



Well Child Visits

A Key to Healthy Kids

Communication Message

The goal of this presentation is to help families and the community at large understand the benefits of well child visits and the importance of preventive health beginning early in life.



What is a Well Child Visit?

A well child visit is designed to prevent health problems. It is a different type of visit than when your child sees a healthcare provider because they are sick.



Best Practice

Bright Futures

- + Principles and strategies to support practices to achieve excellent quality of care for children and families
- + Set of guidelines that is evidence based
- + Support for team approach – Medical Neighborhood
- + New evidence supporting community influences- social determinants of health
- + Vital importance of caring for children and families

A Bit About Bright Futures

The primary goal of Bright Futures implementation is to support primary care practices (medical homes) in providing well-child and adolescent care according to *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*.

Settings for Bright Futures implementation include private practices, hospital-based or hospital-affiliated clinics, resident continuity clinics, school-based health centers, public health clinics, community health centers, Indian Health Service clinics, and other primary care facilities.

Nearly 25 years ago, a multidisciplinary group of pediatric health care experts and family representatives were asked to imagine our country's health picture if every child in America could look forward to a bright future—regardless of race, religion, background, income, politics, or any other factor. This group, convened by the Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration (HRSA), and the Medicaid Bureau (part of the Health Care Financing Administration, now the Centers for Medicare & Medicaid Services [CMS]), expressed its vision in the Bright Futures Children's Health Charter, which set the stage for the 1st Edition of the *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* in 1994.

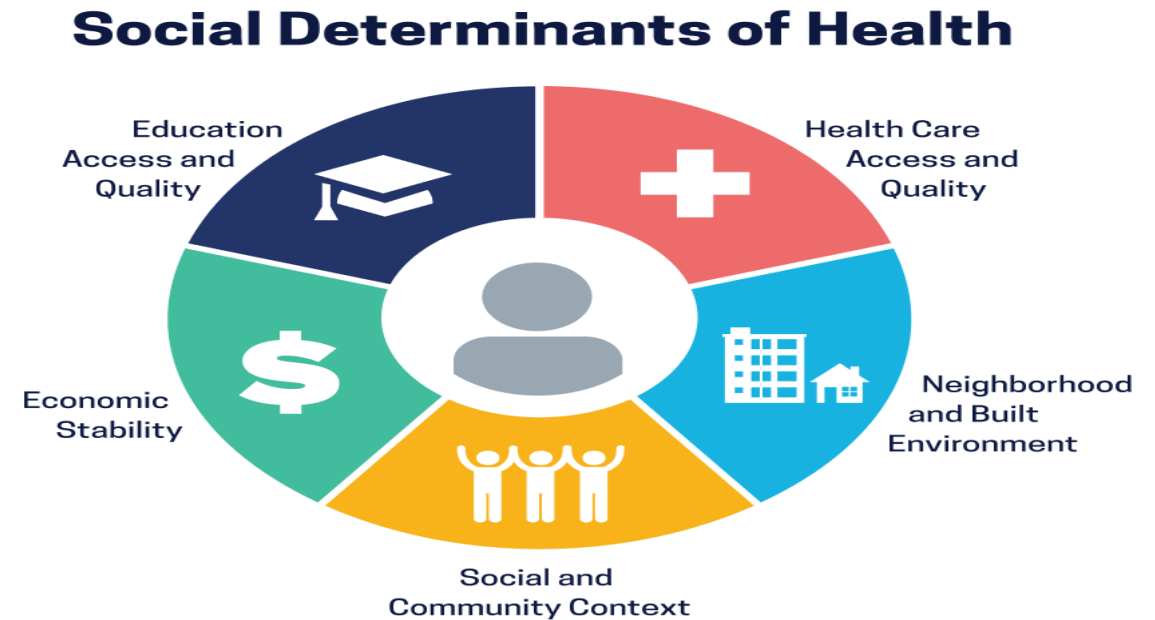
Family Voices has been an integral part of Bright Futures from the beginning.

<https://youtu.be/UvzL6C23ppc>

Social Determinants of Health

5 Domains of Social Determinants of Health

- Health Care Access and Quality
- Education Access and Quality
- Economic Stability
- Neighborhood and Built Environment
- Social and Community



Examples of SDOH

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

Safe housing, transportation, and neighborhoods

Racism, discrimination, and violence

Education, job opportunities, and income

Access to nutritious foods and physical activity opportunities

Polluted air and water

Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

A photograph of a male doctor with a beard, wearing a white lab coat and a stethoscope, examining a young child. The doctor is on the left, looking towards the child on the right. The child is wearing a blue and yellow plaid shirt and is sitting on a white surface, possibly a table or a counter. The background is a blurred indoor setting, likely a clinic or hospital. A semi-transparent white banner with orange text is overlaid on the bottom half of the image.

What happens at a Well Child Visit?

The Appointment Includes

The Visit is organized by the 5 priorities:



Review of
systems



Observation
of parent child
interactions



Comprehensive
physical exam



Screenings
appropriate
to age



Immunizations



Prevent Problems

The clinic team will:

- + Find health problems early through needed screening
- + Make sure shots are current
- + Review healthy eating
- + Oral Health screening
- + Screenings needed at each age
- + Check on the child's safety and emotional health



Track Growth and Development

The care team will measure:

- + Height and weight
- + How your child learns and grows
- + Milestones
- + Mental and social health



Bring Up Concerns

You can talk to your Healthcare Provider about your child's:

- + Behavior
- + Sleep
- + Eating
- + Growth
- + Ability to get along with others
- + Learning, thinking and problem solving
- + Physical activity



Create A Team Approach

You and the clinic team can:

- + Build trust in each other
- + Help when well and help when sick
- + Work together for your child and family needs
- + Find other resources to help children and families such as dentists, public health, community resources that might be needed based on individual needs

Well Child Visit Recommended Schedule

WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD

2-5 days old 1 mo. 2 mo. 4 mo.
6 mo. 9 mo. 12 mo. 15 mo.

18 MONTHS TO 3 YEARS OLD

18 mo. 2 yr. 2 ½ yr.

3 TO 6 YEARS OLD

3 yr. 4 yr. 5 yr. 6 yr.

Continue yearly well visits into adulthood

Well child visits help give your child the best chance to grow into a healthy adult.

A young boy with light brown hair and a blue shirt with a backpack is walking towards the camera on a paved path. He has his arms outstretched. In the background, a woman in a striped shirt and dark pants is walking away, and another child is visible further back. The scene is set outdoors with trees and foliage in the background, and a warm, golden light is present.

Why Well Child Visits at ages 3-6?

More Than Immunizations

	Year 3	Year 4	Year 5 & 6
Gross and fine motor skills	Pedals tricycle, Cuts with scissors	Skips on one foot, Grasps pencil	Hops and skips, Tie a knot
Social and language development	Cooperation with others, Sharing	Brushes teeth, Follows simple rules in games	Solve conflict, Family rules, School readiness
Observe parent and child interactions	Does parent acknowledge positive behaviors?	Does child separate from parent during exam?	Does parent engage child in age appropriate manner?
Assess for risks and safety	Tobacco, Alcohol in home, Food insecurities, Car seat, Choking hazards	Water safety, Pets, Firearm safety	School safety, Helmets, Bullying, Nutrition and activity
Possible screenings	Vision screening, Oral health, Possible lead, Hearing	Hearing, Oral health, Lead, TB, Lipid	5 years Oral, hearing, vision, TB, Anemia 6 years Hearing, vision, lipids, TB, Oral Health

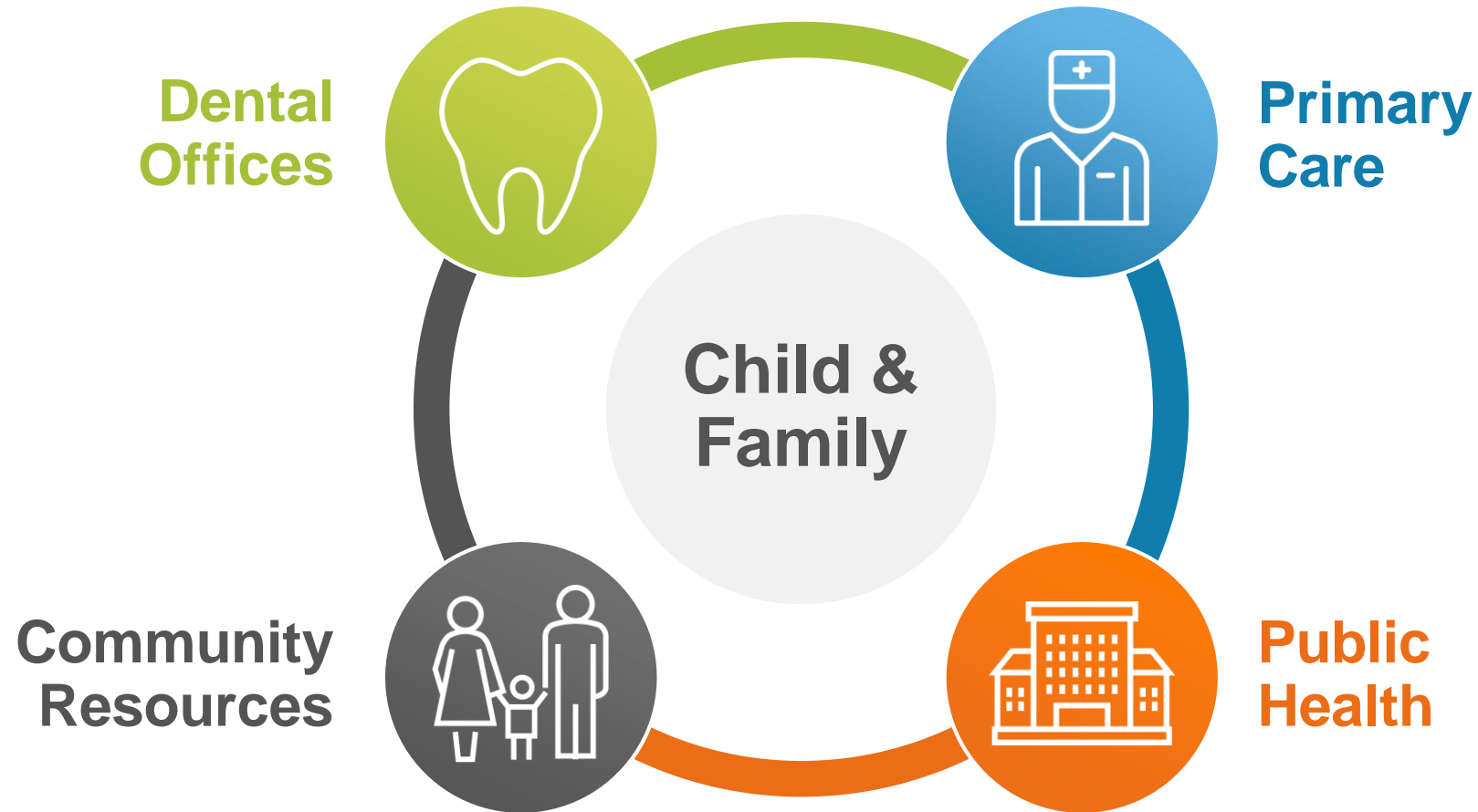
Developmental Screening Schedule

	2-5 days	1 mo	2 mo	4 mo	6 mo	9 mo	12 mo	15 mo	18 mo	2 yr	2 ½ yr	3 yr	4 yr	5 yr	6 yr
Developmental Screening						✓			✓		✓				
Autism Spectrum Disorder Screening									✓	✓					
Developmental Surveillance	✓	✓	✓	✓	✓		✓	✓		✓		✓	✓	✓	✓
Psychosocial/ Behavioral Assessment	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Medical Neighborhood

- + Moving beyond the status quo – outside traditional office practice
- + Public Health partnerships
- + Dental clinics
- + Communication and care coordination
- + Promotion of health and disease prevention
- + Support for Children/families with special health care needs
- + Culturally appropriate interventions

How do we all work together?





Primary Care Offices

- + Utilizing Bright Futures as standards and guidelines
- + Screenings for physical, mental and oral health at the appropriate ages and be aware of where families can receive needed help if needs arise
- + Care coordination which includes helping patients navigate through specialty services and closing the loop on referrals by ensuring that information has been received back to the primary care office
- + Support for children and families during all ages



Public Health

- + Health Tracks screenings & Immunizations
- + Awareness of primary care office and assist to educate families on importance of having a primary care provider team
- + Awareness of oral health and appropriate screenings and referrals as needed
- + Education to families

ND Health Tracks

North Dakota Health Tracks, also known as Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program, is a preventative health care program for newborns, children and young adults through age 20 who are enrolled in Medicaid.

Health Tracks may cover:

Physical exams

Hearing and vision checks

Glasses and hearing aids

Vaccines (shots) and labs

Dental care, braces, fluoride varnish

Health education

Behavioral health screenings

Growth and development checks

Nutrition counseling

Other health services

Health Tracks benefits may be available to Medicaid enrollees at no charge.

Households with a client share may be responsible for the cost of some services. Client share is a monthly amount a person must pay in medical bills before the Medicaid program will pay for medical care received.

A **Health Tracks coordinator** will help schedule appointments for services and will also help with finding transportation to services. Some services require prior approval, so check with your coordinator about these requirements.

ND Health Tracks

Health Tracks Coordinator	Phone Number	Counties Served by Coordinator
Tara Berg	701-795-3722	Benson, Cavalier, Eddy, Foster, Pierce, Ramsey, Rolette, Towner and Wells counties
Lynette Canode	701-227-7430	Adams, Billings, Bowman, Dunn, Golden Valley, Grant, Hettinger, Mercer, Morton, Oliver, Sioux, Slope and Stark counties
Cheri Langei	701-239-8976	Cass, Ransom, Richland and Sargent counties
Bailey Smith	701-795-3987	Grand Forks, Griggs, Nelson, Pembina, Steele, Traill and Walsh counties
Laurie Kramer	701-253-3021	Barnes, Burleigh, Dickey, Emmons, Kidder, LaMoure, Logan, McIntosh and Stutsman counties
Cindy Bexell	701-857-6919	Bottineau, Burke, Divide, McHenry, McKenzie, McLean, Mountrail, Renville, Sheridan, Ward and Williams counties https://www.nd.gov/dhs/services/medicalserv/health-tracks/



Oral Health: Dentists

- + Smiles for Life program, which is a national program for promoting oral health into primary care
- + Education for all to promote oral health
- + Dental office promoting the need for primary care
- + The dental office will offer education and support for families to connect to primary care and public health resources as appropriate



Community Resources

DIVISION OF SPECIAL HEALTH SERVICES (SHS)

MISSION: Promote a system of care and services for individuals with special health care needs and their families

CROSS CUTTING STRATEGIES: Care coordination, collaboration, data-informed decisions, information and education



Community Resources

PROGRAMS AND SERVICES:

- + Coordinated Services Program – Metabolic food, Multidisciplinary Clinics, Cardiac Care for Children
- + Financial Coverage Program – Diagnostic Testing and Evaluation, Treatment, and Russell Silver Syndrome
- + Newborn Screening and Follow-up Program – Blood Spot, Hearing, and Critical Congenital Heart Disease
- + Children with Special Health Care Needs System Enhancement Program – Family Professional Partnership, Medical Home, Adequate Health Insurance, Early and Continuous Screening and Surveillance, Easy to Use Services and Supports, Transition to Adult Health Care
<https://www.health.nd.gov/Youth/special-health-services>

References

- + American Academy of Pediatrics, www.aap.org
- + Bright Futures 4th edition
- + www.HealthyChildren.org
- + www.smilesforlifeoralhealth.org

Thank you to BCBS Pat Spiers for sharing the work of the collaborative



Questions

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