

MEDIA RELEASE

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The Well Child Tamariki Ora Book meets the 21st Century

The digital age has come to the Well Child Tamariki Ora My Health book (commonly referred to as the Plunket book). Now there is a Well Child app for mobile devices to help busy parents keep track of their children's check-ups and immunisations.

Once the app is uploaded, parents enter their child's date of birth and the app, using their device calendar, will automatically set reminders for important dates like Well Child checkups and immunisations. The app is especially useful if there is more than one child in the family. The app can also record a child's vital details such as height, weight and head circumference. This is displayed on graphs and parents can track growth and changes. The app also stores contact details for anyone involved in supporting a family and child - midwife, Well Child provider, GP, hospital and dental care. It has space for family health history, allergies and blood type – any information that might be needed in a hurry.

Paediatrician Dr Nick Baker says this app will help families keep kids well by getting the right care at the right time.

“Keeping up to date with issues like immunisation and dental care is vital to prevent diseases and stop problems for the future,” he says. “The services, although free, are quite complex and busy families often have trouble keeping track of when things are due.”

Jane Kinsey, Nelson Marlborough DHB Service Manager for Women, Child and Youth says the Well Child app has been developed as part of the Ministry of Health funded Maternal and Child Health Integration Project.

“Nelson Marlborough DHB was one of three DHBs in the country that were successful in receiving Ministry support to develop systems and processes that demonstrate how maternal and child health services can be better integrated and coordinated,” she says. “The Well Child app involved great collaboration between a Nelson software company, midwives, consumers and health care providers across the district working on behalf of TOSHA (Top of The South Health Alliance).”

Jane says the Nelson Marlborough District Health Board is excited to share this new Well Child app with whānau from around the region, as well as throughout the country.

“It’s a big change from the small, but precious little ‘Plunket’ book our parents tucked away as a memento,” she says.

The Well Child app will not replace the Well Child Tamariki Ora, My Health Book, but has been designed to sit alongside it.

The app provides basic and up to the minute information from the Well Child Tamariki Ora My Health Book including first aid guidance and health advice. Other useful resources, such as sleep safe and parenting advice are readily available on the app.

The Well Child App is free for whanau to download for either IOS or Android devices from either Apple IOS or Google play stores. itunes.apple.com/nz/app/well-child-app/ or <https://play.google.com/store/apps/details?id=nz.govt.nmdhb.wellchild&hl=en>

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Jane Horder

Communications Advisor, Nelson Marlborough District Health Board

Private Bag 18, Nelson 7042, New Zealand

DDI: 03 539 5346, Internal ext 8346 or 027 446 6799

E:comms@nmdhb.govt.nz