

WHATCOM COUNTY CHILD HEALTH NOTES

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



Well Child Care – the primary means for providing developmental and preventative services.

The Commonwealth Fund, 2006

WELL-CHILD CARE FOR CSHCN

Research is limited on primary preventive care for children with special health care needs (CSHCN). Anecdotal 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 anticipatory guidance.

A first step to comprehensive health supervision is the use of published guidelines to inform quality service. 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 AAP periodicity schedule. Information regarding health supervision for CSHCN is woven throughout the materials. To learn more:

http://brightfutures.aap.org/3rd_Edition_Guidelines_and_Pocket_Guide.html

Tips for Assuring Well-Child Care for CSHCN

Suggestions from Edward Schor, MD, The Commonwealth Fund, members of the Washington State Medical Home Leadership Network, and the Center for Children with Special Needs

- Schedule a separate office visit for a well-child visit. Make it clear to families and office staff that the visit is for the purpose of addressing general health, development, and anticipatory guidance.
- Provide families with a handout or customized calendar with a target date for the child's annual well-child visit. Include a description of what will be covered in the well-child visit.
- Utilize ancillary office staff and other team members to support the well-child visit. Have nurses, medical assistants, or other related staff complete the health screening and discuss anticipatory guidance.
- Ask the CSHCN Coordinator or another public health nurse in your local health department whether they might partner with your office to complete developmental screening and anticipatory guidance with the family. Collaborate together on efficient systems for documenting and sharing information on these preliminary screenings.
- At or before the well-child visit have families complete a simple questionnaire to identify any concerns or issues they wish to discuss with the provider. This helps to assure that the needs of the family are addressed efficiently and supports family satisfaction. Here are some ready to use forms:
 - What's the Plan?** <http://www.cshcn.org/resources/careplans.cfm> (Scroll down to Care Plan Forms)
 - Getting to Know Me** <http://www.cshcn.org/resources/careplans.cfm> (Scroll down to Care Plan Forms)
- Use a case-management summary form to record unique information for the child with special health needs in your practice. Refer to this form at each well-child visit and update it with the family. See sample form: www.medicalhome.org/physicians/documents/CHRONICCAREMANAGEMENT-Stephensrevised.doc

Making the Most of EPSDT

(Early and Periodic Screening, Diagnosis, and Treatment)

All children enrolled in Healthy Options managed care plans, or served by DSHS fee-for-service, are entitled to EPSDT well-child care visits with their primary care provider. This includes children with special health care needs.

Documentation of EPSDT screenings is required by both the state and federal programs. You can obtain Washington State EPSDT medical charting forms free of charge. For documentation providers may use these charting forms or other forms developed for their own practice.

Washington State Forms:

- Download Well Child Examination form with family anticipatory guidance information www1.dshs.wa.gov/msa/forms/eforms.html
Scroll down to the 13-683 through 13-686B for forms at various ages
- Order pre-printed paper Well Child Examination forms free of charge. Available on no carbon required (NCR) paper. <https://fortress.wa.gov/prt/printwa/wsprt/default.asp>

WHATCOM COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT					
	For children under age three:	Whatcom County Early Childhood Evaluation Clinic @ 676-6762 ext 32105			
	For children age three and older:	Local Public School Special Education Program by District			
District:	Phone	Fax	District:	Phone	Fax
Bellingham	(360)676-6514	(360)676-2692	Meridian	(360)398-9898	(360)398-8966
Blaine	(360)332-5213	(360)332-7568	Mt Baker	(360)383-2012	(360)383-2014
Ferndale	(360)383-9212	(360)383-9230	Nooksack	(360)988-4754	(360)988-8983
Lynden	(360)354-2893	(360)354-7662			

SPECIAL NEEDS INFORMATION AND RESOURCES		
	Local: Children with Special Health Care Needs: Infant-Toddler Early Intervention Program: Parent to Parent:	(360) 676-6762 ext 32105 (360) 734-5121 ext 209 (360) 255-6402
	Regional: Children’s Hospital and Regional Medical Center: Health Professional Hotline: Parent Resource Line:	1-800-293-2462 1-866-987-2500
	Internet: Family Village (extensive family resources for CSHCN): Family Voices(links to national and state family support):	www.familyvillage.wisc.edu www.familyvoices.org

Children with Special Health Care Needs
 Whatcom County Health Department
 1500 N State, Bellingham, WA 98225

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