Bringing Bright Futures into your Practice
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Introduction
- Background
- Education-Brown University, Providence, RI
- Pediatric Residency Training-Kapiolani Medical Center for Women and Children, Honolulu, HI
- Pediatrician-Mid Dakota Clinic, Bismarck, ND

Why are we all here today?
- Realize the importance of child health
- Our daily work is committed to improving child health
- And, of course, to learn how Bright Futures can help us with our life’s work

The Importance of Child Health
- On development
- On learning
- On adult health
- On community
- On society
- On economy

Early Childhood Development: 700 new neural connections per second

18 Months: Age at which disparities in vocabulary start to appear
90-100% chance of Developmental Delays when a child has 6-7 risk factors

$4-9 dollars in returns for every dollar invested in early childhood programs

Objectives

- Review some of the Bright Futures Tools
- Model how Bright Futures Tools are incorporated into my daily practice
- Discuss how Bright Futures Handouts provide a review of anticipatory guidance at each well check
- Promote the usage of Bright Futures Tools as a framework for structured teaching (medical students/residents/health visitors)

A Review of Bright Futures Tools

- Pre-Visit Questionnaire
- Supplemental Questionnaire
- Question-Specific Informational Sheets
- Age-Specific Informational Sheets
- Visit Documentation Form
- Parent Handout

Bright Futures Tools in my Daily Practice

- All Pediatricians Use
  - Visit Documentation Forms for all Well Child Checks
  - Parent Handouts for all Well Child Checks
  - Variations in who collects the information
How I use Bright Futures in my Daily Practice…

- Highlighting visits:
  - 2-3 day
  - 2 month
  - 6 month
  - 12 month
  - 2 year

1\textsuperscript{st} Office Visit: 2-5 days old

- Nurse Assessment
  - Chart is prepped with Birth History
  - Nurse Natalie invites the patient to an exam room
  - Nurse Natalie asks parents to list concerns or questions
  - Baby is undressed, wearing only dry diaper
  - Vital signs and measurements are obtained
  - Percentiles are plotted
  - Parents receive parent handout with child’s measurements and %

Visit Documentation Forms

Visit Documentation Form: Nursing Assessment 2-5 day old
Visit Documentation Form: Parental Concerns or Questions?
- Parental concerns or questions?
- Breathing?

Visit Documentation Form: History
- Feedings? Breastmilk in? Too frequent (Appropriate Latch/Identifying Signs of Hunger)
- Voiding/Stooling? Color of stools
- Sleep? (Back to Sleep)
- Family/Parental Transition/Maternal Mood?
- Childcare/Work Plans?

Physical Exam Findings:

Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

Bright Futures Parent Handout: 2-5 Day Old Visit
- PPD Monitoring
- Identifying Signs of Hunger
- Fever in Newborns is not normal
- Sleep Position/Location
- Car seat Safety

1st Office Visit: 2-5 days old Physician Assessment
- History
  - Parental concerns or questions? Breathing
  - Feedings? Breast milk in? Too frequent (Appropriate Latch/Identifying Signs of Hunger)
  - Voiding/Stooling? Color of stools
  - Sleep? (Back to Sleep)
  - Family/Parental Transition/Maternal Mood?
- Counseling
  - Anticipatory Guidance/Safety - PPD, Fever, Car seat
- Contact Info: Physician, nurse, hours, after hours
- Follow-up: 2-4 weeks of age
2 Month Old Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only a dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and percentiles for review

Visit Documentation Forms: Parental Concerns or Questions

- Not sleeping well

Visit Documentation Form: History

- Feedings? (Only Breastmilk or Formula, no water or solids)
- Voiding/Stooling? (Changes in Stooling)
- Sleep? (Change Sleep Position to avoid plagiocephaly)
- Development? Cooing, Smiling more, Moving symmetrically,
- Family/ Parental Transition/Maternal Mood

Physical Exam Findings

Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

- Tummy Time
- Calming Techniques
- Rolling Safety
- Continued breastfeeding

Bright Futures Parent Handout: 2 Month Visit
2 Month Visit

- History
  - Parental concerns or questions?
  - Feedings? (Only Breast milk or Formula, no water or solids)
  - Voiding/Stooling? (Normal Changes in Stooling)
  - Sleep? (Change Sleep Position to avoid plagiocephaly)
  - Development? Cooing, Smiling more, Moving symmetrically.
  - Family/Parental Transition/Maternal Mood?
- Counseling
  - Anticipatory Guidance/Safety: Tummy Time, Monitor Baby for Rolling
  - Contact Info
  - Follow-up: 4 month WCC and Immunizations
  - What to Expect: Rolling, More Interactive, More Noises

Visit Documentation Forms:
- Parental Concerns or Questions
  - How do we introduce solids?

6 Month Old Well Child Check Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child’s measurements and percentiles for review

Visit Documentation Form: History

- Feedings? (Introduction of Solids)
- Voiding/Stooling?
- Sleep?
- Development? Sitting Up, Babbling, Grabbing
- Family Balance
- Parental Transition
- Maternal Mood?

Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

Physical Exam Findings
Bright Futures Parent Handout: 6 Month Visit

- Introduction of Solids
- No Bottle in Bed
- Teething
- Talking and reading with baby
- Houseproofing

6 Month Visit

Physician Assessment

- History
- Parental concerns or questions?
- Feeding? (Continued Introduction of Solids)
- Voiding/Stooling? (Normal Changes in Stooling)
- Sleep?
- Development? Rolling Over, Sitting Up, Babbling, Grabbing
- Family/ Parental Transition/Maternal Mood?
- Counseling
- Anticipatory Guidance/Safety: House Safety, Sippy Cup, Teething
- Contact Info: Poison Help: 1-800-222-1222
- Follow-up: 9 month WCC
- What to Expect: Crawling, More Babbling, Feeding Self

12 Month Old Well Child Check

Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child’s measurements and percentiles for review

Visit Documentation Forms:

Parental Concerns or Questions

- How do we transition to milk?

Visit Documentation Form: History

- Feedings? Table Food?
- Voiding/Stooling?
- Sleep?
- Development? Stands alone, 1-2 words, waves follows directions
- Family Balance

Visit Documentation Form: Assessment/Plan & Anticipatory Guidance
Bright Futures Parent Handout: 12 Month Visit

- Praise for good behavior
- Consistent discipline
- Healthy food choices
- Avoid TV
- Regular feeding/sleep to
- Avoid tantrums
- Car Safety
- Poison Control
- Gun Control

12 Month Old Well Child Check
Physician Assessment

- History
  - Parental concerns or questions?
  - Feedings? (Change to Whole Milk, Continued Intro to Solids, Phase out Bottles)
  - Stooling?
  - Sleep?
  - Development? Cruising, Standing Alone, 1-2 Words
  - Family/Parental Transition?
- Counseling
  - Anticipatory Guidance/Safety- Balloon Safety, Car seat Safety, Gun Safety, TV not recommended, READ!!!
  - Contact Info: seatcheck.org or 1-866-SEATCHECK
  - Follow-up: 15 Month WCC & Immunizations
  - What to Expect: Increasing Independence, Walking, More Words

2 Year Old Well Child Check
Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child’s measurements and percentiles for review
- Website for Height Predictor

Visit Documentation Forms:
Parental Concerns or Questions

- Potty Training?

Visit Documentation Form:
History

- Foods to Avoid
- Voiding/Stooling?
- Sleep?
- Development?
  - 2 word phrases
    - plays pretend, kicks, throws
- Family Balance

MCHAT form

- Autism Screening Tool
Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

Bright Futures Parent Handout: 2 Year
- Importance of play
- Limit TV
- Helmets
- Supervision of Children
- Toilet Training
- Choices

2 Year Well Child Check Physician Assessment
- History
  - Parental concerns or questions? Potty Training
  - Feedings? Healthy Choices
  - Voiding/Stooling? Constipation
  - Sleep? Sleep Hygiene
  - Development? 2 word phrases, throws overhand
  - Family Balance?
- Anticipatory Guidance/Safety-
  - Contact Info: Doc Office
  - Follow-up: 2.5-3yo WCC
  - What to expect: Increasing conversations, Interactive Play

Using Bright Futures Tools as a Framework for Teaching
- Introduction to Bright Futures when I was in medical school
- Used Pocket Guide for Well Checks to Review Development & Learn Anticipatory Guidance
- Continue to use Bright Futures for Medical Student Teaching on Pediatrics Rotation

http://www.youtube.com/watch?v=c_mCNW46bSM&feature=player_embedded