

CHDP Highlights

Did you know that Meaningful Use and CHDP both *require* that the parent or caregiver receive an **explanation of results** of the CHDP exam and be able to access this information on paper or electronic form? Be sure to give the parents the pink copy of the CHDP exam or printed summary from the EMR when they leave or within 24 hours of the visit.

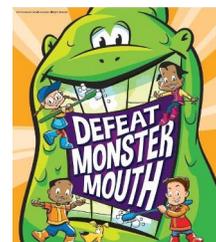
Help kids “defeat monster mouth”

The American Dental Association sponsors National Children’s Dental Health Month each February. This year’s catch phrase is “Defeat Monster Mouth.” The CHDP Oral Health Program will provide “Defeat Monster Mouth” posters to all clinics and community partners to increase awareness of the importance of oral health, especially in children. Find downloadable posters and activity sheets for children at www.ada.org/en/public-programs/national-childrens-dental-health-month/.

Our nurses will be giving awards to clinics, providers and their staff for outstanding efforts to improve oral health by providing fluoride varnish during medical visits. We will recognize:

Oral Health Provider Champion of the Year
Fluoride Varnish Clinic of the Year
Best Performing Oral Health Staff Member

The Ventura County Board of Supervisors will issue a proclamation recognizing National Children’s Oral Health Awareness Month on February 3, 2015, in the Board of Supervisors Hearing Room, 800 S. Victoria Avenue, Ventura, at 9:00 am. Please join CHDP Oral Health to support good oral health for Ventura County’s children.



Share the **5 Easy Steps to Oral Health** with parents and children:

- Brush your teeth twice a day
- Floss teeth once daily
- Get fluoride protection
- Eat healthy snacks
- Begin regular visits to the dentist starting at 1 year of age

Gold Coast Health Plan (GCHP) Care Management Services



Gold Coast Health Plan

When a child is identified as having a special health care need, you may find it valuable to reach out to a GCHP Care Manager! GCHP Care Management Department provides coordination of care, complex and non-complex care management to eligible members with specific diagnoses or special health care needs. Gold Coast Care Managers coordinate with Tri-Counties Regional Center, California Children’s Services, Public Health and other community agencies and programs to enhance health outcomes for our pediatric members. We engage families, specialists, behavioral health, and community partners and serve as a bridge to better serve children and families.

Once a referral is received, it is reviewed by our Pediatric Care Management team and the member is contacted and assessed. According to your patient’s needs, either an individualized care plan will be established or care coordination will be orchestrated. During the process, barriers that may be preventing positive outcomes are identified. Effective communication and coordination with the medical management team and the multiple systems that serve our children are important components of success.

If you have identified a child that may benefit from our services, please contact us!

- **To make a referral**, visit the GCHP website www.goldcoasthealthplan.org/.
- Go to the **Health Services** tab and select **Care Management**.
- Use the link to the **GCHP Care Management Referral Form** at the bottom of the page or go to: goldcoasthealthplan.org/media/20896/20141031_care_mgmt_referral_form.pdf.
- Please email the completed form to caremanagement@goldchp.org or FAX the completed referral to **855-883-1552**. Instructions are also provided on the form.
- For further information about the Care Management Program, or to speak to a Nurse, please contact the Care Management Department at **805-437-5653**.

SAVE THE DATES!

**CHDP Noontime
In-service Trainings**

February 20, 2015

**Childhood Oral
Health Update
(flyer attached)**

March 2015

Behavioral Health

April 2015

**Gold Coast
Health Plan Update**

**Watch for more
information**

Why do young athletes need a Preparticipation Physical Exam (PPE) for youth athletic activities?

CHDP recently updated recommendations for using a consistent approach in performing a [Preparticipation Physical Evaluation History](#) and [Physical Examination](#). These assessment forms are available in the online [CHDP Health Assessment Guidelines](#).

The primary goal of the Preparticipation Physical Examination (PPE) is to help maintain the health and safety of child and adolescent athletes in training and competition. The PPE may help detect conditions that may be life threatening or disabling. Sudden cardiac death is the leading cause of death in young athletes during sports. Detection of predisposing conditions is vital because they may increase the individual's risk for injury. The PPE is also performed to meet the legal and administrative requirements of schools and colleges.

According to [American Academy of Pediatrics \(AAP\) policy](#), the purpose of "standardized PPE forms and processes is to minimize unnecessary variation" and is an important step for prevention of pediatric sudden cardiac arrest. AAP recommends that every child participating in strenuous extracurricular activities receive routine PPE screening.

The CHDP Preparticipation Physical Exam includes medical and musculoskeletal examination and recommendations for clearance to participate in sports. Included are a review of past injuries, surgeries or illnesses; abnormal signs or symptoms; cardiac risk factors; menstrual history for females; medication usage and drug allergies. Screening requirements for CHDP include additional questions on more sensitive issues such as stress, depression, safety (seatbelt, helmet and condom use) and use of cigarettes, alcohol, illicit drugs, steroids, and weight enhancement or weight loss drugs. Finally, abnormal findings must be referred to appropriate specialist for further evaluation.

CHDP Preparticipation Physical Exam screening requirements and forms are available at:

<http://www.dhcs.ca.gov/services/chdp/Documents/HAG.pdf>

<http://www.dhcs.ca.gov/services/chdp/Documents/Appendix-A.pdf>

<http://www.dhcs.ca.gov/services/chdp/Documents/Appendix-B.pdf>



CDC/Amanda Mills

Lead Screening

- Give anticipatory guidance on keeping the home environment safe from lead at each CHDP visit from 6 months to 72 months of age. *Document in the patient chart.*
- Test or refer for testing of blood lead levels (BLLs) at 12 and 24 months of age. Perform blood lead testing between 12 and 24 months, if testing was not done at 12 months and between 24 and 72 months in children who were not previously tested or who missed the 24 month test.
- *On the PM 160, enter Code 23 when you counsel on lead poisoning and draw a blood sample in your office that is sent for blood lead testing.*
- *Enter Code 24 when you counsel on lead poisoning and refer the child to a laboratory for blood drawing and blood lead testing. On the PM 160, check the box for Routine Referrals for Blood Lead.*

California measles outbreak stresses importance of timely IZs

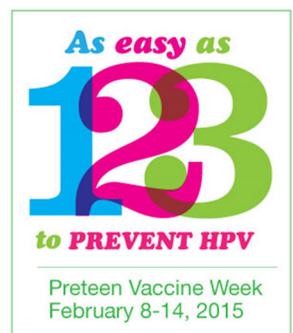


CDC/Judy Schmidt

Recent measles cases in California, including an outbreak linked to visits to Disneyland, highlight the need for health care professionals to be vigilant about measles and other diseases that are easily spread such as influenza and pertussis (whooping cough). Your expert eyes, diagnostic skills and prompt reporting of suspected cases, when required, can make a difference in stopping the spread of these highly contagious diseases in the community.

Help prevent outbreaks and epidemics by following immunization schedules and recommendations from the [California Vaccines for Children \(VFC\) Program](#). Visit eziz.org/ and select [Schedules & Recommendations](#) for links to CDC 2015 immunization schedules. The EZIZ website also offers information on storage, handling and administration of vaccines, educational materials for parents and online training for provider staff. Check Ventura County Public Health [For Health Care Providers](#) for Monthly Immunization Updates or type www.vchca.org/public-health/for-health-care-providers into your browser.

The Centers for Disease Control [Provider Resources for Vaccine Conversations with Parents](#) can help you prepare for the challenge of discussing immunizations with parents who may have questions about the safety and side effects of vaccines. These web pages provide strategies for responding to parental concerns, parent handouts on vaccine benefits and risks, as well as videos for parents and provider staff training. For more information, visit: www.cdc.gov/vaccines/hcp/patient-ed/conversations/index.html.



Preteen Vaccine Clinic
February 8 — See Flyer



Questions & Answers

What temperature is normal?

- A normal temperature is *about* 98.6° F when taken orally and 99.6° when taken rectally
- Normal temperature varies with age, activity and time of day

What is a fever?

- Fever is a symptom of illness and usually a positive sign that the body is fighting infection
- Fever may make a child feel unwell and, in some cases, can cause a febrile seizure
- Many doctors define a fever as an oral temperature above 99° F or a rectal temperature above 100.4° F.

When should parents call the doctor?

- When child is younger than 4 months and has a temperature of 100.4° F or higher
- Fever rises above 104° repeatedly for a child of any age

Child Health and Disability Prevention (CHDP) Program



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**Ventura County
Public Health**

A Division of the Ventura County Health Care Agency

Prevent serious illness and injury by teaching parents when to seek help

Parents are often unsure when it is appropriate to call their child's doctor or seek medical attention. Some may rush the child to be seen for symptoms that may be treated simply at home. On the other hand, some parents may brush off serious symptoms as normal and delay calling or taking the child to urgent care or the emergency room. Delaying treatment can result in serious illness or even death. You can help parents navigate this maze of help options by sharing information about how you would like to handle common situations that arise during childhood. Let them know how to treat common symptoms at home, when they should call your office for assistance, and when to take the child to urgent care or to the emergency room. Some health insurance plans offer a 24 hour Nurse Advice Line — be sure your parents are aware of this option, if available.



CDC/Amanda Mills

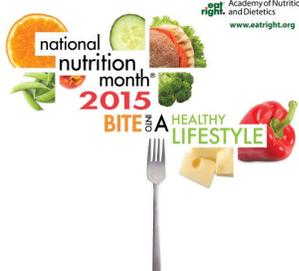
Giving concrete guidelines for illness and injury will empower parents to treat their sick or injured child more effectively at home, reduce the number of panic calls to your office and make sure parents seek medical attention for their child when needed.

The [American Academy of Pediatrics](http://www.healthychildren.org) website for parents, [healthychildren.org](http://www.healthychildren.org), and the [American Academy of Family Physicians](http://www.familydoctor.org) website for families, [FamilyDoctor.org](http://www.familydoctor.org), offer online articles on this topic. You may refer your parents to these webpages or print out the pages to share. Ask parents to keep this information handy so they may refer to the information in case of illness or injury. Direct links to these articles are listed below:

- When to Call the Pediatrician: Fever (English)
www.healthychildren.org/English/health-issues/conditions/fever/Pages/When-to-Call-the-Pediatrician.aspx
- When to Call the Pediatrician: Fever (Spanish)
www.healthychildren.org/spanish/health-issues/conditions/fever/paginas/when-to-call-the-pediatrician.aspx
- When to Call Your Pediatrician (English)
www.healthychildren.org/English/family-life/health-management/Pages/When-to-Call-Your-Pediatrician.aspx
- When to Call Your Pediatrician (Spanish)
www.healthychildren.org/spanish/family-life/health-management/paginas/when-to-call-your-pediatrician.aspx
- Fever in Infants and Children (English)
familydoctor.org/familydoctor/en/diseases-conditions/fever-in-infants-and-children.html
- Fever in Infants and Children (Spanish)
es.familydoctor.org/familydoctor/es/diseases-conditions/fever-in-infants-and-children.html

National Nutrition Month® encourages all to "Bite into a Healthy Lifestyle"

There is no one food, drink, pill or machine that is the key to achieving optimal health. A person's overall daily routine is what is most important. That is why, as part of National Nutrition Month® 2015, the Academy of Nutrition and Dietetics urges everyone to "Bite into a Healthy Lifestyle." Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme encourages individuals to adopt a healthy lifestyle that focuses on eating the right amount of food, making informed food choices and getting daily physical activity in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.



As part of this public education campaign, the Academy's [National Nutrition Month](http://www.eatright.org) web page includes a variety of helpful tips, games, promotional tools and educational resources, all designed to spread the message of good nutrition based on the "Bite into a Healthy Lifestyle" theme.

Visit www.eatright.org/nnm/promotionalresources/#.VMATBnth2_8 for more information. You may also refer parents to the Academy's website for parents, KidsEatRight.org, to learn how to cook healthy, eat right and shop smart for every age.