

# Well Child Visit Change Package

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**Rationale:** Childhood is a rapid time of growth and change. Regular preventive care visits, or well child visits, are intended to assess if a child is meeting developmental milestones for hearing, vision, nutrition, safety, sleep, diseases, and growth as well as reduce the risk of serious disease and injury. These visits also provide an opportunity for doctors and nurses to regularly check in and interact with the children they serve. Developmental monitoring is used by doctors and nurses to detect any developmental delays or problems, and is followed up by developmental screening. Both developmental screening and monitoring are used to assess a child's physical, mental, social, and emotional well-being.<sup>1</sup>



The American Academy of Pediatrics (AAP) recommends that all children be screened for developmental delays and disabilities during well child visits at 9 months, 18 months, and 24 or 30 months. In addition, routine checkups should occur at 2-3 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2 ½ years, 3 years, and each year after that until age 21.<sup>2</sup> Preterm and low birthweight children at high risk for developmental problems may require additional screening.<sup>3</sup> Parents should be given information on sleep, safety, childhood diseases, expectations for child growth and come prepared to appointments with any questions they may have about their child's health.

In the United States, over 10% of children aged 3-17 have a developmental or behavioral disability such as autism, intellectual disability, or attention-deficit/hyperactivity disorder in addition to language delays. Many children with developmental disabilities are not being identified as early as possible, due to missing or unscheduled well child visits. These disabilities can have an effect on school readiness, especially if the child is not screened and treated before age 10. Research shows that early intervention treatment can greatly improve a child's development from birth to age 3. Healthy Start grantees can provide or refer Healthy Start participants for a well child visit to support optimal and timely developmental health.

**Purpose/Objective:** This change package provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners, and their staff in promoting the well child visit among Healthy Start participants. **Healthy Start Screening Tools**, available on the Healthy Start Epic Center website and referenced in the change package strategies, can be used to assist in comprehensive and consistent assessment of Healthy Start participant needs and standardized data collection to support monitoring and reporting on Healthy Start benchmarks.

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<sup>1</sup> Centers for Disease Control and Prevention. Developmental Monitoring and Screening. <http://www.cdc.gov/ncbddd/childdevelopment/screening.html> Accessed May 17, 2016.

<sup>2</sup> U.S. National Library of Medicine. Well-Child Visits. <https://www.nlm.nih.gov/medlineplus/ency/article/001928.htm>. Accessed May 17, 2016.

<sup>3</sup> Centers for Disease Control and Prevention. Developmental Monitoring and Screening. <http://www.cdc.gov/ncbddd/childdevelopment/screening.html> Accessed May 17, 2016.

## Healthy Start Change Package Strategies for the Well Child Visit

**Healthy Start Program Goal:** Increase proportion of Healthy Start child participants who receive last age-appropriate recommended well child visit based on AAP schedule to 90%.

Level of Strategy	Strategy	Select Resources & Evidence-Based Practices
<b>Program Level</b>	<b>Build Capacity to Promote the Well Child Visit</b> <ul style="list-style-type: none"> <li>➤ Educate and train providers to be familiar with the components of a well child visit and periodicity schedules to recognize when Healthy Start child participants may be in need of a visit.</li> <li>➤ Establish referral systems with local health care providers to coordinate well child visits for Healthy Start child participants.</li> <li>➤ Develop a paper system or EHR reminder alert to inform Healthy Start program staff and participants of their needed well child visit.</li> <li>➤ Establish a process or workflow in your program to screen Healthy Start participants on whether they are up to date with well child visits for their age.               <ul style="list-style-type: none"> <li>▪ <b>KEY QUESTION:</b> When was your baby's/child's last visit to a doctor, nurse, or other health provider for a well-child check-up?</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Recommendations for Preventive Pediatric Health Care</a></li> <li>• <a href="#">Toward Improving the Outcome of Pregnancy III</a></li> <li>• <a href="#">Bright Futures</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Screen and counsel Healthy Start participants on recommended immunizations for children including age appropriate immunizations, timing regiments and safety.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Recommendations for Preventive Pediatric Health Care</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Educate Healthy Start grantee staff on ACA requirement for health insurers to offer certain preventive health services free of co-pays or coinsurance, including well child visits.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</a></li> </ul>
<b>Individual &amp; Family Level</b>	<b>Screen for and Provide Education and Guidance on the Well Child Visit</b> <ul style="list-style-type: none"> <li>➤ Screen Healthy Start participants on whether their child is up to date on well child visits.               <ul style="list-style-type: none"> <li>▪ <b>KEY QUESTION:</b> When was your baby's/child's last visit to a doctor, nurse, or other health provider for a</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Healthy Steps</a></li> <li>• <a href="#">Bright Futures</a></li> <li>• <a href="#">TXT4TOTS</a></li> <li>• <a href="#">Reach Out and Read</a></li> <li>• <a href="#">Healthy Start Screening Tools</a></li> </ul>

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	<p>well-child check-up?</p> <ul style="list-style-type: none"> <li>- Refer to the <b>Healthy Start Screening Tools</b> for additional key questions</li> </ul> <p>Provide information/education on the importance of a well child visit and refer to a pediatrician or primary care provider as indicated.</p> <ul style="list-style-type: none"> <li>➤ Provide resources to Healthy Start participants and families on the importance and role of well child visits.</li> <li>➤ Assist Healthy Start women participants to make a list of questions to ask the doctor about their child for each well visit. <ul style="list-style-type: none"> <li>▪ Is my child up to date on shots?</li> <li>▪ How can I make sure my child is getting enough physical activity?</li> <li>▪ Is my child at a healthy weight?</li> <li>▪ How can I help my child try different foods?</li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>➤ Refer Healthy Start participants to a home visiting program to increase parent knowledge of early childhood development and provide early detection of developmental delays and health issues.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Parents as Teachers (PAT)</a></li> <li>• <a href="#">Every Child Succeeds</a></li> <li>• <a href="#">Early Head Start- Home Visiting</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Motivate Healthy Start participants to maintain a healthy lifestyle for themselves and their children.</li> <li>➤ Provide weekly workshops at home visits for Healthy Start women and children participants focused on promoting lifestyle improvements such as increased exercise, better nutrition, and daily reading.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Toward Improving the Outcome of Pregnancy III</a></li> <li>• <a href="#">Healthy Steps</a></li> <li>• <a href="#">Reach Out and Read</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Assist Healthy Start participants in enrolling in and obtaining health insurance to support access to health care and other preventive care services as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">From Coverage to Care</a></li> <li>• <a href="#">Getting the Coverage You Deserve: What to Do If You Are Charged a Co-Payment, Deductible, or Co-Insurance for a Preventive Service</a></li> <li>• <a href="#">Health Insurance Marketplace</a></li> </ul>

Level of Strategy	Strategy	Select Resources & Evidence-Based Practices
Community Level	<b>Increase Awareness and Promotion of Well Child Visits to Community Organizations and Partners</b>	
	<ul style="list-style-type: none"> <li>➤ Provide outreach and education to promote awareness on the role of preventive well child visits among community partners and in the community.</li> <li>➤ Partner with community programs that serve women, children, and families to promote awareness on the role of well child visits and coordinate timely well child visits as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Healthy Steps</a></li> <li>• <a href="#">Bright Futures</a></li> <li>• <a href="#">TXT4TOTS</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Promote awareness on the importance of well child visits among community partners, other programs serving women, children and families, and the public through social marketing.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Bright Futures</a></li> </ul>
	<ul style="list-style-type: none"> <li>➤ Encourage community partners to enroll in “TXT4TOTS” to receive the most up to date evidence-based messages focused on nutrition and physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">TXT4TOTS</a></li> </ul>

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\*This change package can be accessed electronically: <http://healthystartepic.org/healthy-start-approaches/promote-quality/>