

Parenting Strengths and Partnering with the Medical Home

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Healthy Start Grantees webinar

Judith S. Shaw, EdD, MPH, RN, FAAP

Executive Director, VCHIP & NIPN

Associate Professor of Pediatrics, UVM College of Medicine

Co-editor, Bright Futures



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Agenda

1. Overview of Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents and related Periodicity Schedule.
2. Describe new elements included in the Bright Futures Guidelines, 4th Edition.
3. Components of the visits 0-2 years
4. Parenting Strengths



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Bright Futures: History

Supported and funded by federal government's Maternal and Child Health Bureau (MCHB) in the Health Resources and Services Administration, Department of Health and Human Services

- 1st edition was published in 1994
- Updated in 2000 (2nd edition)
- In 2002, AAP was selected by MCHB to implement the next phase of the initiative
- 3rd edition was released in October 2007
- In 2007, AAP was awarded a second cooperative agreement to address implementation
- In Summer 2015, 4th Edition underwent Public Review
- In 2016, the 4th Edition will be released



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BRIGHT FUTURES

Guidelines for Health Supervision of
Infants, Children, and Adolescents

THIRD EDITION



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



...is a set of principles, strategies and tools that are theory - based, evidence - driven, and systems - oriented, that can be used to improve the health and well-being of all children through culturally appropriate interventions that address the current and emerging health promotion needs at the family, clinical practice, community, health system and policy levels.

Affordable Care Act: Section 2713

...requires all health plans to cover, with no cost-sharing

“with respect to infants, children, and adolescents, evidence-informed preventive care and screenings provided for in the comprehensive guidelines supported by the Health Resources and Services Administration,”

the services are outlined in *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 3rd Edition
(Hagan J, Shaw JS, Duncan PM eds.)



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Bright Futures Guidelines, 4th Edition

Part 1: Health Promotion Themes

- 12 chapters highlighting key health promotion themes
- New themes in development: **Social determinants of health**; Media use, Children with Special Health Care Needs

Part 2: Health Supervision Visits

- Rationale and evidence for screening recommendations
- 32 age-specific visits (including prenatal visit)
- 5 health supervision priorities for each visit
 - Designed to focus visit on most important issues for child that age
 - Includes: **social determinants of health**, health risks, developmental issues, positive reinforcement

NOTE: The 4th edition underwent a *Public Review* period ending on August 12th, 2015.



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Bright Futures Guidelines, 4th Edition

- ~~Child~~ **Healthy** Development
- Family Support
- Mental Health and Emotional Well-Being
- Nutritional Health
- Physical Activity
- Healthy Weight
- **Promoting Lifelong Health for Families and Communities**
- Oral Health
- Healthy Sexuality
- Safety and Injury Prevention
- ~~Community Relationships and Resources~~
- **Promoting the Healthy and Safe Use of Social Media**
- **Children and Youth with Special Health Care Needs**



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Components of a Bright Futures Visit

- ❖ History
- ❖ Surveillance
- ❖ Physical examination
- ❖ Screening
- ❖ Immunizations
- ❖ Anticipatory guidance



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Proposed Priorities in 4th Edition

12 Month Visit Example

- Social determinants of health (the economic and social conditions that shape the health of individuals and communities)
- Establishing routines
- Feeding and appetite changes
- Establishing a dental home
- Safety



Source: [Healthy People 2020](#)



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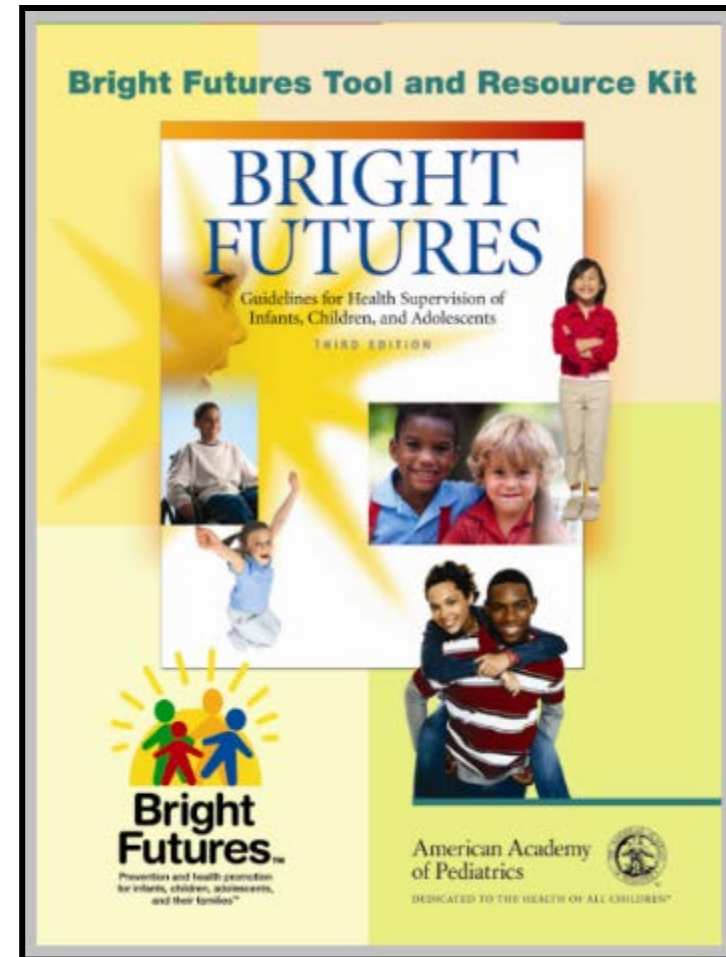
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Tool & Resource Kit

- ❑ The *Bright Futures Tool and Resource Kit* also contains supplementary materials:
 - Additional Parent/Patient Handouts
 - Developmental, behavioral, and psychosocial screening and assessment tools
 - Practice management tools for preventive care
 - Information on community resources

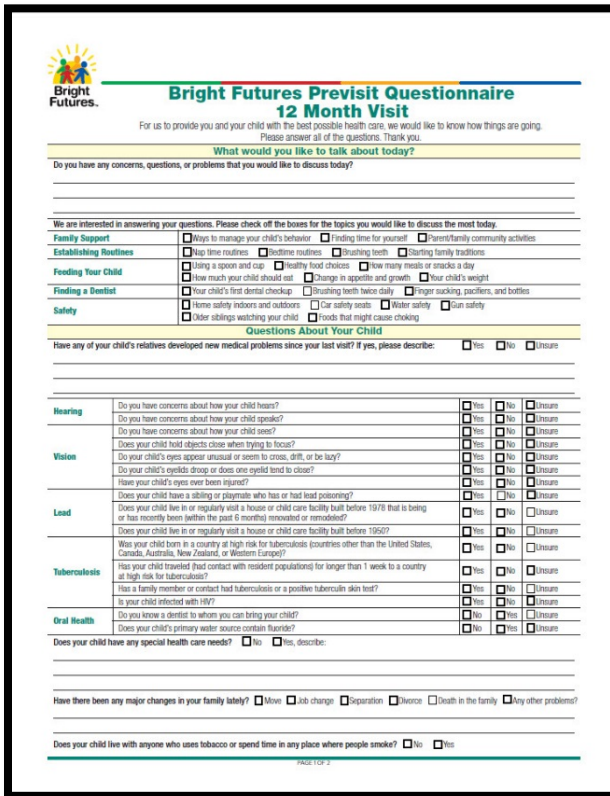
- ❑ All of *Bright Futures* developed materials are in the public domain

brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/default.aspx



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Integrated Tools



Bright Futures Previsit Questionnaire 12 Month Visit

For us to provide you and your child with the best possible health care, we would like to know how things are going. Please answer all of the questions. Thank you.

What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

We are interested in answering your questions. Please check off the boxes for the topics you would like to discuss the most today.

Family Support

Ways to manage your child's behavior Finding time for yourself Parent/family community activities

Establishing Routines

High time routines Bedtime routines Brushing teeth Starting family traditions

Feeding Your Child

Using a spoon and cup Healthy food choices How many meals or snacks a day How much your child should eat Change in appetite and growth Your child's weight

Finding a Dentist

Your child's first dental checkup Brushing teeth twice daily Finger sucking, pacifiers, and bottles

Safety

Home safety indoors and outdoors Car safety seats Water safety Gun safety Other siblings watching your child Foods that might cause choking

Questions About Your Child

Have any of your child's relatives developed new medical problems since your last visit? If yes, please describe: Yes No Unsure

Hearing

Do you have concerns about how your child hears? Yes No Unsure

Do you have concerns about how your child speaks? Yes No Unsure

Do you have concerns about how your child sees? Yes No Unsure

Does your child hold objects close when trying to focus? Yes No Unsure

Do your child's eyes appear unusual or seem to cross, drift, or be lazy? Yes No Unsure

Do your child's eyelids droop or does one eyelid tend to close? Yes No Unsure

Have your child's eyes ever been injured? Yes No Unsure

Lead

Does your child have a sibling or playmate who has or had lead poisoning? Yes No Unsure

Does your child live in or regularly visit a house or child care facility built before 1978 that is being or has recently been (within the past 6 months) renovated or remodeled? Yes No Unsure

Does your child live in or regularly visit a house or child care facility built before 1960? Yes No Unsure

Was your child born in a country at high risk for tuberculosis (countries other than the United States, Canada, Australia, New Zealand, or Western Europe)? Yes No Unsure

Tuberculosis

Has your child traveled (had contact with resident populations) for longer than 1 week to a country at high risk for tuberculosis? Yes No Unsure

Has a family member or contact had tuberculosis or a positive tuberculin skin test? Yes No Unsure

Oral Health

Is your child infected with HIV? Yes No Unsure

Do you know a dentist to whom you can bring your child? Yes No Unsure

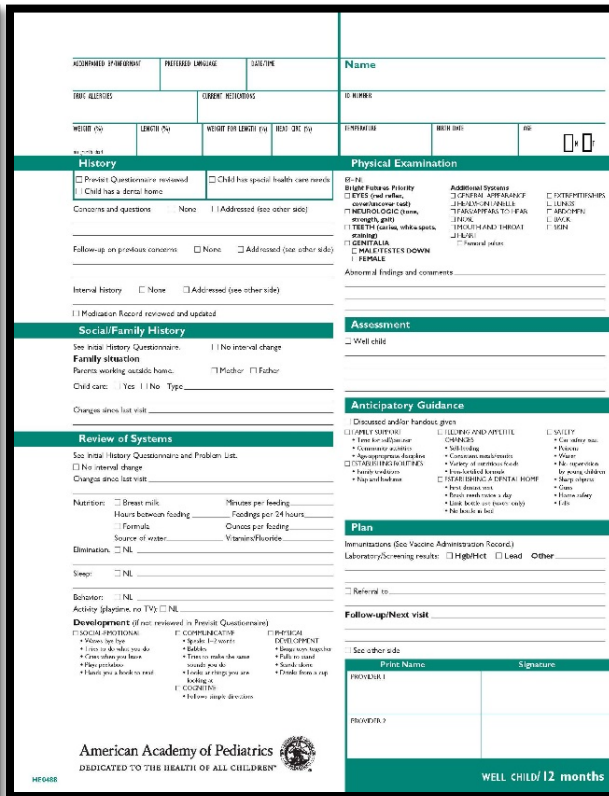
Does your child's primary water source contain fluoride? No Yes Unsure

Does your child have any special health care needs? No Yes, describe:

Have there been any major changes in your family lately? Move Job change Separation Bereavement Death in the family Any other problems?

Does your child live with anyone who uses tobacco or spend time in any place where people smoke? No Yes

PAGE TOP 2



Bright Futures Parent Handout 12 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Family Support

- Try not to hit, spank, or yell at your child.
- Keep rules for your child short and simple.
- Use short time-outs when your child is behaving poorly.
- Praise your child for good behavior.
- Interact with your child with something he likes during bad behavior.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
- Make sure places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- Keep in contact with family and friends.

Feeding Your Child

- Give 3 meals and 2-3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide what and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, and hard, raw veggies.

Finding a Dentist

- Take your child for a first dental visit by 12 months.
- Brush your child's teeth twice each day.
- With water only, use a soft toothbrush.
- If using a bottle, offer only water.

What to Expect at Your Child's 15 Month Visit

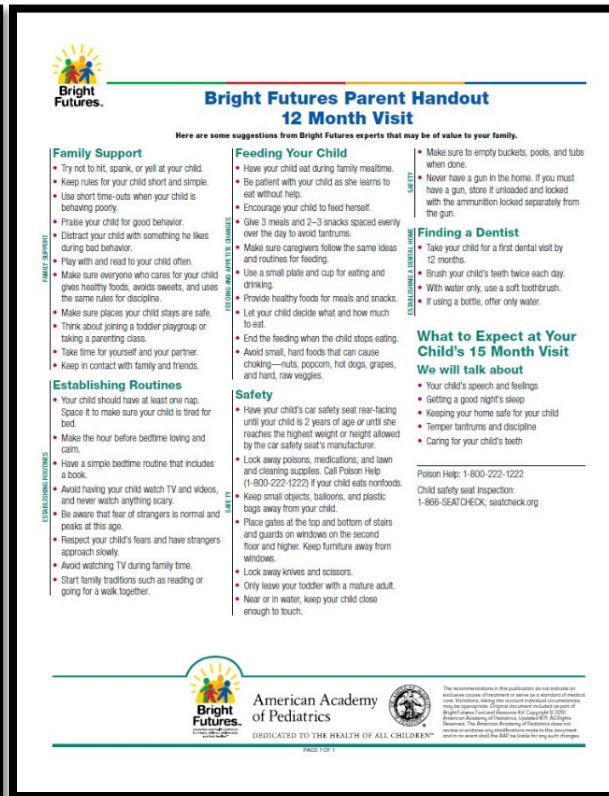
We will talk about

- Your child's speech and feelings
- Getting a good night's sleep
- Keeping your home safe for your child
- Tantrum tantrums and discipline
- Caring for your child's teeth

Poison Help: 1-800-222-1222
Child safety seat inspection: 1-800-SEAT-CHECK, seatcheck.org

THE RECOMMENDATIONS IN THIS PUBLICATION DO NOT REPLACE AN EXPERT'S ADVICE. FOLLOW UP WITH YOUR CHILD'S HEALTH CARE PROVIDER. VISIT WWW.BRIGHTFUTURES.ORG FOR MORE INFORMATION. BRIGHT FUTURES IS A TRADEMARK OF THE AMERICAN ACADEMY OF PEDIATRICS. © 2011 AMERICAN ACADEMY OF PEDIATRICS. ALL RIGHTS RESERVED. THE BRIGHT FUTURES PARENT HANDOUTS ARE NOT TO BE REPRODUCED WITHOUT THE WRITTEN PERMISSION OF THE ACADEMY.

PAGE TOP 1



Bright Futures Previsit Questionnaire 12 Month Visit

ACQUIRED SPERMATOPHYTES: PINNACLES UNGLAZED: SALT/TYPE: Name

DATE ALLERGIES: GREEN: NEIGHBORS: TO NUMBER

WEIGHT (kg): LENGTH (cm): WEIGHT FOR LENGTH (%): HEAD CIRC (cm): TEMPERATURE: BIRTH DATE: AGE:

History

Prenatal Questionnaire reviewed Child has special health care needs

Child has a dera home

Concerns and questions: None Addressed (see other side)

Follow-up on previous concerns: None Addressed (see other side)

Internal history: None Addressed (see other side)

Medication Record reviewed and updated

Social/Family History

See page History Questionnaire

Family structure

No interval change

Parents working outside home: Mother Father

Child care: Yes No Type

Changes since last visit:

Review of Systems

See page History Questionnaire and Problem List

No interval change Changes since last visit

Nutrition: Breast milk Hours per feeding Feeding per 24 hours Formula Cues per feeding Source of water: Vitamin/fluoride

Elimination: NL Sleep: NL

Exposures: NL Activity (playtime, no TV): NL

Development (if not reviewed in Previsit Questionnaire)

SOCIAL/EMOTIONAL

- Views by eye
- Uses eye to follow
- Can follow you face
- Has pretense
- Has play a book to her

COMMUNICATIVE

- Speaks 1-3 words
- Understands
- Does not make the same sound over & over
- Looks at things you are talking about

COGNITIVE

- Does not sleep direction

PHYSICAL DEVELOPMENT

- Does not reach for
- Falls to stand
- Stands alone
- Drinks from a cup

Plan

Immunizations (See Vaccine Administration Record)

Laboratory/Screening results: High/Hot Lead Other

Referral to:

Follow-up/Next visit

See other side

PROVIDER: Type Name Signature

PARENT: Signature

WELL CHILD/12 months

Previsit Questionnaires

- Allows healthcare provider to gather pertinent information without using valuable time asking questions

Documentation Forms

- Enables Provider to document all pertinent information and fulfill Quality Measure

Patient/Parent Education Handouts

- Provides Parental Education all the Bright Future Priorities for the visit



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Adoption of the Bright Futures Guidelines can help to meet some of the CHIPRA Core Measures and MCH National Performance Measures related to pediatric preventive care.

Examples:

**Title V MCH Services Block Grant
National Performance Measures**

Percent of children with special health care needs age 0 to 18 who receive coordinated, ongoing, comprehensive care within a medical home.

Percent of 19 to 35 month olds who have received full schedule of age appropriate immunizations against Measles, Mumps, Rubella, Polio, Diphtheria, Tetanus, Pertussis, Haemophilus Influenza, and Hepatitis B.

Percent of children with special health care needs age 0 to 18 years whose families partner in decision making at all levels and are satisfied with the services they receive.

<http://mchb.hrsa.gov/programs/titlevgrants/blockgrantguidance.pdf>

Examples:

CHIPRA 2016 Core Measures

Well-Child Visits in the First 15 Months of Life

Developmental Screening in the First Three Years of Life

Childhood Immunization Status

Audiological Evaluation No Later Than 3 Months of Age

Prenatal & Postpartum Care: Timeliness of Prenatal Care

[https://www.medicaid.gov/medicaid-chip-program-information/by-topics/quality-of-care/downloads/2016](https://www.medicaid.gov/medicaid-chip-program-information/by-topics/quality-of-care/downloads/2016Prenatal%20&%20Postpartum)

Prenatal & Postpartum Care: Timeliness of Prenatal Care

Audiological Evaluation No Later Than 3 Months of Age
[-child-core-set.pdf](#)



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Anticipatory Guidance in a Bright Futures Visit

- Visits in the First Two Years
 - Prenatal
 - Newborn
 - First week (3-5 days)
 - One month
 - Two months
 - Four months
 - Six months
 - Nine months
 - Twelve months
 - Fifteen months
 - Eighteen months
 - Two Years

Prenatal Visit Anticipatory Guidance

- Social Determinants of Health
- Parent and Family Health and Well-being
- Newborn Care
- Infant Nutrition and Feeding
- Safety

Overview of Anticipatory Guidance Topics in First Two Years

- Social Determinants of Health
- Parent Health and Well-being
- Development:
 - Infant Behavior and Care
 - Communication and Social Development
 - Temperament, Development, Behavior and Discipline
 - Language Development
 - Television and Social Media
 - Toilet Training
- Nutrition and Feeding
- Oral Health
- Safety
 - Safe Sleep
 - Car Safety Seats, Falls, Drowning, Poisoning, Fires and Burns, etc.

Social Determinants of Health

- Risks:
 - Living Situation and Food Security
 - Environmental Risks (mold, lead, etc.)
 - Intimate Partner Violence
 - Tobacco, Drug and Alcohol Use
- Strengths and Protective Factors:
 - Maternal and Family Support
 - Parent-Infant Relationship
 - Family Relationship
 - Childcare

Overview of Anticipatory Guidance Topics in First Two Years

- Social Determinants of Health
- Parent Health and Well-being
- Development:
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 - Temperament, Development, Behavior and Discipline
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 - Television and Social Media
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- Nutrition and Feeding
- Oral Health
- Safety
 - Safe Sleep
 - Car Safety Seats, Falls, Drowning, Poisoning, Fires and Burns, etc.

Goals of Bright Futures

- Working with **states** to make the Bright Futures approach the **standard of care** for infants, children, and adolescents
- Helping health care providers shift their thinking to a **prevention-based**, family-focused, and developmentally-oriented direction
- Fostering **partnerships** between families, providers, and communities
- Empowering **families** with the skills and knowledge to be active participants in their children's healthy development



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Questions?



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American Academy of Pediatrics Bright Future National Center

Jane Bassewitz, MA

Manager, Bright Futures National Center

Phone

847-432-4326

E-mail

brightfutures@aap.org

Web site

<https://brightfutures.aap.org/Pages/default.aspx>