Well Child Care—An Oxymoron for CYSHCN? No! Bright Futures for Every Child!

Wednesday, May 8, 2019
Washington, DC
Presenters

• Allysa Ware, MSW, Family Voices
• Jane Bassewitz, MA, American Academy of Pediatrics
• Cara Coleman, JD, MPH, Family Voices
• Parent Panel:
  • Ashley Bates-Crowley
  • Yetta Myrick
  • Norman Ospina Quintero
Today’s Agenda

• Introductions
• Bright Futures
• Panel Discussion
• Group Break Out Session
  • Review Age/Stage Visits
• Discussion

Jane Bassewitz, MA
Senior Manager, AAP Bright Futures National Center
What is Bright Futures?

The mission of Bright Futures is to promote and improve the health, education, and well-being of infants, children, adolescents, families, and communities.

• Bright Futures is the health promotion/disease prevention part of the medical home

• At the heart of the medical home is the relationship between the clinician and the family or youth
Bright Futures

...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.
Who Can Use Bright Futures?

- States and Communities
- Families
- Health Care Professionals
“Families are critical partners in the care of children. A successful system of care for children is family centered . . .”

*Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, 4*rd* Edition*
Families and the Bright Futures Guidelines

• Child health care requires collaboration of health care professionals and families
• Guidelines recognize the strengths that families and parents bring to the health care partnership.
• Provides resources and educational materials specific to each well-child visit.
• Cultural values within a family or community are an important element in system of child health care
Bright Futures Guidelines: History and Timing of Release

• 1994: First edition, Morris Green, MD, Editor

• 2000: Second edition and Revised Edition in 2002, Morris Green, MD, and Judith S. Palfrey, MD, Editors


Part 1: Health Promotion Themes

- 12 chapters highlighting key health promotion themes
- New themes: Media use; Children with Special Health Care Needs; Social determinants of health (e.g., food insecurity)

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
Health Promotion Themes

• Promoting Lifelong Health for Families and Communities
• Family Support
• Promoting Health for Children and Youth with Special Health Care Needs
• Healthy Development
• Mental Health

Red = New Health Promotion Themes

• Healthy Weight
• Healthy Nutrition
• Physical Activity
• Oral Health
• Healthy Sexual Development and Sexuality
• Promoting the Healthy and Safe Use of Social Media
• Safety and Injury Prevention
## Bright Futures Visits

<table>
<thead>
<tr>
<th>Age</th>
<th>Visit Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal/ Newborn</td>
<td>15 Months</td>
</tr>
<tr>
<td>3-5 Days</td>
<td>18 Months</td>
</tr>
<tr>
<td>1 Month</td>
<td>2 Years</td>
</tr>
<tr>
<td>2 Months</td>
<td>2 ½ Years</td>
</tr>
<tr>
<td>4 Months</td>
<td>3 Years</td>
</tr>
<tr>
<td>6 Months</td>
<td>4 Years</td>
</tr>
<tr>
<td>9 Months</td>
<td>5 Years</td>
</tr>
<tr>
<td>12 Months</td>
<td>Annually until 21 years of age</td>
</tr>
</tbody>
</table>
Well-Child Visits

The Four Goals of a Well-Child Visit:

• Disease detection
• Disease prevention
• Health promotion
• Anticipatory guidance
Setting Goals for the Visit

Bright Futures Priority #1: Ask the patient/family what issues/concern they want to talk about during the visit.

Bright Futures recognizes the strengths that patients and families bring to the health care partnership.
Example:
6 Month Visit Priorities

Priorities for the 6 Month Visit

The first priority is to attend to the concerns of the parents.
In addition, the Bright Futures Infancy Expert Panel has given priority to the following topics for discussion in this visit:

- Social determinants of health (risks [living situation and food security; tobacco, alcohol, and drugs; parental depression], strengths and protective factors [family relationships and support, child care])
- Infant behavior and development (parents as teachers, communication and early literacy, media, emerging infant independence, putting self to sleep, self-calming)
- Oral health (fluoride, oral hygiene/soft toothbrush, avoidance of bottle in bed)
- Nutrition and feeding (general guidance on feeding, solid foods, pesticides in vegetables and fruits, fluids and juice, breastfeeding guidance, formula-feeding guidance)
- Safety (car safety seats, safe sleep, safe home environment: burns, sun exposure, choking, poisoning, drowning, falls)

* Social determinants of health is a new priority in the fourth edition of the Bright Futures Guidelines. For more information, see the Promoting Lifelong Health for Families and Communities theme.
Bright Futures Tool and Resource Kit

- Guidelines for well-child care
- Information and talking points by age
- Handouts and questionnaires for families and youth
Parent/Patient Educational Handout
- Provides parental education for all of the Bright Future Priorities at each visit
Resources for Families

The resources below can help you protect and promote your child's health by increasing your knowledge of children's health issues, providing assistance on partnering with health care providers, and linking you to helpful organizations and tools.

**NEW** The Well-Child Visit: Why Go and What to Expect This new tip sheet, The Well-Child Visit: Why Go and What to Expect, consistent with the Bright Futures Guidelines, tips written in plain language for parents of children and teens of all ages to help prepare them for their well-child visits.

https://brightfutures.aap.org
How to Obtain Bright Futures Materials

Visit the Bright Futures Web site:
[brightfutures.aap.org]

New Implementation Tip Sheets

For a preview of the book go to
[shopAAP.org]

Sign up for our eNews and other alerts at [brightfutures.aap.org]
American Academy of Pediatrics
Bright Futures National Center

Jane Bassewitz, MA
Senior Manager, Bright Futures National Center

Kathy Janies
Manager, Bright Futures Implementation

Phone
630-626-6783

E-mail
brightfutures@aap.org

Web site
brightfutures.aap.org