

# Hong Kong Reference Framework for Preventive Care for Children in Primary Care Settings

Perform the following evidence-based recommendations on preventive activities for children in your clinics

## Prenatal care (Core Document Ch. 5.1)

Preventive health care for children starts at prenatal stage.

Provide prenatal care in collaboration with other prenatal care providers:

- Screen for rubella susceptibility.
- Screen for HBV, HIV, syphilis infections.
- Screen for thalassaemia.
- Recommend influenza and pertussis vaccines
- Provide folic acid supplement.
- Advise against use of tobacco and illicit drugs.
- Minimise alcohol use.
- Promote breastfeeding.
- Enquire maternal depressive symptoms.
- Promote skin-to-skin contact at birth.

Preventive Activities	Age (Months)											
	0	1	2	4	6	7-11	12	13-15	16-17	18	19-23	
<b>Immunisation</b> (Core Document Ch.5.2) (schedules recommended by the Scientific Committee of Vaccine Preventable Diseases) <sup>Note 1</sup>	BCG											
	1 <sup>st</sup> HBV	2 <sup>nd</sup> HBV			3 <sup>rd</sup> HBV							
			1 <sup>st</sup> DTaP-IPV	2 <sup>nd</sup> DTaP-IPV	3 <sup>rd</sup> DTaP-IPV						Booster DTaP-IPV	
			1 <sup>st</sup> PCV13	2 <sup>nd</sup> PCV13				Booster PCV13				2 <sup>nd</sup> MMRV
<b>Nutrition</b> (Core Document Ch. 5.3)	<input checked="" type="checkbox"/> Promote exclusive breastfeeding for first 6 months and continuation of breastfeeding up to 2 years or beyond. <input checked="" type="checkbox"/> Proper use of infant formula if breast milk cannot be offered.											
	<input checked="" type="checkbox"/> Appropriate introduction of solid food and transitional feeding. <input checked="" type="checkbox"/> Stop using bottle for feeding.											
<b>Physical activity</b> (Core Document Ch. 5.4)	<input checked="" type="checkbox"/> Avoid screen time other than interactive video-chat under parents' guidance.											
<b>Oral health and dental care</b> (Core Document Ch.5.5)	<input checked="" type="checkbox"/> Deliver dental and oral health counselling and education messages.											
<b>Vision health</b> (Core Document Ch.5.6)	<input checked="" type="checkbox"/> Encourage more outdoor activities. <input checked="" type="checkbox"/> Deliver counselling and education messages on visual hygiene.											
<b>Promote safe and healthy behaviours</b> (Core Document Ch. 5.7)	<input checked="" type="checkbox"/> Advise on measures to prevent sudden infant death syndrome.											
	<input checked="" type="checkbox"/> Advise on measures to prevent injury. <input checked="" type="checkbox"/> Help parents quit smoking.											
<b>Promote mental and psychological well-being</b> (Core Document Ch.5.8)	<input checked="" type="checkbox"/> Encourage development of positive psychological and emotional style. <input checked="" type="checkbox"/> Promote healthy media use.											
<b>Family relationship, parenting and social well-being</b> (Core Document Ch. 5.9)	<input checked="" type="checkbox"/> Help parents develop secure and positive attachments with their children. <input checked="" type="checkbox"/> Promote age-appropriate positive parenting practices. <input checked="" type="checkbox"/> Encourage age-appropriate play with children. <input checked="" type="checkbox"/> Assess mental and psychosocial well-being of parents and offer necessary help.											
<b>Identification of growth problems</b> (Core Document Ch. 5.10)	<input checked="" type="checkbox"/> Perform serial height and weight measurements.											
<b>Identification of developmental problems</b> (Core Document Ch. 5.11)	<input checked="" type="checkbox"/> Systematically elicit parental concerns. <input checked="" type="checkbox"/> Perform developmental surveillance in collaboration with care-givers and schools.											
	<input checked="" type="checkbox"/> Screen for hearing loss.											
<b>Identification of social problems</b> (Core Document Ch. 5.12)	<input checked="" type="checkbox"/> Initiate appropriate evaluation for family and social problems and offer appropriate help when indicated.											

BCG - Bacillus Calmette-Guérin    DTaP-IPV - Diphtheria, tetanus, acellular pertussis and inactivated poliovirus vaccine    HBV - Hepatitis B vaccine  
MMR - Measles, mumps and rubella vaccine    PCV13 - 13-valent pneumococcal conjugate vaccine    VV - Varicella vaccine    MMRV - Measles, mumps, rubella and varicella vaccine

Note 1: The Scientific Committee on Vaccine Preventable Diseases (SCVPD) has recommended to move forward the 2nd dose of measles-containing vaccine from Primary One to 18 months of age and remove the 3rd dose of pneumococcal conjugate vaccine at 6 months of age. Details of these updated recommendations by the SCVPD are available on the following webpage of the Centre for Health Protection: <https://www.chp.gov.hk/en/static/24008.html>.

(Please turn over for preventive activities for children aged 2-18 years and children with special needs.)



(continued)

Preventive Activities	Age (Years)									
	2	3	4	5	6	7-9	10	11	12	13-18
<b>Immunisation</b> (Core Document Ch.5.2) (schedules recommended by the Scientific Committee of Vaccine Preventable Diseases) <sup>Note 2</sup>					Booster DTaP-IPV (P.1)			Booster dTAp-IPV (P.6)		
								1st 9-valent HPV (P.5) & 2nd 9-valent HPV (P.6)*		
<b>Nutrition</b> (Core Document Ch. 5.3)	<input checked="" type="checkbox"/> Encourage healthy balanced diet that primarily relies on whole grains, fruits and vegetables, low-fat or non-fat dairy products, legumes, fish, and lean meat. <input checked="" type="checkbox"/> Advise on good dietary habits.									
<b>Physical activity (PA)</b> (Core Document Ch. 5.4)	<input checked="" type="checkbox"/> Encourage PA of at least 3 hours per day.			<input checked="" type="checkbox"/> Accumulate an average of at least 60 minutes of at least moderate intensity PA per day.						
	<input checked="" type="checkbox"/> Limit daily screen time to within 1 hour.			<input checked="" type="checkbox"/> Limit daily screen time to no more than 2 hours.				<input checked="" type="checkbox"/> Avoid prolonged screen time.		
<b>Oral health and dental care</b> (Core Document Ch.5.5)	<input checked="" type="checkbox"/> Deliver dental and oral health counselling and education messages.									
	<input checked="" type="checkbox"/> Brush teeth twice a day with toothpaste containing 1000ppm fluoride.					<input checked="" type="checkbox"/> Brush teeth twice a day with toothpaste containing 1000-1500ppm fluoride.				
<b>Vision health</b> (Core Document Ch.5.6)	<input checked="" type="checkbox"/> Encourage more outdoor activities. <input checked="" type="checkbox"/> Deliver counselling and education messages on visual hygiene.									
<b>Promote safe and healthy behaviours</b> (Core Document Ch. 5.7)	<input checked="" type="checkbox"/> Advise on measures to prevent injury. <input checked="" type="checkbox"/> Help parents quit smoking.					<input checked="" type="checkbox"/> Abstain from tobacco, alcohol and illicit drugs. <input checked="" type="checkbox"/> Deliver sexual health counselling.				
	<input checked="" type="checkbox"/> Encourage development of positive psychological and emotional style. <input checked="" type="checkbox"/> Promote healthy media use.									
<b>Promote mental and psychological well-being</b> (Core Document Ch.5.8)	<input checked="" type="checkbox"/> Encourage development of positive psychological and emotional style. <input checked="" type="checkbox"/> Promote healthy media use.									
	<input checked="" type="checkbox"/> Encourage family meals.									
<b>Family relationship, parenting and social well-being</b> (Core Document Ch. 5.9)	<input checked="" type="checkbox"/> Promote age-appropriate positive parenting practices. <input checked="" type="checkbox"/> Encourage age-appropriate play with children. <input checked="" type="checkbox"/> Assess mental and psychosocial well-being of parents and offer necessary help.									
	<input checked="" type="checkbox"/> Perform serial height and weight measurements.									
<b>Identification of growth problems</b> (Core Document Ch. 5.10)	<input checked="" type="checkbox"/> Perform serial height and weight measurements.									
	<input checked="" type="checkbox"/> Screen for obesity and offer appropriate interventions or referral.									
<b>Identification of developmental problems</b> (Core Document Ch. 5.11)	<input checked="" type="checkbox"/> Systematically elicit parental concerns. <input checked="" type="checkbox"/> Perform developmental surveillance in collaboration with care-givers and schools.									
	<input checked="" type="checkbox"/> Screen for vision problems.									
<b>Identification of mental, psychological, behavioural and social problems</b> (Core Document Ch. 5.12)	<input checked="" type="checkbox"/> Elicit parental concerns about emerging behavioural or emotional problems. Initiate appropriate evaluation and assessment for specific disorders such as eating disorders when clinically indicated. <input checked="" type="checkbox"/> Consider family and social problems in children and adolescents presenting with mental or psychological symptoms.									
	<input checked="" type="checkbox"/> Evaluate for ADHD for children presenting with suggestive symptoms.									
	<input checked="" type="checkbox"/> Screen for major depressive disorder.									

DTaP-IPV - Diphtheria, tetanus, acellular pertussis and inactivated poliovirus vaccine

9-valent HPV - 9-valent human papillomavirus vaccine

dTap-IPV - Diphtheria (reduced dose), tetanus, acellular pertussis (reduced dose) and inactivated poliovirus vaccine

Note 2: Currently, the second dose of MMR vaccine (for children born before 1 January 2013) or MMRV vaccine (for children born on or after 1 January 2013) are given to Primary One (P.1) students by the School Immunisation Teams of the Department of Health (DH). DH has been planning to provide the second dose of MMRV vaccine for children at 18 months in Maternal and Child Health Centres. Implementation details will be announced by DH in due course.

\*Starting from the 2019/20 school year, eligible female students will receive the first dose of 9-valent HPV vaccine at P.5. They will receive the second dose when they reach P.6 in the next school year.

Extracted from the Hong Kong Reference Framework for Preventive Care for Children in Primary Care Settings available at [www.pco.gov.hk](http://www.pco.gov.hk)

### Care for children with disabilities (Ch. 5.13)

- Identify the special needs of children with disability and their families and offer support tailored to them.
- Serve as service and health care coordinators and advocate for the welfare and benefits of children with disabilities and their families.

### Empowering parents/ carers in management of common diseases of children (Ch. 5.14)

- Give information and specific advice to parents/ carers in the management of acute diseases of children.
- Involve parents and children in the management of childhood chronic diseases and help them acquire a sense of control.