Bright Futures: An Overview of Preventive Services Guidelines and Other Resources
Bismarck, North Dakota
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Judith S. Shaw, EdD, MPH, RN, FAAP
AAP Bright Futures Steering Committee
Executive Director, Vermont Child Health Improvement Program
Research Associate Professor of Pediatrics, UVM College of Medicine

What I have planned

• Bright Futures
  – Overview of Changes and Important Topics
  – What about the evidence for the guidelines?
  – What makes a health supervision visit a Bright Futures well child visit?
  – How Bright Futures visits are structured?
• Implementing Bright Futures (clinical care, public health, community)

...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.

Recommendations for Preventive Pediatric Health Care

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 outlined in Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. (Hagan J, Shaw JS, Duncan PM eds.)

Overview of Changes and Important Topics

How do the 3rd Edition Guidelines differ from previous editions?
Part I—Themes
  – 10 chapters highlighting key health promotion themes
  – Emphasizes “significant challenges”—mental health and healthy weight
Part II—Visits
  – Rationale and evidence for screening recommendations
  – 31 age-specific visits
  – 5 health supervision priorities for each visit
    • Designed to focus visit on most important issues for child that age
    • Include health risks, developmental issues, positive reinforcement
  – Sample questions and anticipatory guidance for parent and child
**Themes**

- Child Development
- Family Support
- Mental Health and Emotional Well-Being
- Nutritional Health
- Physical Activity
- Healthy Weight
- Oral Health
- Healthy Sexuality
- Safety and Injury Prevention
- Community Relationships and Resources

**Overview of Changes and Important Topics**

**Bright Futures Changes**

**Infancy & Early Childhood**
- Referral to dental home at one year of age
- Oral Health risk assessment
- Additional visit at 30 months
- Standardized developmental screening at age 9, 18 & 30 months
- Standardized Autism screening 18 and 24 months
- No routine urinalysis at 4 years

**Middle Childhood**
- Additional visit at 7 years and 9 years

**Overview of Changes and Important Topics**

**Adolescence**
- Vision screening is universal once in early adolescence (11-14), middle (15-17), and late (18-21); at other visits it is performed based on risk assessment
- Hearing and Anemia screening are no longer universal but based on risk assessment
- New examples of possible questions for practitioners:
  - Mood regulation
  - Sexual identity
  - Interpersonal violence
  - Graduated drivers license
  - Anabolic steroid use
  - Strengths and resiliency

**Overview of Changes and Important Topics**

**Inclusion for all Children and their Families**

- Children and Youth with Special Health Care Needs (CYSHCN) and their families are included in every chapter and every visit.
- A perspective that emphasizes the child over the specialness.
- Encouragement of families to feel comfortable asking questions, providing their insights and points of view, their preferences in care.
- Creating a welcoming health care home for diverse families and their children and their diverse care choices.

**Overview of Changes and Important Topics**

**A Brighter Future for All Children**

Special Emphases in the Third Edition

**The Evidence Base for Health Promotion**

There is still a long way to go!
Approaches to the Evidence

- Multidisciplinary Expert Panels.
  - Search of relevant clinical trials, meta-analyses, RCTS, Cochrane Collaborative Reviews, and USPSTF evidence reviews.
  - Policies and guidelines from pediatric professional organizations.
- Two public reviews with over 1,000 reviewers representing national organizations concerned with pediatric health care.

Evidence Informed

- Evidence based recommendations – where they exist
  - USPSTF
- Recommendations based in science
  - Risk and disease detection
  - Disease prevention
  - Health promotion

US Preventive Services Task Force

If there is an A or B rated recommendation – follow it
- HIV (2005)
- Chlamydia screening (2007)
- STI counseling (2008)
- Depression screening in youth 12-18 (2009)
- Obesity (2010)
- Vision screening - three to five (2011)
- Immunizations

Recommend against D rated items
- Scoliosis
- Testicular exam and self exam

Summary

- Best evidence available
- Recommendations will have different levels of evidence available to inform the decision
- Inherently makes sense to the outcomes
- Must make sense in the context of a primary care visit
- Represent the best use of limited resources

WHAT MAKES A BRIGHT FUTURES VISIT?

<table>
<thead>
<tr>
<th>The Focus: Assets or Deficits?</th>
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<tbody>
<tr>
<td><strong>TABLE 6</strong></td>
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<tr>
<td>Comparison of Asset and Deficit Models</td>
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<tr>
<td><strong>Asset Model</strong></td>
</tr>
<tr>
<td>Positive family environment</td>
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<tr>
<td>Relationships with caring adults</td>
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<tr>
<td>Religious and spiritual anchors</td>
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<tr>
<td>Involvement in school, faith-based organization, or community</td>
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<td>Accessible recreational opportunities</td>
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Bright Futures in Action
18 month old Example

www.aap.org/brightfutures

Implementing Bright Futures into daily practice
Can it be done?

New Approaches

- National AAP Preventive Services Implementation Project (Jan–Oct 2011)
  - Pediatricians, family physicians, nurse practitioners, physician assistants, in
  - Rural, urban and suburban practices and clinics as well as community health centers and the
    Indian Health Service
- Partner with Health Plan and Medicaid QI activities (e.g., CHIPRA Demo Projects)
Three of five Bright Futures priorities were used for anticipatory guidance delivery.

**Bright Futures PSS** is a summed score of all preventive services, each service is a value of 1.

### Bright Futures Preventive Service Performed

**Before and After Comparisons Using the Practice (n=20) as the Unit of Analysis**

<table>
<thead>
<tr>
<th>Service</th>
<th>Initial</th>
<th>Final</th>
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<tbody>
<tr>
<td>HCT</td>
<td>80%</td>
<td>90%</td>
</tr>
<tr>
<td>TB Risk</td>
<td>70%</td>
<td>80%</td>
</tr>
<tr>
<td>1 VzV or CR</td>
<td>90%</td>
<td>95%</td>
</tr>
<tr>
<td>Lead Level</td>
<td>80%</td>
<td>90%</td>
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</tbody>
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### What are states doing to improve quality and implement Bright Futures?

**VERMONT CHILD HEALTH IMPROVEMENT PROGRAM**

**Mission**

To optimize the health of Vermont children by initiating and supporting **measurement-based efforts** to enhance private and public child health practice.

**In partnership with:**

- University of Vermont Department of Pediatrics, OB, FP & Psychiatry
- Vermont Chapter of the American Academy of Pediatrics
- Vermont Health Access (Medicaid)
- Vermont Department of Human Services
- Banking, Insurance, Securities & Health Care Administration (BISHCA)
- Managed Care Organizations

### VCHIP Timeline

**1994-1998**

- Vermont Preventive Services Initiative (VPSI)

**1999**

- Vermont Hospital Preventive Services Initiative (VHPSI)

**2000**

- Vermont Periodicity Schedule developed by Vermont Department of Health in collaboration with the AAP-VT and AAFP-VT chapters
- Formal presentation of VPSI to the AAP-VT Spring Meeting
- Vermont Preventive Services Initiative (VPSI) and Vermont Hospital Preventive Services Initiative (VHPSI) Executive Director Hired
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters

**2001**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule developed by Vermont Department of Health in collaboration with the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters

**2002**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2003**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2004**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2005-2006**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2007**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2008**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2009**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

**2010-2011**

- Vermont Hospital Preventive Services Initiative (VHPSI)
- Vermont Periodicity Schedule submitted to the AAP-VT and AAFP-VT Chapters
- Vermont Preventive Services Initiative (VPSI)
- Vermont Hospital Preventive Services Initiative (VHPSI)

### How VCHIP Works with Sites of Care

- Measures (re-measured) provision of care and outcomes
- Facilitates shared learning among practices through collaborative meetings & conference calls
- Provides topic-specific improvement materials and tools
- Coaches practices in choosing improvement goals and implementing change
- Feeds results back to practices and shows comparison to other sites' performance
- Dramatically improved levels of performance
- Provides feedback to practices and shows comparison to other sites' performance

**PREVENTIVE SERVICES RATES FOR 2 YEAR-OLD CHILDREN**

- Prevent 1%
- Prevent 5%
- Prevent 10%
- Prevent 15%
- Prevent 20%
- Prevent 25%
- Prevent 30%
- Prevent 35%
- Prevent 40%
- Prevent 45%
- Prevent 50%
- Prevent 55%
- Prevent 60%
- Prevent 65%
- Prevent 70%
- Prevent 75%
- Prevent 80%
- Prevent 85%
- Prevent 90%
- Prevent 95%
- Prevent 100%

**HCT**

- TB Risk

- 1 VzV or CR

- Lead Level

- Prevent 1%

- Prevent 5%

- Prevent 10%

- Prevent 15%

- Prevent 20%

- Prevent 25%

- Prevent 30%

- Prevent 35%

- Prevent 40%

- Prevent 45%

- Prevent 50%

- Prevent 55%

- Prevent 60%

- Prevent 65%

- Prevent 70%

- Prevent 75%

- Prevent 80%

- Prevent 85%

- Prevent 90%

- Prevent 95%

- Prevent 100%
Improvement of Preventive Services
Mean pre and post audit changes: ETSRA, Pb screening, BTS counseling, TB risk, Anemia screening, Blood Pressure, & Vision

- ETSRA
- Pb
- BTS
- TB
- Anemia
- BP
- Vision

Shaw JS et al., Pediatrics, 2006, 118(4)

Improvement of Preventive Services
Practices setting an improvement goal and not setting a goal

Shaw JS et al., Pediatrics, 2006, 118(4)

Number of VT practices participating in at least one VCHIP project

- 97% Pediatric Practices (33/34)
- 81% Family Practices (63/78)
- 27% OB Practices (7/26)
- 39% Certified Nurse Midwife Practices (5/13)
- 100% VT Hospitals (12/12)

Improvement Partnership Development
...a durable, state or regional collaboration of public and private partners that uses measurement-based efforts and a systems approach to improve the quality of children’s health care.

What Do Improvement Partnerships Do?

- Develop and test tools, measures, and strategies
- Serve as a resource for improvement assistance
- Translate knowledge through engagement of national and local experts
- Disseminate findings, spreading successful approaches and informing policy
- Serve as convener, an “honest broker”
- Provide opportunities for pediatricians to fulfill Maintenance of Certification (MOC) Part IV requirements
Where are they located?

- AAP Chapter
  - Arizona, Iowa\(^*\), Minnesota, Rhode Island, West Virginia
- Medicaid
  - Connecticut
- Department of Health
  - New York, Ohio, Washington
- Academic Institution
  - Indiana, Iowa\(^*\), Michigan, New Mexico, Oklahoma, Oregon, Utah, Vermont
- Children’s Hospital
  - District of Columbia
- Quality Improvement Organization
  - Maine

\(^*\)Iowa’s IP is a partnership between the Iowa chapter of the AAP and the University of Iowa

Selected Improvement Partnership Programs’ American Board of Pediatrics – Maintenance of Certification (MOC) Projects

- DC Partnership to Improve Children’s Healthcare Quality (DC PICHQ)
  - Improving Early Childhood Immunization Rates
- Envision New Mexico: The Initiative for Child Healthcare Quality
  - New Mexico Asthma Care Improvement Module
  - Developmental Screening Initiative
  - Pediatric Overweight Quality Improvement Initiative
- Maine Child Health Improvement Partnership (ME CHIP)
  - FIRST STEPS Learning Initiative: Raising Immunization Rates
- Oregon Pediatric Society
  - Oregon Screening Tools and Referral Training (Oregon START)
  - Oregon Pediatric Partnership to Improve Healthcare Quality (UPHQ)
- Utah Pediatric Partnership to Improve Healthcare Quality (UPHQ)
  - Early Autism Detection and Referral in the Medical Home
  - Prevention, Recognition and Treatment of Childhood Obesity
- Vermont Child Health Improvement Program (VCHIP)
  - Abusive Head Trauma (AHT) Prevention in Primary Care
  - Promoting Healthier Weight in Pediatrics
  - Youth Health Improvement Initiative

www.nipn.org