

McGill

Ingram School
of Nursing

École des sciences
infirmières Ingram

Quebec Healthcare System & Child Development

Montreal City Mission & McGill Nursing
Students

Health Workshop
November 10, 2020



Montreal City
Mission
communautaire
de Montréal



Quebec Healthcare System

Plan for today:

- RAMQ card
- Structure of healthcare in Quebec
- Family doctor
- NP (nurse-practitioner)
- Sans rendez-vous
- Clic-Santé
- Pharmacy
- Health booklet
- After 14 years
- Emergency room

Disclaimer: *Please note this is a student presentation. Although we strive to ensure the products are accurate, ethical and credible, by using this presentation, the user is responsible for possible errors, omission and outcomes that can be present inadvertently.*

RAMQ (Régie de l'assurance maladie) — free Medicare since 1970

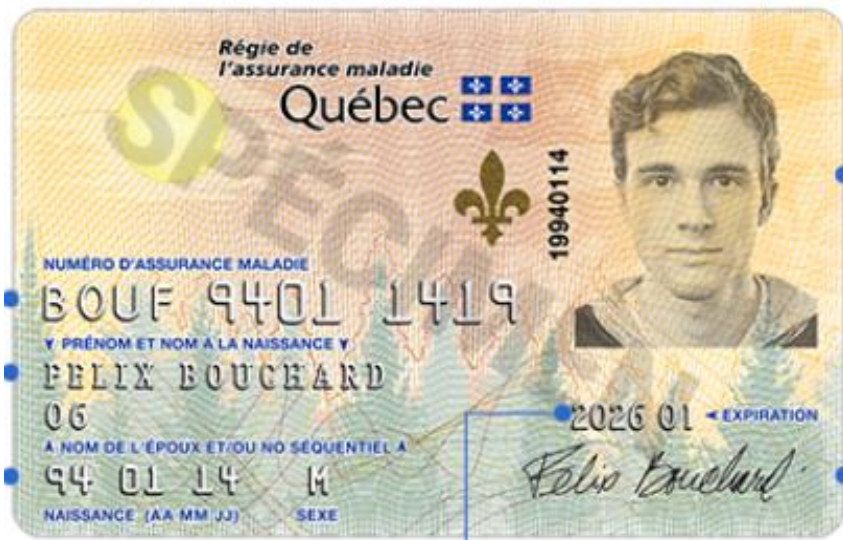
- Have on you at all times (double as ID)
- Can be absent for emergency, baby under 12 months (use parent's card), youth 14-17 without parental supervision
- Soon to expire – wait for the form in mail, send in advance
- Found one – drop into nearest Canada Post box.
- 183 days/year rule
- Refugee status -
<https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>



<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/using-card>

What's covered?

- <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/obtain-information-covered-services>



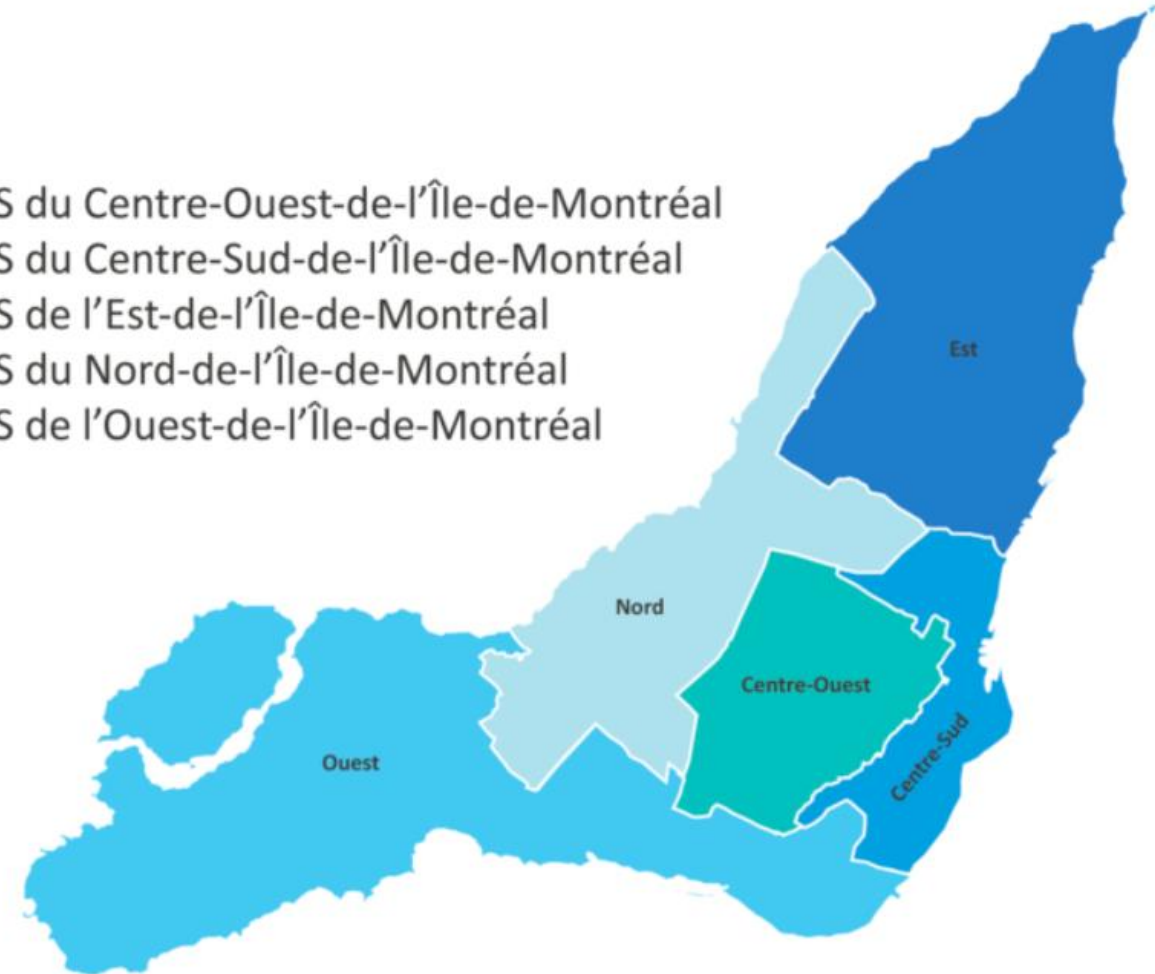
<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/using-card>

- MD visits (primary and referrals)
- Medical tests and labs
- All (including Rx) for children
- Dental under 10 years old
- Vaccination as per schedule <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/#c2569>
- Flu vaccine to eligible people <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/eligibility/>

Structure of care

- CIUSSS (Integrated university health and social services center)
- Universities are responsible for providing care to public
- Freedom of choice
- Easier information exchange

- CIUSSS du Centre-Ouest-de-l'Île-de-Montréal
- CIUSSS du Centre-Sud-de-l'Île-de-Montréal
- CIUSSS de l'Est-de-l'Île-de-Montréal
- CIUSSS du Nord-de-l'Île-de-Montréal
- CIUSSS de l'Ouest-de-l'Île-de-Montréal



Structure of care

Primary	Secondary	Tertiary	Quaternary
<p>GMF (Family Medicine Group)</p> <p>CLSC (Local Community Service Center)</p> <p>CHSLD (residential and long-term care center)</p> <p>School nurse</p> <p>Emergency room</p>	<p>Clinic</p> <p>Test center</p> <p>Laboratory</p> <p>Hospital</p>	<p>Hospital</p>	<p>Special big hospitals</p>

Primary care

- Family doctor (GMF)
- Super-clinic (12/7)
- NP or SNP (Nurse-Practitioner or Specialized NP)
- School nurse
- Emergency room
- CLSC sans rendez-vous (or walk-in clinic)
- Winter clinic (temporarily closed due COVID-19)
- Private walk-in clinic in your area

Enter the information for the person to be registered, whether it is you or the person you are representing.

1 Health Insurance Number ?

2 Sequential number of the Health Insurance Card ?

3 Expiry date of the Health Insurance Card ?

Year

Month

Postal code



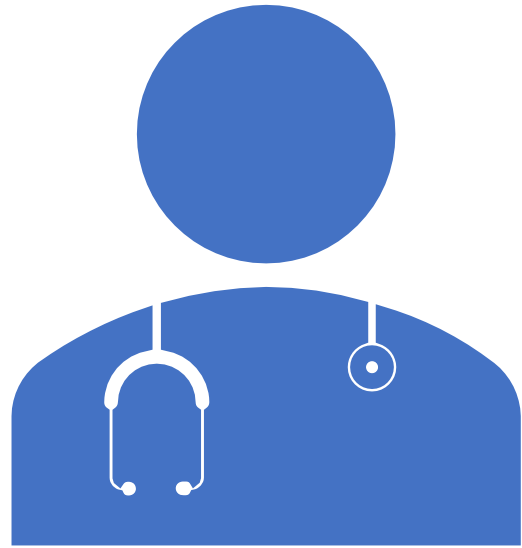
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Continue



Family doctor

- Follows entire family
- Appointments by phone during COVID-19
- Family doctor finder
- https://www4.prod.ramq.gouv.qc.ca/GRL/LM_GuichAccesMdFamCitoy/en
- Find doctor by yourself <https://sante.gouv.qc.ca/en/repertoire-ressources/>
- Book an appointment online if you have family doctor already <https://www.rvsq.gouv.qc.ca/>

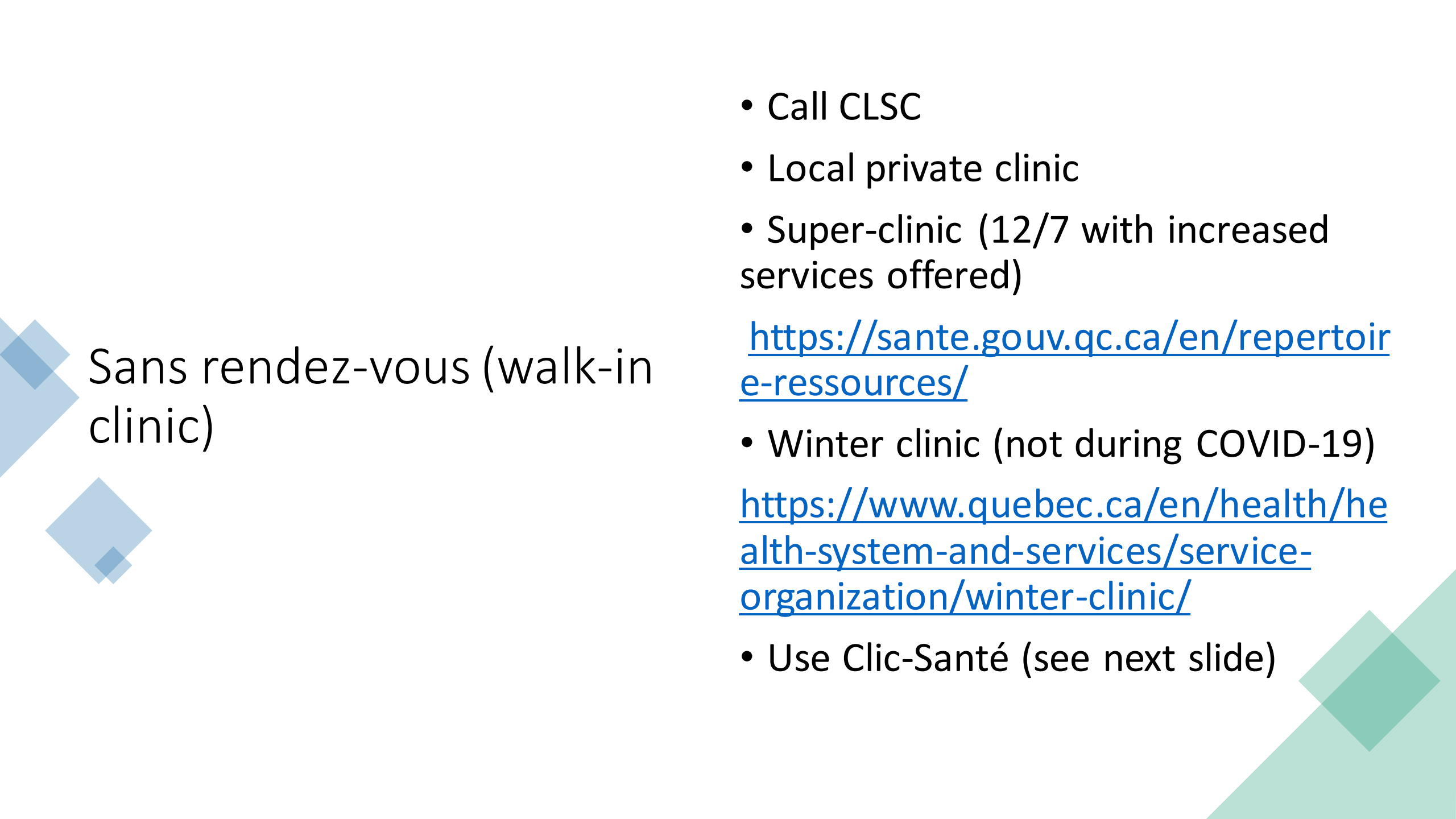


NP or SNP

Nurse-Practitioner or Specialized NP

- Can do periodic health exams
- Can do diagnostics
- Can refer to specialists
- Can prescribe or perform tests
- Can prescribe medications and treatments
- Can follow your pregnancy
- Ask your local clinic

<https://santemontreal.qc.ca/en/public/practical-information/specialized-nurse-practitioners-snp/>



Sans rendez-vous (walk-in clinic)

- Call CLSC
- Local private clinic
- Super-clinic (12/7 with increased services offered)

<https://sante.gouv.qc.ca/en/repertoire-e-ressources/>

- Winter clinic (not during COVID-19)

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/winter-clinic/>

- Use Clic-Santé (see next slide)

Clic-Santé

- Vaccination
- COVID-19 screening
- Appointments with family doctor
- Blood test
- Winter clinic
- Pediatric clinic
- Pregnancy and birth
- Medical imaging
- Appointment with nurse
- <https://portal3.clicsante.ca/>



Réservez votre rendez-vous santé

Sélectionnez un service



Choisissez votre service

Saisir votre code postal

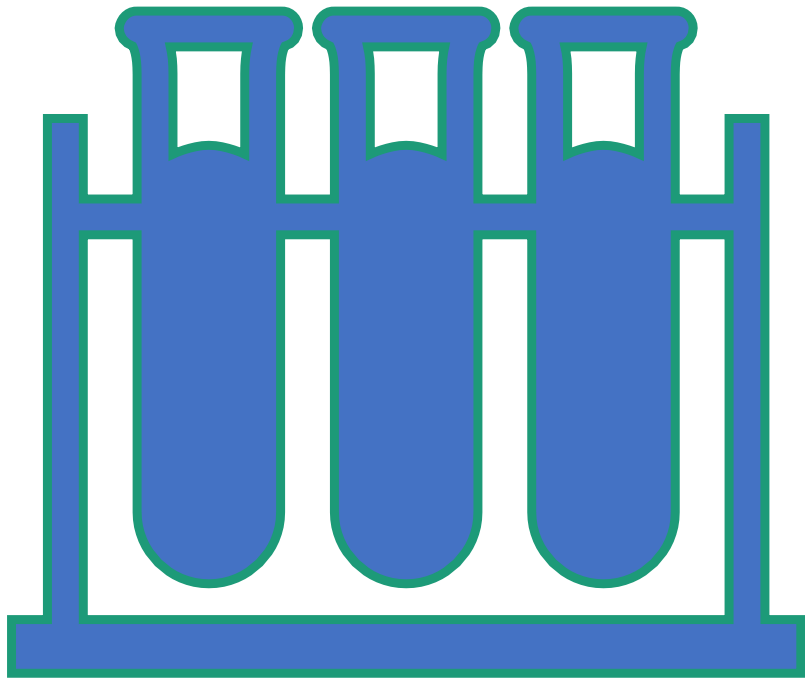


Code postal

RECHERCHER

<https://portal3.clicsante.ca/>

I have referral for lab test – what's next?



MD office takes care of it

I have a paper on hand:

- > Go to Hospital Laboratory
- > Clic-Santé

I have referral for other doctor, special test or medication prescription – what's next?

Other specialist or test

- MD would send your info into the system
- Be ready to wait... a long time :(
- A call from the clinic to schedule an appointment
- Come in advance! (fill up the forms, make a hospital card, etc.)
- Bring RAMQ and Hospital card if you have one (save the time and environment), Carnet de vaccination (any vaccination proof from home country – original and translation)

Medication Rx

- Know your pharmacy's phone and fax
- MD would fax the prescription after test results are received
- Have prescription on hand? - Go to your pharmacy!
- What to expect? Resource from General Jewish Hospital <https://precare.ca/>

Pharmacy

- Have max 2 pharmacies – contacts to MD
- Pharmacist is your strong healthcare resource
- Offer advice on minor health issues
- Always tell them truth (allergies, pregnancy, tobacco, other drugs, any medication, supplements, herbal tea, that magic family recipe with garlic and spices that always helps you to beat the cold and flu, etc.)
- Read instructions and ASK (side effects, food to avoid, etc.)
- Renew by phone and do quick pick-up.
- Have to pay for your child medication? - ASK!
- Too expensive medication for yourself? - ASK!
- Have symptoms of COVID-19? - ASK for delivery.



I want to see my results.

At the day of visit or test

- Ask MD to send results to your family doctor
- Go to Medical Archives to sign consent form and they would mail it to you.
- Medical Archives can give you images (but not the explanations) on disc the same day

After the day of visit or test

- Find Medical Archives phone# on website, call and ask for instructions
- Fill up and fax consent form with name, clinic and fax# or your own mailing address
- If you have an appointment scheduled and need to transfer information for it – include "URGENT PLEASE, RDV November 30, 2020".



Your medications

Access the history of your pharmacy medications.



Your medical imaging results

Access your medical imaging reports: ultrasound, radiography, etc.



Your sampling results

Receive the results of your sampling including blood and urine tests

<https://carnetsante.gouv.qc.ca/portail>

Québec 

Health Booklet

- <https://carnetsante.gouv.qc.ca/portail>
- Request 4-digit activation key (comes by mail)
- Possible for 18+ only

clicSÉQUR
Citoyens
<https://carnetsante.gouv.qc.ca/portail>

- Registration is done via ClicSÉQUR - your access to many online services provided by government <https://www.info.clicsequr.gouv.qc.ca/en/citoyens/>

Who is
responsible
for my health
and the health
of my child?

- MD?
- Government?
- Dr Google?
- Me?

It's a teamwork

- Be curious and pro-active
- Come prepared
- ASK, ASK, ASK...

Who is
responsible
for the health
of my child
who is 14
years old?

Me... and them.

- Provide support in guiding them to healthcare
- 14 years is the legal age of consent
- Can have medical procedures/undergo tests without parental knowledge or permission.
- You cannot have full access to their medical record.
- They may ask you to leave the room

I have a health issue – what to do?

- Is this an emergency?
- Do I have a Family Doctor?
- Did I check Clic-Santé?
- Resource finder
for children <https://www.thechildren.com/smartchoices>
- Multicultural Pediatric Clinic (need referral) - for newcomers up to 18 months since arrival to Canada (refugee status included), have translators in place

<https://www.thechildren.com/departments-and-staff/departments/department-of-multicultural-clinic>

I have a health issue - what to do?

1

INFO-SANTÉ

Appelez Info-Santé en
composant le 8-1-1 / Call
Info-Santé by dialing 8-1-1

2

CLINIQUE / CLINIC

Appelez votre médecin ou une
clinique réseau près de chez
vous / Call your doctor or your
nearest network clinic

3

URGENCE / EMERGENCY

Si recommandé, rendez-vous à
l'urgence / If recommended, go
to an emergency department

I have a health issue - what to do?

Info-Santé 811

- Help to understand if it's urgent
- Will give you tips on what to do at home while waiting for MD appointment
- Legal tips as to healthcare
- Knows what is covered by RAMQ
- Not only medical, but also Psychological and Social work




<https://www.uchealth.org/today/healthlink-free-nurse-advice-line/>

Nothing is working – how to get help?

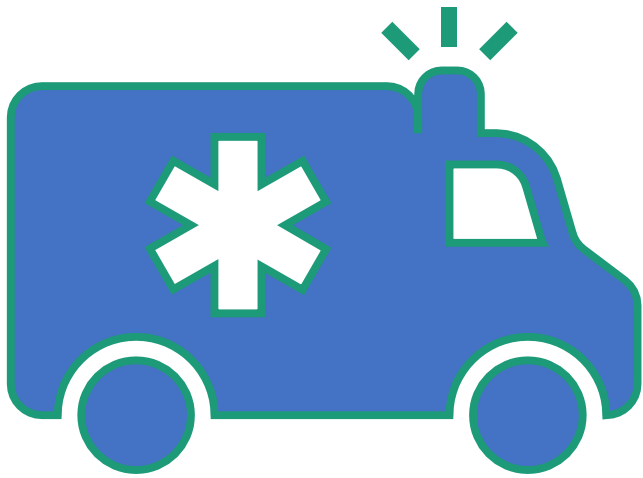
Call 911

- If someone's health or life is at risk.
- Ambulance OR police OR firefighters would come ASAP

Go to emergency room

- Only if every other way did not work
- Check phone apps with free services (locations and occupancy) 
- Ex.: GoWell, Doctr app – shows occupancy rate in real time, that can predict possible waiting time
- Wait time is long if not urgent!

Emergency



- Ambulance is not free (\$125 for pickup + \$1.75/km)
- Free for 65+, road accident, work accident (employer pays), transfer between hospitals

Resources for you

- Health care if you have a refugee status <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>
- Services covered by RAMQ card <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/obtain-information-covered-services>
- Vaccination schedule in Quebec <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/#c2569>
- Eligibility criteria for free flu vaccine <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/eligibility/>
- More about CIUSSS structure <https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/ciuss/>
- Family doctor finder https://www4.prod.ramq.gouv.qc.ca/GRL/LM_GuichAccesMdFamCitoy/en <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor/>
- To book an appointment with your family doctor <https://www.rvsq.gouv.qc.ca/en/public/Pages/home.aspx>
- Find medical resources in your community <https://sante.gouv.qc.ca/en/repertoire-ressources/>
- More about NP <https://santemontreal.qc.ca/en/public/practical-information/specialized-nurse-practitioners-snp/>
- More about Winter clinics <https://www.quebec.ca/en/health/health-system-and-services/service-organization/winter-clinic/>
- Clic Sante portal <https://portal3.clicsante.ca/>
- Patient Guides for the medical and surgical procedures (includes multilanguage translations) <https://precare.ca/>
- Health Booklet (Carnet Sante) with explanation video <https://carnetsante.gouv.qc.ca/portail>
- ClicSEQUR portal <https://www.info.clicsequer.gouv.qc.ca/en/citoyens/>
- Multicultural Pediatric Clinic (need referral) <https://www.thechildren.com/departments-and-staff/departments/department-of-multicultural-clinic>
- Resource finder for children <https://www.thechildren.com/smartchoices>
- Tips for pediatric health problems <https://www.chusj.org/soins-services/U/Urgence>

References

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- Integrated University Health and Social Services Center. (2020). Government of Quebec site. <https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/ciuss/>
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- Find medical resources in your community. (n.d.). Government of Quebec site. <https://sante.gouv.qc.ca/en/repertoire-ressources/>
- Nurse practitioner. (n.d.) Sante Montreal. (<https://santemontreal.qc.ca/en/public/practical-information/specialized-nurse-practitioners-snp/>
- Winter clinics. (n.d.). Government of Quebec site <https://www.quebec.ca/en/health/health-system-and-services/service-organization/winter-clinic/>
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- ClicSEQUR portal <https://www.info.clicsequur.gouv.qc.ca/en/citoyens/>
- Multicultural Pediatric Clinic. (n.d.) MUHC <https://www.thechildren.com/departments-and-staff/departments/department-of-multicultural-clinic>
- <https://muhc.ca/questions/article/question-sample-4>



Thank you!



True/False Question Time!

Answer through polling on Zoom

TRUE / FALSE QUESTIONS

I can have my blood test done freely without seeing doctor first.

Answer

FALSE

Explanation

You need a prescription for any laboratory tests.

TRUE / FALSE QUESTIONS

I can find a family doctor on my own to speed up the process, as long as I am in the waiting list for family doctor.

Answer

TRUE

TRUE / FALSE QUESTIONS

I can call to my doctor's office and ask receptionist to tell me results of my recent tests.

Answer

FALSE

Explanation

No results are communicated by the phone, except if your family doctor is calling you directly and verifies your identity. No receptionist can have access to your private medical file.

TRUE / FALSE QUESTIONS

My child of 14 years old can go to hospital without my knowledge and get the medical procedure they wish.

Answer

TRUE

Explanation

The legal age of consent in Canada is 14 years old and parents should be notified only in cases where the child has to stay in hospital for over 12 hours.

TRUE / FALSE QUESTIONS

My dental appointments are covered by RAMQ and I would not pay anything.

Answer

FALSE

Explanation

Dental assistance is not covered by RAMQ, except emergency pain management and some essential emergency treatment.

TRUE / FALSE QUESTIONS

Dental care for my child under 10 years old is covered by RAMQ.

Answer

TRUE

Explanation

Except orthodontic care and cleaning.

TRUE / FALSE QUESTIONS

I need to have my RAMQ card with me every time I need to get medical care.

Answer

TRUE

Explanation

Exception – need for urgent care, baby under 12 months, child 14-17 who wishes to receive care without parental supervision.

TRUE / FALSE QUESTIONS

I can go to emergency every time I get sick.

Answer

FALSE

Explanation

If no life is in danger, you should call 811 first, then try to get appointment with your family doctor or in nearest clinic, and only if that all failed – go to emergency. You won't be a priority case though if your life is not in danger.

TRUE / FALSE QUESTIONS

I can freely decide where to get medical care and I have right to change healthcare provider and refuse any offered treatment.

Answer

TRUE

TRUE / FALSE QUESTIONS


Healthcare provider doesn't have to explain what and why they do certain intervention, because they know best and have a special training.

Answer

FALSE

Explanation

Healthcare team must explain everything they do to you, reason for the intervention, any possible side effects and ask your permission to act on it. If you don't understand something, ask for additional explanation, ask to explain in easier language or ask for translator to be sure you understood everything.

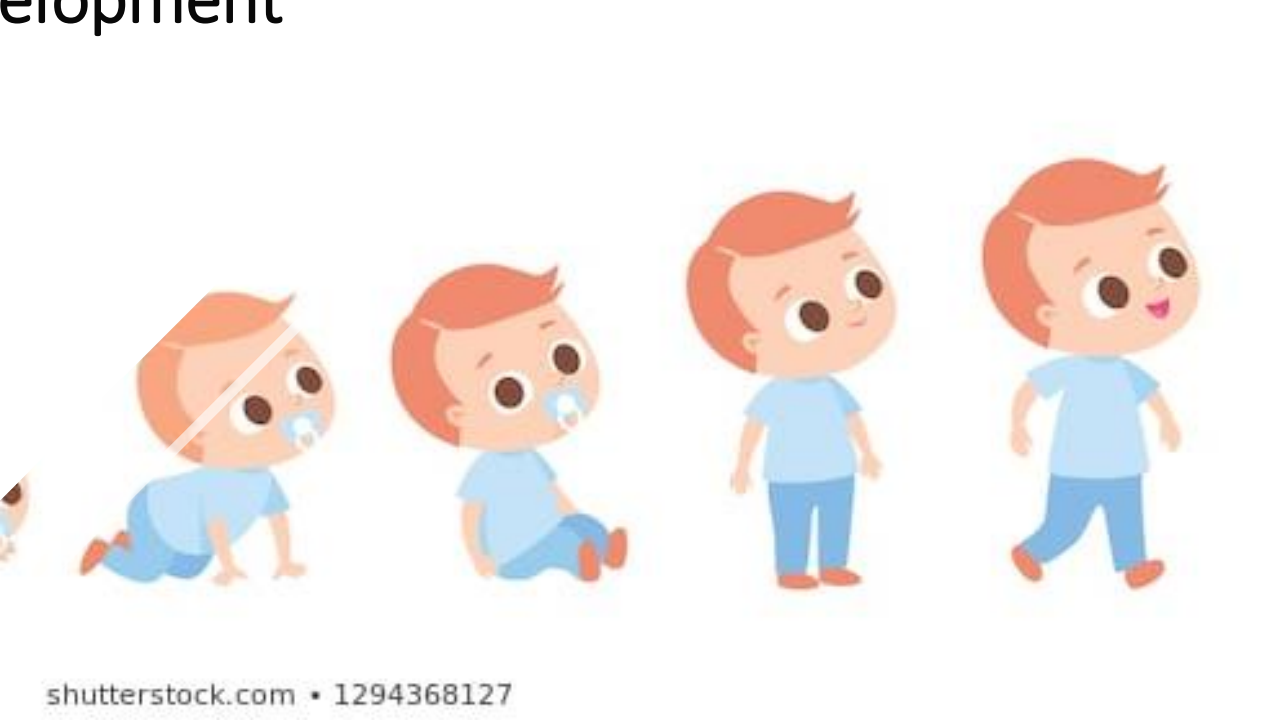


Do you have any questions
about Healthcare System
in Quebec?





Child Development



Plan for Today

- Definition of healthy child development
- What to expect from child's doctor visits
- Routine Childhood Vaccinations
- Child Growth Standards
- Adequate Nutrition for Infants & Children
- Child's Teeth & Brushing
- Healthy Sleep Habits for Infants & Children
- Child Developmental Timeline
- First Aid & CPR for Infants/Children
- Important Resources related to Topics



Healthy Child Development

What IS healthy child development?

- Social, emotional, educational needs are met
- Safe and loving home
- Spend time with family
- Nutrition
- Exercise
- Sleep
- Regular medical check-ups



What can I expect from a visit to my child's doctor?

Child Visit Dates:

- 1 week
- 2, 4, 6, 12, 18 months
- 2 years
- Once every year until 5 years
- Every 1-2 years until 18 years

Doctors Check-list for your Child:

- Weight, height, head circumference
- Eating habits
- Safety advice
- Milestones and development
- Physical exam
- Vaccines

Screening tools used in Canada:

Rourke Baby Record (birth to 5 years)

Greig Health Record (6 to 17 years)



Rourke Baby Record Example

GUIDE IC: 1 MONTH (optional)

ONE VISIT PER PAGE FORMAT

NAME: _____ Birth Day (d/m/yy): ____/____/20__ M F
 Gestational Age: _____ Birth Length: _____ cm Birth Weight: _____ g
 Birth Head Circumference: _____ cm Discharge Weight: _____ g
 DATE OF VISIT ____/____/20__

Pregnancy/Birth remarks/Apgar: _____ Risk factors/Family history: _____

GROWTH¹ use [WHO growth charts](#). Correct age until 24–36 months if < 37 weeks gestation

Length	Weight	Head Circ.

PARENT / CAREGIVER CONCERNS

NUTRITION¹ For each item discussed, indicate "✓" for no concerns, or "X" if concerns

- Breastfeeding (exclusive)¹
- Vitamin D 400 IU/day¹
- Formula feeding/preparation¹ [450–750 mL(15–25 oz) /day¹]
- Stool pattern and urine output

EDUCATION AND ADVICE Repeat discussion of items is based on perceived risk or need

- Injury Prevention¹**
 - Motorized vehicle safety/Car seat¹
 - Safe sleep (position, room sharing, avoid bed sharing, crib safety)¹
 - Firearm safety¹
 - Pacifier use¹
 - Hot water < 49°C/Bath safety¹
 - Falls (stairs, change table)¹
 - Carbon monoxide/Smoke detectors¹
 - Choking/Safe toys¹
- Behaviour and Family Issues²**
 - Night waking²
 - Healthy sleep habits²
 - Crying²
 - Soothability/Responsiveness
 - Parenting/Bonding²
 - Family conflict/Stress
 - Parental fatigue/Postpartum depression²
 - Inquire re: difficulty making ends meet or food insecurity²
 - High risk infants/Assess home visit need²
 - Siblings
- Environmental Health¹**
 - 2nd hand smoke/E-cigs/Cannabis¹
 - Sun exposure¹
- Other Issues¹**
 - Supervised tummy time while awake¹
 - No OTC cough/cold medicine¹
 - Inquiry on complementary/alternative medicine¹
 - Temperature control and overdressing
 - Fever advice/Thermometers¹

DEVELOPMENT² (Inquiry and observation of milestones)

Tasks are set after the time of typical milestone acquisition. Absence of any item suggests consideration for further assessment of development. NB—Correct for age if < 37 weeks gestation

- Focuses gaze
- Startles to loud noise
- Calms when comforted
- Sucks well on nipple
- No parent/caregiver concerns²

MISCELLANEOUS NOTES

PHYSICAL EXAMINATION² An appropriate age-specific physical examination is recommended at each visit. Evidence-based screening for specific conditions is highlighted.

- Skin (jaundice², bruising²)
- Fontanelles²
- Eyes (red reflex)²
- Hearing inquiry/screening²
- Intact palate (inspection/palpation)²
- Tongue mobility if breastfeeding problems²
- Neck/Torticollis²
- Heart/Lungs/Abdomen
- Hips (Barlow/Ortolani)²
- Muscle tone²

PROBLEMS AND PLANS/CURRENT & NEW REFERRALS⁴ E.g. medical specialist, dietician, speech, audiology, PT, OT, eyes, dental, social determinants resources

INVESTIGATIONS / SCREENING² AND IMMUNIZATION³ Discuss immunization benefits and pain reduction strategies³ Record Vaccines on Guide V

- If HBsAg-positive parent/sibling Hep B vaccine #2³

SIGNATURE

x _____

Strength of recommendation is based on literature review using the classification: Good (bold type); Fair (italic type); Inconclusive evidence/Consensus (plain type). See literature review table at www.rourkebabyrecord.ca
¹Resources 1: Growth, Nutrition, Injury Prevention, Environment, Other ²Resources 2: Family, Behaviour, Development, P/E, Investigations ³Resources 3: Immunization ⁴Resources 4: ECD Resources System and Table

Disclaimer: Given the constantly evolving nature of evidence and changing recommendations, the Rourke Baby Record is meant to be used as a guide only. Financial support has been provided by the Government of Ontario. For fair use authorization, see www.rourkebabyrecord.ca

Greig Health Record Example

Family History, Risk Factors, Allergies

Preventive Care Visits: Ages 6,7,8,9

The Greig Health Record

(visits in this age group are recommended every one to two years)

Name:

Date of Birth:

			Age 6	Age 7	Age 8	Age 9
Date						
Measurements <small>(use WHO growth charts)</small>	Wt	BMI				
	Ht	BMI percentile				
Psychosocial history and Development	• School & Activities					
	• Peer relationships					
	• Family relationships					
	• Body changes					
	• Menstrual issues ♀					
Nutrition *	• Healthy choices / snacks / junk-food					
	• Supplements / CAM					
	• Body Image / Dieting					
	• Physical Activity					
Education & Advice: Behaviour and Family Issues	• Electronic Media – TV / Internet /Hearing Protection					
	• Sleep Issues					
	• Effective Discipline					
	• Helmet safety					
	• Vehicle Safety – Seatbelts, Booster Seats					
Injury Prevention & Safety	• Violence & Firearms					
	• Trampoline Safety					
	• Water Safety					
	• <i>Sun Safety</i>					
	• Environmental Hazards – incl. Second Hand Smoke					
Other	• <i>Smoke Detectors</i>					
	• Other Safety Topics					
	• Substances & Addictions					
	• Abuse					
	• Dental care, fluoride					
Specific Concerns						

Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
	Skin				
Assessment	Update immunizations: DTaP-IPV (age 4-6) MMR (2 nd dose by age 6) HPV (ages 9 and older) Varicella vaccine-2 doses (12mos to 12 years) Discuss influenza vaccination Consider TB test				
Immunization					
Medications <small>©A. Greig 2016</small>					
	Signature				

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Routine Childhood Vaccinations

- Best way to protect child's health
- Safe + provides benefits
- Why should I vaccinate my child at such a young age?
- Child needs to be vaccinated on time
- **Quebec Immunization Program**

Childhood Vaccines	Schedule					
	2 months	4 months	6 months	12 months	18 months	4-6 years
Influenza*			*			
DTaP-IPV-Hib Diphtheria, tetanus, acellular pertussis (whooping cough), polio, and Haemophilus influenzae type b vaccine	✓	✓	✓		✓	
Pneumo Conj. Pneumococcal conjugate vaccine	✓	✓		✓		
Men C Conj. Meningococcal group C conjugate vaccine				✓		
MMRV** Measles, mumps, rubella and varicella vaccine				✓	**	
Tdap-IPV Tetanus, diphtheria, acellular pertussis (whooping cough), and polio vaccine						✓

* Every flu season for all children 6 months of age and older. Children under 9 years old getting their first flu vaccine need 2 doses.

** The second dose of MMRV can be given between 18 months and 6 years of age.

Checklist for your Child's Vaccinations

1. Make an appointment
2. Bring your child's vaccination record
3. Make the next appointment
4. Mark next date in cellphone or calendar

**Contact your CLSC, doctor,
pharmacist**

Or call Info-Santé 811

CANImmunize – Mobile App



<https://www.dreamstime.com/stock-photo-reminder-doctor-appointment-calendar-image74952598>

WHO Child Growth Standards

- Growth of every child should be evaluated using this tool
- Measures weight, length, height, head circumference, Body Mass Index
- Access this through **Rourke Baby Record/Greig Health Record Website**

English WHO Canadian Growth Charts	French WHO Canadian Growth Charts
<p>Boys: birth to 24 months</p> <ul style="list-style-type: none">- length for age - weight-for-age- head circumference - weight for length <p>2 to 19 years</p> <ul style="list-style-type: none">- height for age - weight for age- body mass index (BMI)-for-age	<p>Garçons: naissance à 24 mois</p> <ul style="list-style-type: none">- longueur pour l'âge et poids pour l'âge- Percentiles: périmètre crânien et poids pour la longueur <p>2-19 ans</p> <ul style="list-style-type: none">- indice de masse corporelle- Percentiles: taille pour l'âge et poids pour l'âge
<p>Girls: birth to 24 months</p> <ul style="list-style-type: none">- length for age - weight-for-age- head circumference - weight for length <p>2 to 19 years</p> <ul style="list-style-type: none">- height for age - weight for age- body mass index (BMI)-for-age	<p>Filles: naissance à 24 mois</p> <ul style="list-style-type: none">- longueur pour l'âge et poids pour l'âge- Percentiles: périmètre crânien et poids pour la longueur <p>2-19 ans</p> <ul style="list-style-type: none">- indice de masse corporelle- Percentiles - taille pour l'âge et poids pour l'âge

Adequate Nutrition for Infants & Children

Birth

- Exclusive breast/formula feeding
- Vitamin D supp (until 2 yrs)

6 Months

- Intro solids
- Iron containing foods
- Allergenic foods
- Dietary fat content (first 2 yrs)

9 Months

- Change from bottle to cup

2 Years

- **Canada's Food Guide** →

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Child's Teeth & Brushing

- 12 months – 1 to 8 teeth
- 2 years – 16 teeth (but varies widely)
- 3 years – all 20 primary teeth
- 5 years – 1st adult teeth break through gum

- Under 3 years – brush teeth/gums 2x using water
- 3 years and over – brush teeth/gum 2x using small amount of toothpaste



Healthy Sleeping Habits

- 12-14 hours (4-12 months)
- 11-14 hours (1-2 years)
- 10-13 hours (3-5 years)
- 9-12 hours (6-12 years)
- 8-10 hours (13-18 years)

**As age goes UP
Sleep goes DOWN**



Child Developmental Timeline

- Milestones: play, learn, speak, act, move
- You can find online printable check-lists →
- Doctors use more precise screening tools: **Rourke Baby Record/Greig Health Record**
- Contact doctor if concerned/have questions



Child & Infant Choking Rescue and CPR Procedures

**For First Aid & CPR Training → Visit Canadian Red Cross
Website**

Choking Rescue for Infants (under 1 Year)

!!! Do not begin the choking rescue procedure unless you are certain the baby is choking (If baby can't breathe, cough, or make sounds, then they are choking)

- Put baby face down on forearm
- Support baby's head in your palm, against your thigh. Don't cover baby's mouth
- Use heel of one hand to give up to 5 back slaps between baby's shoulder blades
- If object does not pop out, support baby's head and turn their face up on your thighs. Keep baby's head lower than their body
- Place 2 or 3 fingers below nipple line on baby's breastbone and give 5 quick chest thrusts
- Keep giving 5 back slaps and 5 chest thrusts until object comes out or baby faints
- If baby faints, call **911**
- Do not do any more back slaps or chest thrusts
- Start CPR (when doing rescue breaths, look for object in mouth or throat each time airway is opened). If you see object, take it out. But if you can't see object, don't stick finger down baby's throat
- Keep doing CPR until baby is breathing/until help arrives



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Choking Rescue for Children (Older than 1 Year)

!!! Do not begin the choking rescue procedure unless you are certain the child is choking (If child can't breathe, cough, or make sounds, then they are choking)

- Stand/kneel behind child and wrap arms around their waist. If child is standing, place one of your legs between their legs so you can support the child if they faint
- Make a fist with one hand. Place thumb side of fist against child's belly, just above belly button but well below breastbone
- Grasp fist with other hand. Give upward thrust into belly. This may cause object to pop out.
- Repeat thrusts until object pops out or child faints
- If child faints, call **911**
- Do not do any more thrusts
- Start CPR (when doing rescue breaths, look for object in mouth or throat each time airway is opened). If you see object, take it out. But if you can't see object, don't stick finger down child's throat
- Keep doing CPR until child is breathing/until help arrives



<https://www.saintlukeskc.org/health-library/when-child-choking-age-1-12-years>

Infant & Child CPR – Before giving CPR

1. Scene Safety

- Make sure scene is safe
- Check responsiveness

2. Recognition of Cardiac Arrest

- Check breathing and pulse (takes 10 sec)

3. Call **911**

- Ask bystander to call 911
- If alone, check breathing and pulse then call 911

4. Open airway

- Kneel beside child/infant. With child lying on their back, tilt head back slightly and lift the chin
- Make sure there is nothing obstructing child's airway



Infant & Child CPR – Performing CPR

1. Give Compressions (30 seconds)

- Children: place 2 hands or 1 hand (for very small child) on lower half of breastbone. Delivery 30 compressions (2 inches deep)
- Infants: use 2 fingers to deliver 30 compressions (1.5 inches deep)

2. Give 2 rescue breaths

- With head tilted back slightly and chin lifted, pinch child's nose shut, make a complete seal by placing mouth over child's mouth and breathe into child's mouth
- *Due to COVID-19, this step has been taken out*

3. Repeat steps 1 and 2 for two minutes (5 cycles of 30:2)

4. Carry child (or leave child if unable to) and run out for physical help or to find Artificial External Defibrillator (AED)

5. Return to child or infant and resume CPR; use AED as soon as available



Resources on Child Development for You 😊

- <http://www.rourkebabyrecord.ca/parents/> Rourke Baby Record – Resources for Parents including developmental checklist, nutrition & tooth health, sleep, and much more (birth to 5 years)
- <https://www.cps.ca/tools-outils/greig-health-record> Greig Health Record (6 to 17 years)
- <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/#c2569> Quebec Immunization Program
- <https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/> Information about Info-Santé 811
- <https://www.canimmunize.ca/en/home> CANImmunize Vaccination Tracker App
- https://www.rourkebabyrecord.ca/growth_charts.asp WHO Canadian Growth Charts
- <https://food-guide.canada.ca/en/> Canada's Food Guide
- <https://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/standard-child-care-first-aid-cpr> Canadian Red Cross First Aid & CPR Training
- Resource finder for children <https://www.thechildren.com/smartchoices>
- Tips for pediatric health problems <https://www.chusj.org/soins-services/U/Urgence>

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Thank you!



True/False Question Time!

Answer through polling on Zoom

TRUE / FALSE QUESTIONS

Having a safe and loving home, spending time with family, getting regular medical check-ups, and having adequate nutrition, sleep, and exercise are all indicators of healthy child development.

Answer

TRUE

TRUE / FALSE QUESTIONS

Your child's first visit to the doctor should be within 1 week of birth.

Answer

TRUE

TRUE / FALSE QUESTIONS

Vaccine are unsafe and do not provide benefits for your child.

Answer

FALSE

Explanation

They are safe and provide benefits. Children are vulnerable to diseases. Vaccinations prevent them from contracting these diseases, and your child should be vaccinated at a young age so that they can have the most protection as early as possible.

TRUE / FALSE QUESTIONS

You should start to incorporate Canada's Food Guide into your child's diet at 2 years of age.

Answer

TRUE

TRUE / FALSE QUESTIONS

You should start brushing your child's teeth with toothpaste when they are under 3 years old

Answer

FALSE

Explanation

Under 3 years, only brush with water, 3 years and over, brush teeth with toothpaste

TRUE / FALSE QUESTIONS

As your child gets older, the amount of sleep they need goes up.

Answer

FALSE

Explanation

As age goes up, amount of sleep they need goes DOWN.

TRUE / FALSE QUESTIONS

You should start potty training your child at 6 months.

Answer

FALSE

Explanation

You should start potty training your child at 18 months to 3 years. This is because at 18 months, they are able to control their bladder and bowel muscles. Before this age, they cannot, and therefore potty training at 6 months will not be successful

TRUE / FALSE QUESTIONS

You can enroll your child in kindergarten at 4 years of age.

Answer

TRUE

TRUE / FALSE QUESTIONS

Do not begin the choking rescue procedure unless you are certain the child is choking
Do not begin the choking procedure unless you are certain the child is choking

Answer

TRUE

Explanation

If they are not choking and you start the procedure, you may hurt them for no reason. However, if the child can't breathe, cough, or make sounds, then they are choking and it is safe to perform the procedure. However, if the child can't breathe, cough, or make sounds, then they are choking and it is safe to perform the procedure.

TRUE / FALSE QUESTIONS

When performing CPR on a child/infant, the rule is 30 seconds of compressions, 2 rescue breaths, and repeat

Answer

TRUE



**Do you have any questions
about child development?**



Extra Slides

Birth to 1 Month Developmental Timeline

Birth (within 1 week)	1 Month
<ul style="list-style-type: none">- Breastfeeding properly	<ul style="list-style-type: none">- Focuses gaze- Startles to loud noise- Calms when comforted- Breastfeeding properly

2 to 6 Months Developmental Timeline

2 Months	4 Months	6 Months
<ul style="list-style-type: none">- Follows movement with eyes- Coos – throaty, gurgling sounds- Lifts head up while lying on tummy- Can be comforted & calmed by touching/rocking- Smiles responsively	<ul style="list-style-type: none">- Follows moving toy/person with eyes- Responds to people with excitement- Holds head steady when supported at chest- Hold object when placed in hand- Laughs/smiles responsively	<ul style="list-style-type: none">- Turns head towards sounds- Makes sounds while you talk to them- Vocalizes pleasure/displeasure- Rolls from back to side- Sits with support (pillows)- Reaches object with hands equally

9 to 15 Months Developmental Timeline

9 Months	12-13 Months	15 Months
<ul style="list-style-type: none">- Looks for object seen hidden- Cries or shouts for attention- Babbles different sounds- Responds differently to different people- Stands with support- Sits without support- Plays social games with you (peek-a-boo)	<ul style="list-style-type: none">- Responds to own name- Understands simple requests- Says 3 or more words- Crawls or 'bum' shuffles- Uses both hands equally- Shows distress when separated from parent	<ul style="list-style-type: none">- Says 5 or more words- Walks sideways holding onto furniture- Shows fear of strange people/places- Crawls up a few stairs/steps- Tries to squat to pick up toys

18 Months to 2 Years Developmental Timeline

18 Months	2 Years
<ul style="list-style-type: none">- Interested in children- Comes for comfort when distressed- Points to different body parts- Turns/responds when name is called- Imitates speech sounds and gestures- Says 15 or more words- Feeds self with spoon with little spilling- Walks alone- Removes hat/socks without help- Able to control muscles used to urinate/bowel movements, but may not be ready to use toilet	<ul style="list-style-type: none">- Combines 2 or more words- Understands 1 and 2 step commands- Walks backward 2 steps without support- Tries to run- Puts objects into small container- Uses toys for pretend play- Continues to develop new skills

****Start 'potty training' at 18 months to 3 years**

3 to 5 Years Developmental Timeline

3 Years	4 Years	5 Years
<ul style="list-style-type: none">- Understands 2 and 3 step commands- Uses sentences with 5 or more words- Walks up stairs using handrail- Twists lid off jars- Shares (some of the time)- Plays make-believe games- Turns pages one at a time- Listens to music or stories for 5-10 minutes- May have daytime control over bladder and bowel functions	<ul style="list-style-type: none">- Understands 3-part commands- Asks and answers questions- Walks up/down stairs alternating feet- Undoes buttons and zippers- Tries to comfort someone who is upset	<ul style="list-style-type: none">- Counts out loud or on fingers- Speaks clearly in adult-like sentences most of the time- Throws and catches a ball- Hops on 1 foot several times- Dresses and undresses with little help- Cooperates with adult requests most of the time- Retells the sequence of a story- Separates easily from parent

**** Kindergarten program at age 4 & 5, elementary school at age 6-13**