

## NursePrac Australia clinics at Cockburn Integrated Health, 2017

NursePrac Australia is a new health service providing children's healthcare by paediatric nurse practitioners in the primary care setting. We include families in care and offer them skills to manage confidently at home. We have a shared-care model with paediatric specialists from Fiona Stanley Hospital. We are focusing on childhood illnesses and conditions that affect many children and young people and aim to reduce unnecessary referrals to Emergency Departments and medical specialists.

### ItchyScratchySkin: Eczema

ItchyScratchySkin is a nurse practitioner-led eczema model. At our clinic we offer community based eczema care. This allows children and their families to have eczema treated promptly and conveniently and learn skills for self-care. In addition to the clinic, we run small group workshops for families to learn about eczema and how to manage it day-to-day. We suggest families attend a workshop before booking their first clinic visit.

### Optimal Weight for Life: OWL

OWL is for children and young people who are overweight or obese. This wellness-focused model encompasses a whole of community approach to help children, young people and their families to make life-long changes. OWL also links with other programs in the Cockburn area that help people meet their goals for a healthier weight.

One in four Australian children aged 2–17 is overweight or obese (18% overweight and 7% obese). In 2016, Fiona Stanley Hospital reviewed patients attending paediatric outpatient clinics for any reason and identified a rate of **26%** (overweight = 15.5%, obese = 11%).



### The OWL program includes:

- health assessment and screening by paediatric nurse practitioners
- paediatrician review
- referral to health lifestyle program
- psychosocial support
- health and wellness education
- ongoing follow-up and review

### Referrals

No medical referral is required for these clinics and families can self-refer.

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