



**VEILIG
THUIS**

Kennemerland

Geweld stopt
niet vanzelf.



Head-to-toe examination

Your child will undergo a head-to-toe examination soon. This flyer will give you more information about what a head-to-toe examination entails. This information will help you prepare your child.

MDCK

multidisciplinair centrum
kindermishandeling
kennemerland



Why do we do a head-to-toe examination?

If concerns are raised regarding your family, we want to get a good idea about how you and your child are doing. This is why we want to have a conversation with your child, and see your child. Your child has a right to be seen and heard by us.

One of the ways we will see your child is by conducting a head-to-toe examination. This will show us how your child has developed, what their care is like, how the child responds to strangers and if your child has certain injuries. These include bruises and scars, for example. Every child who plays, falls and gets up again will have some bruises, which is perfectly normal of course! We know where these bruises are on the body, based on research. If bruises or scars are found on other parts of the body, or if a bruise catches our attention due to its shape or size, we would like to know how the injury occurred.

What is a head-to-toe examination like?

First we will have a conversation together, to get more information from you regarding your child's health, any medication use or any past surgeries. This way we will be prepared for what we would potentially find. We will also answer any questions you might have.

At a head-to-toe examination the child will be seen 'from the top of the head to the tip of the toe and anything in between'. We check everything in a fixed order.

- We start at the head, to see if there might be a bump or scar under the hair, we look at the ears, eyes, nose and mouth (including the teeth) and the neck.
- Next we will ask your child to remove their shirt, sweater, dress or blouse, and also their vest, so we can take a look at the abdomen and back and we can see both the arms. When this is done, they can put their clothes back on again.
- With the next step, your child will be asked to take off their shoes, socks and trousers, skirt or leggings, this way we can take a good look at the feet and legs.

- Lastly, the underpants will come off to look at their bottom and genitals, as they are also a part of the body of course.
- Once this is done, we will measure the height and weight of your child and then your child can get dressed again.

Your child can help us during the examination. Your child can point out a mark so we can look at it. We will then ask your child to tell us everything about the mark and how it occurred. We will draw the location of the mark on a diagram and if needed we take a photograph of certain injuries. A photograph can be a convenient tool to help us discuss the injury with you, and to see how the injury might change over time.

As you can read we only look. Your child will not get any injections, no (blood) samples will be taken, nothing will be done internally, we will not hurt your child. We will just look, together with your child.

What do the children think about it?

All children are a bit nervous when they go to see a doctor. We always take enough time to explain everything to your child and will ask them if they feel confident to do this together with the doctor. We will make your child feel at ease. We have a special book to show younger children. Afterwards almost all children say they did not find it scary at all, and will return to you with a smile. To show your child that they cooperated well, we give them a small present as a reward.

Where will the head-to-toe examination take place?

And who will be present?

We have a specially designed examination room at the MDCK in Hoofddorp to conduct a head-to-toe examination. This will be just like an examination room at the paediatrician or general practitioner.

An examination is generally conducted with just your child, you will not be there as the parent. Some children might say they are hit by their parents, for example. If we then conduct the examination and see an important bruise, your child would be hesitant to tell us that their mum or dad inflicted the injury. To help your child and yourself as well as possible we want to give your child the opportunity to tell us. A second employee from the MDCK will be present at the examination.

They can help your child if needed. If your child cannot talk yet, or if your child is very anxious, it is certainly possible for you to be present at the examination. You can discuss this with the doctor beforehand. If your child dislikes the examination, is too anxious, starts crying or says they want to stop, we will ask you as a parent to join the examination and we will stop the examination if necessary.

What will happen with the information?

The information acquired in the examination, the diagram and potential photographs will be reported in a separate section of the file. This section, just like the information gathered by a paediatrician or general practitioner, is protected by doctor-patient confidentiality. This information will not be shared with anybody outside the MDCK team, unless you as parents give permission to do so.

How will you be informed of the results?

After the examination is finished, you will immediately get a preliminary indication of how it went and if we have seen any worrying signs. Sometimes we want to review our finds more thoroughly with a colleague, which means you will receive the definitive results at a later date.

Finally

If you have any questions after reading this flyer, please do not hesitate to ask before the examination starts. It is important that you understand what is about to happen and that you trust that your child is in safe hands with us. It is all about your child; their health and safety is our main priority.

For advice and help you can reach Veilig Thuis Kennemerland, by telephone 0800-2000.

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