

Child Health Notes

Welcome Onalaska, Morton and White Pass Schools to Child Health Notes! Monthly distribution is now 3,500 copies! Thank you !!

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent.

Contributors: UW Center on Human Development and Disability and Washington State Department of Health



Well Child Care is the primary means for providing developmental and preventative services. For example, many CSHCN are not fully immunized. Scheduling well-child checks with your child's PCP will assure the best comprehensive health care for your child.



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Well - Child Checks for Children with Special Health Care Needs (CSHCN)

Research is limited on primary preventive care for children with special health care needs (CSHCN). Evidence suggests that these children are less likely to receive targeted routine well-child care and may be under-immunized. Although families of CSHCN make frequent visits to their primary care provider's office, these visits are often for management of the child's unique acute and chronic health issues. Assuring that children with special health care needs receive targeted annual preventative well-child checks can be challenging. This issue provides tips for organizing office practices to help assure that CSHCN receive well-child visits for general health supervision and routine guidance.

Physicians can access comprehensive health guidelines from The American Academy of Pediatrics' newly published *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents: Third Edition* (2008) offers state-of-the-art practice guidelines for health supervision in accordance with the American Academy of Pediatrics (AAP) periodicity schedule. Ask your child's health care provider to visit: http://brightfutures.aap.org/3rd_Edition_Guidelines_and_Pocket_Guide.html

Assuring Well-Child Care for CSHCN

- Your child's primary health care provider will probably suggest scheduling a separate office visit for a well-child visit. This visit is for the sole purpose of addressing general health, development, and anticipatory guidance.
- During the visit you will probably receive a handout or customized calendar with a target date for your child's future well-child visits and what will be covered during those appointments.
- Most counties have a CSHCN Coordinator. The CSHCN Coordinator or another public health nurse in your local health department may partner during this appointment to meet your family, complete a developmental screening and be made aware of the guidelines given by your child's primary health care provider. The goal of a successful Medical Home is when your child's

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primary health care provider and other providers, such as the local health department, therapists, mental health counselors, etc. collaborate together on efficient systems for documenting and sharing information on these well-child visits.

- At or before the well-child visit you may be asked to complete another questionnaire to identify any concerns or issues you wish to discuss with the provider. This helps to assure that your needs are addressed efficiently and supports family satisfaction. Here are two forms you can use to have your child's health care information readily available. Your child's primary health care provider may make a copy of these instead of requiring you to fill out yet another form:

What's the Plan? And **Getting to Know Me** forms are both available at: <http://www.cshcn.org/resources/careplans.cfm>

Making the Most of Well-Child Screening

How often should a well-child screening occur? The Washington State recommended schedule for health screening visits is **five (5) screenings during the first year of life, the first being between birth to 6 weeks of age.** Four additional screenings will occur every 2 to 3 months until your child reaches his or her first birthday. At that time, your child's screening schedule will look like this: three (3) well-child visits between 1 and 2 years of age, one visit per 12-month period for children 2-6 years of age, one visit per 24-month period for children 7-20 years of age (except children in foster care who are eligible for more frequent health screening examinations).

Results of these screenings is required by both the state and federal programs and may be required by other health care services he or she may receive.

SPECIAL NEEDS INFORMATION AND RESOURCES

Local:

Lewis County Department of Health	(360) 740-1223
TOLL FREE:	(800) 562-6130 ext. 1223
Lewis County CSHCN	(360) 807-6400
Lewis County Parent to Parent	(360) 736-9558 or (360) 269-2269

Regional:

Learning Disabilities Association of Washington (LDA)	1-800-536-2343
Parent to Parent Support Programs of Washington	1-800-821-5927
Washington State Medical Home Website	www.medicalhome.org
American Academy of Pediatrics	www.aap.org

LOCAL RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

For children under age three:	Contact:
In any Lewis County School District	In-tot Developmental Center 748-4359 or 1-888-548-4359
In Centralia or Chehalis School District only	Growing Together 748-2277 or Student Support 807-7245

For children age three and older:	Contact:
Within Centralia Chehalis School Districts	Local school district
Outside Centralia Chehalis School Districts	Lewis County Special Education Coop 748-3384 or local elementary school

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