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FROM:

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Enhanced 18-Month Well-Baby Visit

Based on the recommendations of an expert panel (2005), the 18-month well-baby visit now includes a comprehensive health and developmental assessment.¹

A new *Enhanced 18-Month Well-Baby Assessment fee* of \$61 is now billable for a well baby assessment of a child between the ages of 17 to 24 months (GP/FP-A002; Paediatrics – A268).

Components of the enhanced visit²:

Step 1: The physician asks parents to complete the Nipissing District Developmental Screen (NDDS)³.

The NDDS provides a convenient method for parents to record the development and progress of their child. It provides parents with accurate information on child development and concrete activities to support their child's development.

Step 2: The physician reviews the NDDS results, discusses responses with parents and completes the assessment using the Ontario Rourke Baby Record (RBR)⁴.

Step 3: Families are referred to appropriate community services as indicated.

Education and support

The McMaster University Health portal contains practice tools, education and training for professionals and parents, links to community resources, and information about healthy child development at:

<http://machealth.ca/programs/18-month>

Practice tools include:

- **Evidence-based clinical practice recommendations** (*"Evidence to Support the 18-month Well-Baby Visit"* report).
- **18-month flow chart** to guide patient visits. This tool, developed to standardize practice across Ontario, ensures that each visit is completed in a consistent and efficient manner and identifies critical points in the visit for discussion and/or referrals.
- **WHO growth charts** for use with the RBR

Peel community resources

An *Enhanced 18-month Well-Baby Visit – Resource Pathway* has been developed by the Success by 6 Peel Best Start Network to direct appropriate professional referrals to Peel-based community resources.

- A copy is attached. Full-colour, laminated copies will be available by calling Peel Public Health 905-799-7700 or by downloading from <http://www.peelregion.ca/healthprofessionals>.

¹ <http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/gettingitright.aspx>

² Williams, RC, Clinton, J, Price, DJ, Novak, NE (2010) Ontario's Enhanced 18-month Well-Baby visit: program overview, implications for physicians. Ontario Medical Review

³ www.ndds.ca

⁴ www.rourkebabyrecord.ca

Free Resources Available for Patients



Peel Public Health's eLearning Prenatal Program

Learning about pregnancy and birth just got easier. This *free* online prenatal program is available for:

- patients who need a flexible schedule, or who are unable to attend prenatal classes
- individuals who want a prenatal refresher.

Patients can call 905-799-7700 to register for online classes. For more information visit:

www.PregnantInPeel.ca

Prenatal classes and programs are also available.

Parenting Information

Information on community resources and a wide range of parenting topics including breastfeeding, nutrition, behaviour and is available to parents at:

www.ParentingInPeel.ca.

If you would like to promote this parenting website with patients, free business cards can be ordered by contacting Peel Public Health at 905-799-7700.

Parents can also have their questions answered by a Public Health Nurse via one of our call centres. For more information, patients can call Peel Public Health at **905-799-7700**. Free phone interpreter services are available.

Nutrition Services: Revised pamphlet

This resource contains information on accessing:

- Registered Dietitians
- Nutrition services and programs
- Organizations and websites that provide nutrition information and resources.

A downloadable version of this pamphlet is available at www.healthyeatingpeel.ca.

To order copies of *Nutrition Services in the Region of Peel* or to speak with a Registered Dietitian, please call Peel Public Health at 905-799-7700.