

What should I tell my child before their appointment?

We know that children may be anxious about coming to see the doctor. Please reassure them that there will be toys, books and games for them to play with.

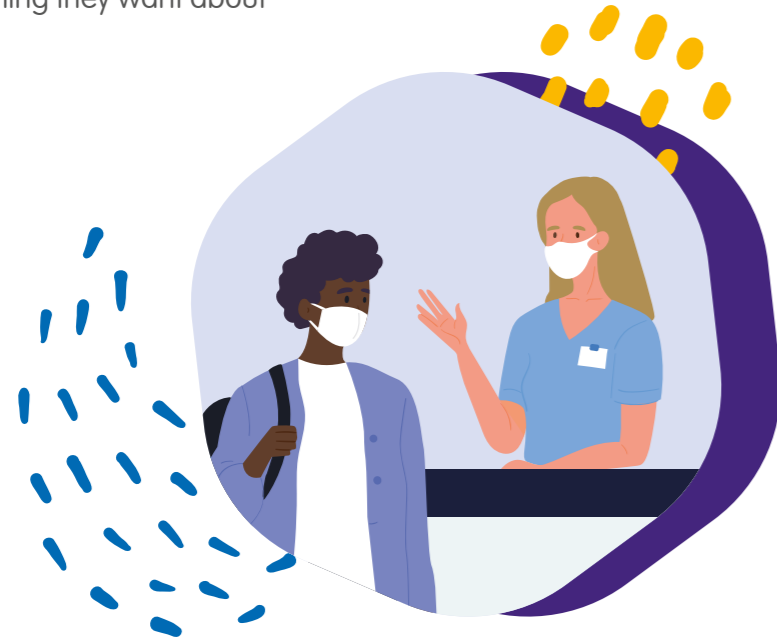
The doctor will ask them questions about how they feel and check that their body is healthy. The doctor will not hurt them or do anything that is painful.

The child will get to choose who is with them during the assessment and also have a chance to ask the doctor anything they want about their health.

I have more questions about this assessment – who should I ask?

In the first instance we recommend you contact the person who referred your child for a CPME – usually your social worker.

If you have specific questions about how to find our clinic(s), or what will happen at the appointment itself, you can call us on **0203 317 2412**.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعة الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

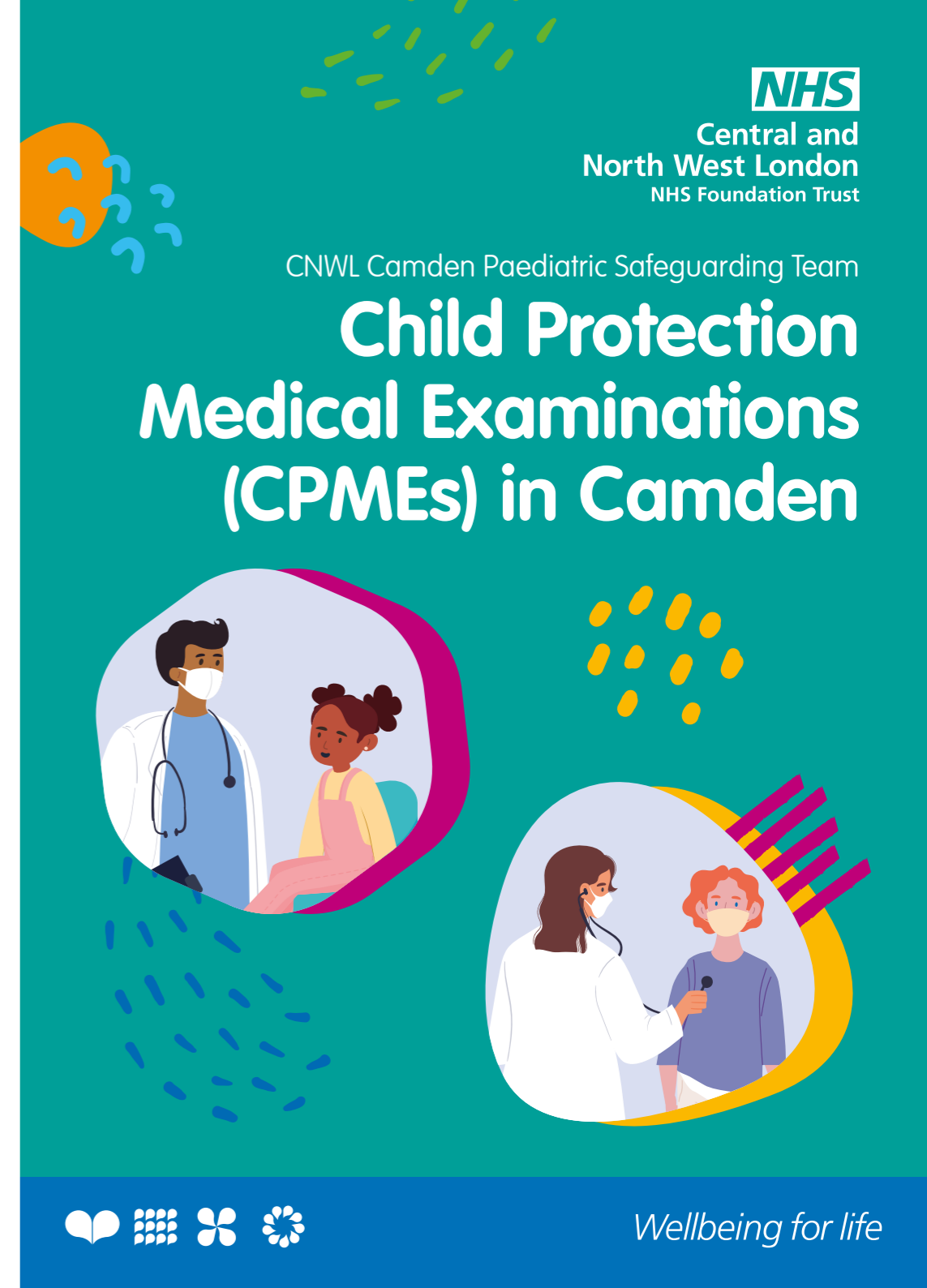
Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

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Ref: 2188_FEB2021 | February 2021



Wellbeing for life

We have produced this leaflet to help parents and carers understand what happens at a child protection medical examination (CPME) in Camden.

What is a child protection medical examination?

A Child Protection Medical Examination (CPME) is a comprehensive review of a child / young person's physical and developmental health. A CPME is typically requested as part of a multi-agency safeguarding assessment.

It is an important opportunity to review any concerns you or your child have about their health or development, as well as any concerns raised by other professionals who know them.

CPMEs are undertaken by doctors (paediatricians) with specialist training in the physical, developmental and emotional health of children and young people.

Who do we see for child protection medical examinations in Camden?

We see children / young people aged from 0 to 17 years who are residents in Camden. CPMEs are usually requested by a social worker when there are concerns that a child may have suffered, or be suffering, harm to their health as a result of child maltreatment or neglect.

Some examples of why a child / young person may be seen for a CPME include:

- A child / young person has reported they have been hit or injured by an adult.
- A child / young person is not growing or developing as expected and there are also concerns about the child / young person's home circumstances.

- A child / young person is missing a lot of school due to poorly understood health issues.
- For a detailed health and developmental review in a child who is currently – or who has recently – been on a child protection or child in need plan.

Sometimes, following a request for a child / young person to have a CPME, we may recommend that they are seen in an alternative medical setting – for example in a hospital clinic or by a child development service.

What happens during the CPME appointment?

All assessments are carried out by a paediatrician (specialist children's doctor) in a private clinic room at an NHS health centre in Camden. In most circumstances parents or guardians should accompany their child to the CPME and will usually be present during the assessment. If a social worker has requested the CPME we ask that they should accompany the family as well.

If an interpreter is required, this should be arranged by the social worker requesting the assessment.

Part one

First the doctor will ask some questions about your child's health, development, immunisations, home and family life. Where appropriate we will also ask your child directly about their health, development and home life.

Part two

The doctor will examine your child and another member of staff will usually be present to act as a chaperone. Examination will typically include a weight and height measurement plus a check-up of the child's whole body, including looking carefully at their skin.

Any scars or injuries seen on the skin will be measured and documented in the medical notes. With your consent photographs may be taken of any important skin findings.

Part three

The doctor will summarise their opinion on your child's overall health, development and wellbeing. They will share any recommendations with you.

We work hard to make sure that no part of the assessment process is painful or uncomfortable for children and young people. Blood tests will not be taken at this appointment, but on rare occasions we may recommend that your child is taken to a nearby hospital for blood or urine tests.

We provide a child-centred CPME service and focus on ensuring the voice of the child is sought and heard at every consultation. Therefore, where at all possible, all children and young people will be given an opportunity to talk to the doctor alone at their CPME.



How long does the assessment take?

An assessment can take up to two hours per child seen. It is important we spend enough time thinking about a child's physical health, development and behaviour. We recommend you bring milk for younger children and drinks / snacks for older children.

What happens after the assessment?

If further appointments for your child are needed, for example seeing a hospital or behavioural specialist, we will arrange these for you. You may be given specific health actions to follow, such as making an appointment with your dentist or your GP.

The doctor will write a report which will be shared with the referring professional (usually the social worker) as well as other relevant professionals such as your GP, school nurse or health visitor. We usually ask the referring professional – for example your social worker – to share the report with you.