

# Pre-school Assessment

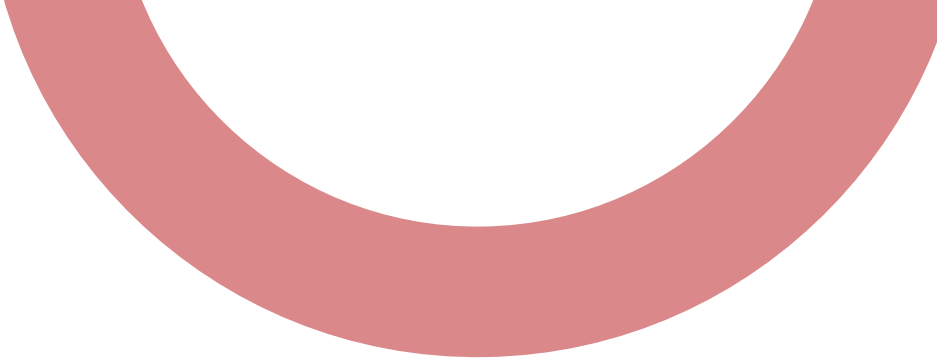
## 学前儿童发展和 行为评估

### 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.*

## 关于儿童发展和行为筛检

幼儿出现发展和情绪健康的问题可谓非常普遍，此情况在一般人口中的发生率高达 18%。值得注意的是，这些问题对儿童及其日后的成长可构成社交和学习障碍，因此家长实在不容忽视。

及早为患有发展和情绪问题的儿童安排治疗，对他们日后健康成长有重大的帮助。事实上，由于一般儿童健康检查较难诊断这些问题，往往在孩子入学后因出现种种状况才被发现，致使他们错过了早期治疗的黄金时间。因此，许多国家已将此评估纳入儿童常规健康检查，以便及早发现问题，并为有需要的儿童尽早安排转介作专业跟进。

现时，大多数的评估都只采用简短的父母问卷调查，评估效果未必理想。使用认知测试和跨专科临床方案（包括儿科专科医生和心理学家）进行的评估，能更全面地了解孩子的能力和问题，从而制定合适的治疗策略。



## 关于视力检查

我们的视觉系统在出生后会继续发展至大约 8 岁左右。视力出现异常问题可有碍视力发展。如不及早纠正，更可能影响孩子未来的视力。然而，仅透过日常生活观察较难识别孩子出现视力问题。检测视力问题的最有效方法是通过视力筛查，令小朋友及早得到治疗，从而保护他们视力的发展。

常见导致视力异常的问题包括：

- 弱视
- 斜视
- 严重的屈光不正，例如远视，近视和散光

## 关于智力、情绪及行为评估

小孩的智能、情绪及行为会影响他们学习及适应学校生活的能力。合资格的临床心理学家可使用一套获验证的评估工具，配合仔细的临床观察，以全面地了解孩子在以上各方面的能力及特质，并与家长一起订立教育计划，让孩子在学习路上及校园生活得到最理想的发挥。

## 学前儿童发展和行为评估涵盖什么检查项目？

孩子在父母的陪同下，将由我们经验丰富及具相关资历的医生，包括儿科专科医生、眼科专科医生和临床心理学家进行详细的面谈及评估。

### • 由儿科专科医生进行的评估

父母将填写一份简短的问卷调查，以了解他们对孩子发展和行为问题的看法和理解。然后，儿科专科医生将进行全面的身体检查，并简要评估孩子的行为和情绪健康状况。完成评估后，医生将与父母详细分析评估结果及提供实用的建议以改善孩子的情况。

### • 由眼科专科医生进行的评估

我们的眼科专科医生会评估孩子的眼睛及视力系统的结构和功能状况，诊断及治疗任何屈光不正、斜视和其他眼部状况，令诸如其他先天眼疾能够及时得到专业治理，否则在孩子 7 岁后才发现及处理这些眼疾，有机会令视力永久受损。此外，医生亦会向父母就孩子的眼睛状况提供相关资讯及建议，让孩子的视力能够健康发展。

### • 由临床心理学家进行的评估

临床心理学家进行长达 3 小时的评估（包括家长晤谈、临床观察、电脑化注意力测试、问卷填写）以及咨询，以了解儿童的智力发展、心理质素及行为表现，并提供报告，与父母进行讨论及提出相关建议以改善孩子的心理状况。

参考资料：香港卫生署家庭健康服务，《学前儿童视力普查》，2019 年 6 月。

## Who should take the Assessment?

Children aged 4 years or above

## 谁应接受学前儿童发展和行为评估？

4 岁或以上准备 / 已入学的儿童

# Pre-school Assessment

学前儿童发展和行为评估

## Health and Behavioural Assessment 健康及行为评估

General physical health assessment and preliminary behavioural evaluation by specialist paediatrician  
由儿科专科医生进行基本身体检查及初步行为表现评估

## Comprehensive Eye and Visual Examination by Specialist Ophthalmologist 由眼科专科医生提供全面眼睛及视力检查

Evaluation of the functional status of the eyes and visual system  
眼睛及视觉功能状态评估

Ocular health assessment  
眼部健康评估

Parental counselling and education  
家长指导及咨询

## Developmental / Intellectual, Emotional and Behavioural Assessment 发育 / 智力、情绪及行为评估

Detailed consultation and assessment session for up to 3 hours (including parents' interview, clinical observations, computerised attention test, questionnaires)  
长达 3 小时的详细评估及咨询（包括家长晤谈、临床观察、电脑化注意力测试、问卷填写）

An comprehensive evaluation report will be provided and discussed with the parents for improving the child's psychological conditions  
向家长提供详细报告及提升儿童心理素质的建议



立即预约  
Book Now

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