

# Pre-school Assessment

## 學前兒童發展和 行為評估

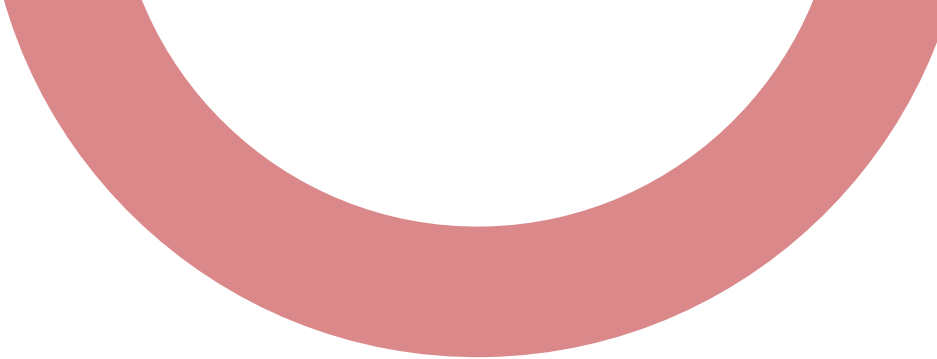
### About Developmental and Behavioural Screening

Developmental and emotional health problems are common in young children, with an incidence of up to 18% in the general population, and may lead to social and academic difficulties in later childhood and beyond.

Early intervention in children with developmental and emotional problems has been shown to improve outcomes. However, these problems are difficult to detect during regular health check visits. As a result, children are often only identified as having a difficulty after they enter school, a time at which they have already missed the opportunity for early intervention.

Therefore, many countries have implemented screening for developmental and emotional problems as part of routine child health surveillance to enable early detection and referral to child development services.





Most screening programmes use brief parental questionnaires to identify children with problems, and the detection rate is sub-optimal. An assessment using cognitive tests and a multidisciplinary clinical approach, including paediatrician's and psychologist's inputs, would be expected to provide a more comprehensive understanding of a child's abilities and problems.

## About Vision Examination

The visual system continues to develop after birth and matures by about 8 years of age. Abnormal vision or related abnormalities are harmful to the maturation process. If not corrected, the child's future vision may be reduced.

However, it is difficult to identify affected children just by observation in daily life. The most effective method to detect these abnormalities is by vision screening. With vision screening, children can receive earlier treatment to protect the vision development.

Common causes of abnormal vision include:

- Amblyopia
- Squint
- Significant refractive errors, such as long-sightedness, short-sightedness and astigmatism

## About Intellectual, Emotional and Behavioural Assessment

Children's intellect, feelings and behaviours determine their ability to learn and adjust to the school environment. A thorough understanding of the child's abilities and characteristics in the above areas is invaluable for guiding education planning or intervention to maximize learning and adjustment in the school environment. This can be done using a combination of validated assessment tools and detailed clinical observations by qualified psychologists.

## What is included in the Assessment?

Accompanied by parents, a child will be assessed by qualified and experienced paediatrician, ophthalmologist and clinical psychologist.

- **Paediatrician's assessment**

Parents will fill out a brief questionnaire enquiring about their perception and understanding of their child's developmental and behavioural issues. Paediatrician will then perform thorough physical examinations and evaluate briefly the behavioural and emotional well-being of the

child. Feedback of the evaluation findings and advice will be given to the parents.

- **Ophthalmologist's assessment**

Our specialist ophthalmologist will evaluate the structural and functional conditions of the child's eyes and visual system. Any deviation in refractive errors, squints and other ocular conditions will be diagnosed and treated accordingly so that issues such as lazy eyes and other congenital problems can be dealt with professionally and timely. Failing to identify and treat these conditions before the age of 7 may potentially lead to irreversible damage to the child's visual ability. Detailed parental guidance on the child's ocular health will be discussed and plans will be provided to ensure a healthy visual development.

- **Clinical psychologist's assessment**

Our clinical psychologist will conduct a detailed consultation and assessment (up to 3 hours) for the child (including clinical parents interview, clinical observations, computerised attention test, questionnaires) for the evaluation of developmental / intellectual ability (IQ) and common behavioural and emotional aspects of the child. An evaluation report will be provided and discussed with the parents for improving the child's psychological conditions.

*Reference: Family Health Service, Department of Health, HK. "Pre-School Vision Screening." June 2019.*

## 關於兒童發展和行為篩檢

幼兒出現發展和情緒健康的問題可謂非常普遍，此情況在一般人口中的發生率高達 18%。值得注意的是，這些問題對兒童及其日後的成長可構成社交和學習障礙，因此家長實在不容忽視。

及早為患有發展和情緒問題的兒童安排治療，對他們日後健康成長有重大的幫助。事實上，由於一般兒童健康檢查較難診斷這些問題，往往在孩子入學後因出現種種狀況才被發現，致使他們錯過了早期治療的黃金時間。因此，許多國家已將此評估納入兒童常規健康檢查，以便及早發現問題，並為有需要的兒童儘早安排轉介作專業跟進。

現時，大多數的評估都只採用簡短的父母問卷調查，評估效果未必理想。使用認知測試和跨專科臨床方案（包括兒科專科醫生和心理學家）進行的評估，能更全面地了解孩子的能力和問題，從而制定合適的治療策略。



## 關於視力檢查

我們的視覺系統在出生後會繼續發展至大約 8 歲左右。視力出現異常問題可有礙視力發展。如不及早糾正，更可能影響孩子未來的視力。然而，僅透過日常生活觀察較難識別孩子出現視力問題。檢測視力問題的最有效方法是通過視力篩查，令小朋友及早得到治療，從而保護他們視力的發展。

常見導致視力異常的問題包括：

- 弱視
- 斜視
- 嚴重的屈光不正，例如遠視，近視和散光

## 關於智力、情緒及行為評估

小孩的智能、情緒及行為會影響他們學習及適應學校生活的能力。合資格的臨床心理學家可使用一套獲驗證的評估工具，配合仔細的臨床觀察，以全面地了解孩子在以上各方面的能力及特質，並與家長一起訂立教育計劃，讓孩子在學習路上及校園生活得到最理想的發揮。

## 學前兒童發展和行為評估涵蓋什麼檢查項目？

孩子在父母的陪同下，將由我們經驗豐富及具相關資歷的醫生，包括兒科專科醫生、眼科專科醫生和臨床心理學家進行詳細的面談及評估。

### • 由兒科專科醫生進行的評估

父母將填寫一份簡短的問卷調查，以了解他們對孩子發展和行為問題的看法和理解。然後，兒科專科醫生將進行全面的身體檢查，並簡要評估孩子的行為和情緒健康狀況。完成評估後，醫生將與父母詳細分析評估結果及提供實用的建議以改善孩子的情況。

### • 由眼科專科醫生進行的評估

我們的眼科專科醫生會評估孩子的眼睛及視力系統的結構和功能狀況，診斷及治療任何屈光不正、斜視和其他眼部狀況，令諸如其他先天眼疾能夠及時得到專業治理，否則在孩子 7 歲後才發現及處理這些眼疾，有機會令視力永久受損。此外，醫生亦會向父母就孩子的眼睛狀況提供相關資訊及建議，讓孩子的視力能夠健康發展。

### • 由臨床心理學家進行的評估

臨床心理學家進行長達 3 小時的評估（包括家長晤談、臨床觀察、電腦化注意力測試、問卷填寫）以及諮詢，以了解兒童的智力發展、心理質素及行為表現，並提供報告，與父母進行討論及提出相關建議以改善孩子的心理狀況。

參考資料：香港衛生署家庭健康服務，《學前兒童視力普查》，2019 年 6 月。

## Who should take the Assessment?

Children aged 4 years or above

## 誰應接受學前兒童發展和行為評估？

4 歲或以上準備 / 已入學的兒童

## Pre-school Assessment

學前兒童發展和行為評估

### Health and Behavioural Assessment 健康及行為評估

General physical health assessment and preliminary behavioural evaluation  
by specialist paediatrician  
由兒科專科醫生進行基本身體檢查及初步行為表現評估

### Comprehensive Eye and Visual Examination by Specialist Ophthalmologist 由眼科專科醫生提供全面眼睛及視力檢查

Evaluation of the functional status of the eyes and visual system  
眼睛及視覺功能狀態評估

Ocular health assessment  
眼部健康評估

Parental counselling and education  
家長指導及諮詢

### Developmental / Intellectual, Emotional and Behavioural Assessment 發育 / 智力、情緒及行為評估

Detailed consultation and assessment session for up to 3 hours (including  
parents' interview, clinical observations, computerised attention test,  
questionnaires)  
長達 3 小時的詳細評估及諮詢 (包括家長晤談、臨床觀察、電腦化注意力測試、  
問卷填寫)

An comprehensive evaluation report will be provided and discussed with the  
parents for improving the child's psychological conditions  
向家長提供詳細報告及提升兒童心理質素的建議



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**MC** 禮護醫療服務  
Medical Concierge

+ 852 2230 5170

enquiry@hkmedicalconcierge.com

