exclusion Criteria for Child and Family Health Consultation

Referrals

The following group of patients are not considered appropriate for Child and Family Health Consultation. It is recommended that that patients may benefit from additional assessments and/or input from alternative medical and allied health teams prior to considering referral.

- Patients admitted to Grace Centre for Newborn Care/PICU/Wade
- Awaiting/unclear diagnosis or undiagnosed illness
- Patients with multiple complex chronic medical/anatomical issues - refer to treating team to determine appropriateness of CFH CNC referral and ability to provide useful health promotion in consideration of ongoing disabilities.

Referral Process for Child and Family Health Nurse

Consultation

All patients requiring child and family health nurse consultation should be referred through PowerChart by submitting an order form for request for review in the patient's Electronic Medical Record (eMR). Direct referrals will not be accepted. The Child and Family Health CNC will review all referrals and arrange consultation. The Child and Family Health CNC may decline consultation on the rational of inappropriate referral. In the event of this, the referring agent will be notified and reasons discussed with the CFH CNC and reviewed.

References

1. Australian Health Ministers Advisory Council (AHMAC), (2011), National Framework for Universal Child and Family Health Services.
[http://www.health.gov.au/internet/main/publishing.nsf/content/AFF3C1C460BA5300CA257BF0001A8D86/\\$File/NFUCFHS.PDF](http://www.health.gov.au/internet/main/publishing.nsf/content/AFF3C1C460BA5300CA257BF0001A8D86/$File/NFUCFHS.PDF)
2. NSW Health, (2019), The First 2000 Days Framework. Policy Directive.
https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2019_008.pdf

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