

The background is a dark blue gradient with a starry texture. On the left side, there are several overlapping circular elements. One prominent feature is a large circular scale with tick marks and numbers ranging from 140 to 260. Other circles contain curved lines and arrows, suggesting a process or cycle. The overall aesthetic is technical and modern.

YOUTH HEALTH CARE IN THE NETHERLANDS

AND THE ROLE OF THE NURSE



BRENDA POSTMUS

- Nursing school in Leiden (4y)
- Ambassadors training for Youth Health Nurses (1y)

MINKE VELLINGA

- Nursing school in Rotterdam (4y)
- Specialisation in paediatric nursing (1,5 y)
- Specialisation in youth health nursing (1y)
- Ambassadors training for Youth Health Nurses (1y)
- Master Innovation Care and Wellbeing (2y)



HISTORY OF DUTCH YOUTH HEALTH CARE



https://youtu.be/zvON_LTL1c

MISSION OF YOUTH HEALTH CARE

To promote, protect and secure health and physical and psychological development of everyone from birth till 18 years, individually as on population level (Public Health Law: [WPG, 2010](#))

GOAL OF DUTCH YOUTH HEALTH CARE

- To identify and address health-risks
- Early screening/detection abnormalities
- Administer and monitor the national immunisation program

YOUTH HEALTH CARE IN THE NETHERLANDS



Turn on subtitles for <https://youtu.be/qqwgL7bkXUo>

PROFESSIONALS AT YOUTH HEALTH CARE

- Youth Health doctors
- Youth Health nurses
- Doctor's assistants
- Pedagogues
- Epidemiologist
- Other (supporting professionals e.g. ICT, HRM,...)

PREVENTION IS BETTER THAN CURE

Every euro invested in Youth health care means a return of eleven euros for society (JGZ is effectief)





TRANSLATED IN HEALTH

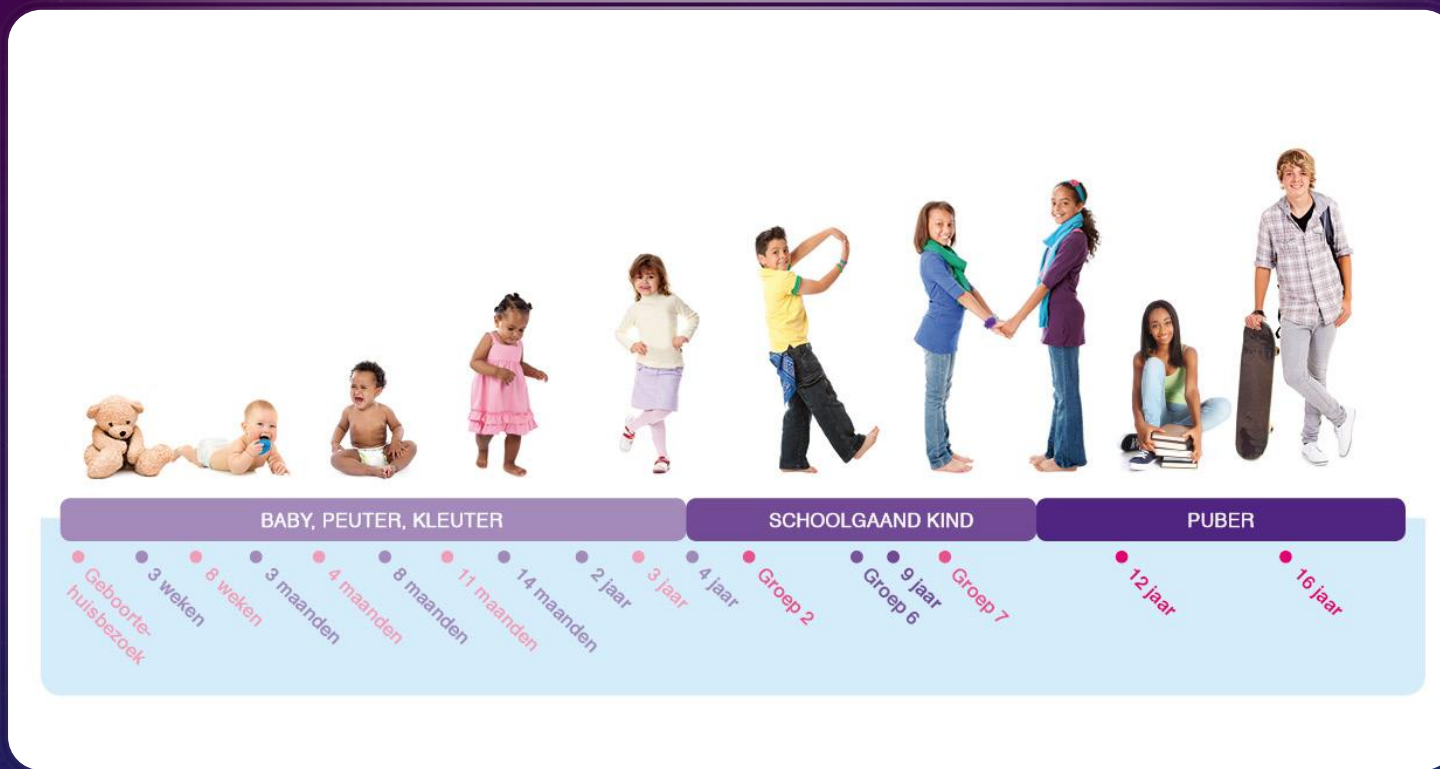
- Heel prick
 - 200 handicaps and 30 deaths/ year
- Preventive advise about SIDS:
 - 170 deaths/year
- By screening for developmental abnormalities and diseases:
 - A better development for 2200 children
 - 20 deaths/year
- By vaccinations:
 - 6000 diseases and 50 deaths/year

... AND SO MUCH MORE

- Longer breastfeeding
- Earlier intervention postnatal depression
- Preventing accidents by informing parents and youth
- Supporting educational chances
- Prevention of child abuse
- Prevention of school drop-out and criminality
- Prevention of obesity
- Prevention of suicide in teenagers
- Etc.



WHEN?



This scheme is an indication, organisations may offer a different consultation scheme

- 13 basic consultations from -9 months to 18 years
- More when needed



WHERE?

- Face to face consultation at health centres and schools
- Consultation by telephone or online
- Consultation at home



WHAT

Activities:

- Prenatal/from birth-18 years
- Small interventions and/or referral
- Multidisciplinary consultation with local partners
- Preform school health visits
- Help school sick absentees
- Prevention and detection of child abuse





Offer basic medical
care



Monitor and
administer Dutch
immunisation
program



Monitor
development



Offer parenting
support

HOW DO WE DO THAT?

OFFER BASIC MEDICAL CARE

- Heel prick
- Hearing test
- Screening for cardiac abnormalities
- Screening for congenital hip dysplasia
- Screening for eye abnormalities
- Monitoring growth



Offer basic medical
care





Monitor and
administer Dutch
immunisation
program



DUTCH IMMUNISATION PROGRAM

- Mumps, Measles, Rubella
- Diphtheria, Tetanus, Pertussis, Polio
- Haemophilus influenzae type b
- Pneumococcal disease
- Hepatitis B
- Meningococcal disease type ACWY
- Human Papillomavirus (Cervix cancer)
- Maternal Pertussis

MONITOR DEVELOPMENT

- How is the child doing?
 - physical
 - cognitive
 - behavioral/ psycho-emotional
- How is the basic care?
- How are the parents doing?
- Are there specific risk factors?





OFFERING PARENTAL SUPPORT

Supporting parents:

- Advise about parenting skills during a house call by our nurses
- Evidence based prenatal parenting course [VoorZorg](#)
- Parenting courses in small groups
- Parenting support by our pedagogue (e.g. Video Home-training)
- Offer specific (handling-) advise in case of a child with behavioral or developmental problems
- Online training



PREVENTING CHILD ABUSE





- Preventive care e.g. parenting advise
- Risc Inventory Scale
- National code of detecting child abuse/safety (Meldcode)








YOUTH HEALTH CARE DURING COVID-19

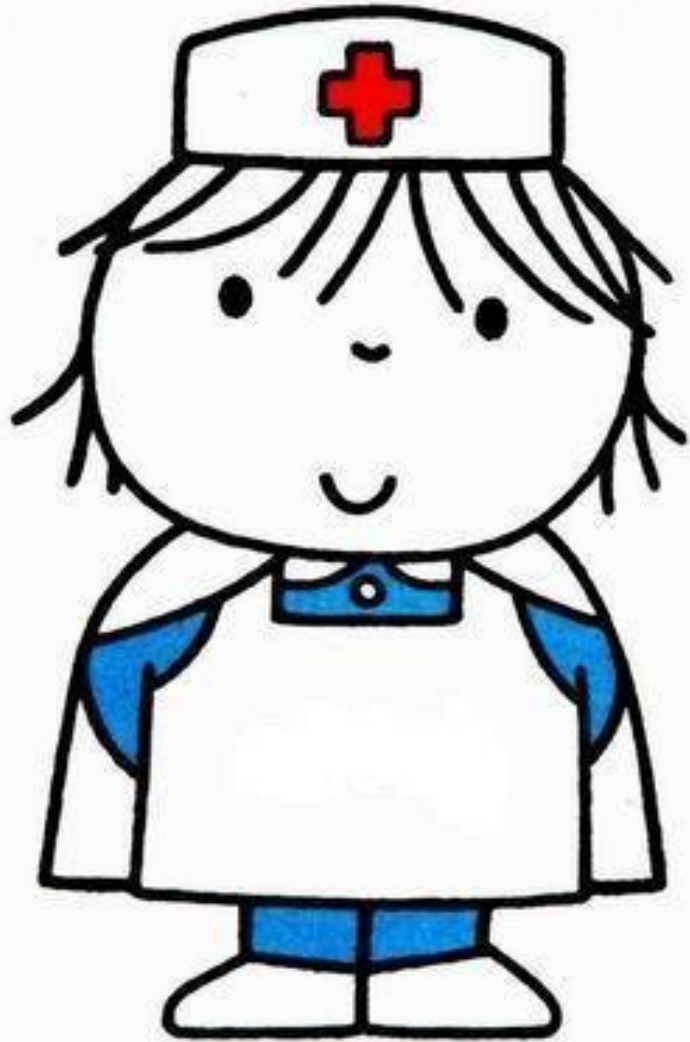
- Triage of consultation
- Face to face consultation when necessary for physical examination or vaccination
- Consultation by telephone or online when possible
- Limit visitors (only 1 parent at visits)
- Covid measures (social distance, face-mask,..)

Contact us to postpone the appointment if:

-   you or your child has health symptoms (cold, sneezing, runny nose, breathlessness, coughing, sore throat or loss of smell or taste) or if someone in your family has breathlessness or a temperature (higher than 38°C).
-  you or your child has had contact with someone in the last 10 days who has corona.
-  you or your child has been in an orange or red designated area in the last 10 days.

During the appointment

-   **Only 1 person accompanying each child.**
Even brothers and sisters may not come either. If this is a problem, please contact us in advance. The other parent/carer may watch or listen during the appointment through video calling.
When you need an interpreter, please let us know in advance so that we can arrange it.
-  **Come on time.**
The 1.5 metre rule means that fewer people may be in our locations at one time. So please come on time so that we can receive all the parents and children spread throughout the day.
-  **Wash your hands and your child's hands when you arrive.**
-  **Keep a distance of at least 1.5 metres and follow the instructions of our professionals.**



NURSES ROLE

- Basic consultation for every child
- Additional consultation when needed
- Information meetings for children and parents
- Open consultation
- Coordination of care
- Participating in multi-disciplinary meetings at daycare and schools
- Keeping in touch with local partners (eg social work, schools, police, truant officer,..)

YOUTH HEALTH CARE IS TEAMWORK

Doctors and nurses:

- Have their own expertise
- Have a different approach
- Work complementary to each other
- Work as a team (doctor, nurse, doctor's assistant, pedagogue)





SPECIALISATION IN YOUTH HEALTH NURSING

- Organisation and policy
 - Role and position of the Youth Health Nurse
 - Clinical decision-making
- Youth Health
 - Child and development
 - Child and family
 - Ethics and law
- Professional development
 - Communicationskills
 - Personal development plan

THANK YOU FOR YOUR ATTENTION

Brenda Postmus

Youth Health Nurse

☎ 00 - 316- 83944011 (also Whatsapp)

✉ bpostmus@ggdhm.nl

♥ @brenda_postmus

Minke Vellinga

Youth Health Nurse

☎ 00 - 316- 50602639 (also Whatsapp)

✉ m.vellinga@cjgrijnmond.nl

♥ @MinkeAV