

Guide for Medical Students Well Child Visits/Health Supervision USUHS Third-Year Pediatric Clerkship AY 2008-2009

One of the most important aspects of primary care is the attention paid to health maintenance and prevention, which we call "health supervision." In Pediatrics, we perform health supervision during encounters often labeled as the "well baby visit," the "well-child check-up" or the "health maintenance visit."

The American Academy of Pediatrics (AAP) recently revised practice guidelines regarding health supervision for children and adolescents. The new AAP guidelines, published in **Bright Futures, 3rd Edition**, provide *"principles, strategies, and tools ... 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."*¹

There are three required components in our Health Supervision Curriculum.

1. **Clinical Cases:** You will be required individually or in groups to work through six health supervision cases, which follow a military family over 15 years. Each case has a worksheet, which you will complete as you work through the case, and turn in to your site director for your student file. You will have two sessions with the site director or another faculty member to discuss the cases and address any questions. The resources listed below, along with the issued texts, provide the information needed to answer the questions in the cases.
2. **Health Supervision Structured Clinical Observation (SCO):** A faculty preceptor will observe you for portions of an encounter at least twice during the outpatient rotation in the clerkship. Observers will document the observations on a form, and provide verbal feedback after the encounter or at the end of the clinic session. These forms will be kept in your student file.
3. **Clerkship Quiz:** The end-of-clerkship quiz will include three questions from each case.

¹ Hagan JF, Shaw JS & Duncan PM (eds) *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Ed.* and *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Ed., Pocket Guide.* Elk Grove Village, IL: American Academy of Pediatrics, 2008. Available at www.brightfutures.aap.org.

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Resources

We have provided the following resources and tools for learning about health supervision.

1. **Bright Futures Pocket Guide, 3rd Edition:** This required, issued text will be a valuable tool for use in clinic and while working through the six clinical cases.
2. **CD-ROM:** The CD-ROM included in your binder contains a folder for "Health Supervision." The articles and presentation in this folder will help you complete the six clinical cases and enhance your knowledge of health supervision-specific topics, including anticipatory guidance.
3. **Objectives/Self-Study Guide:** This checklist lists the objectives of the Health Supervision Curriculum. We encourage you to review this periodically during the clerkship. When you have checked all of the boxes in this guide, you will be prepared for the Clerkship Quiz questions on health supervision.
4. **Health Supervision Clinic Template for Students:** This structured table will facilitate data collection and organization during Health Supervision encounters. Many clinics have developed their own age-specific overprint form for wellness visits, but they were not designed for medical student needs. This template will standardize data collection across sites and help you learn how to organize and orally present this unique data set.
5. **AHLTA Template for Health Supervision:** We have created an S/O template that you can use when documenting a health supervision visit in AHLTA. You can search the global network for "USUHS-WELL" to find the template.

Online Resources

Bright Futures, Third Edition pocket guide and website <http://brightfutures.aap.org/web/>

Bright Futures materials for families on website
<http://www.brightfuturesforfamilies.org/home.htm>

Bright Futures supplemental materials on website
<http://www.brightfutures.org/>

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Preparation for Health Supervision Visits

- Most clinics have a preformed sheet that will prompt you to collect most of the important information for a well child visit. There are benefits and limitations of the forms. The USUHS Pediatric Clerkship has prepared a data collection template for students to use during health supervision visits. Please become familiar with this template and use it during each health supervision encounter.
- Review the *Bright Futures Pocket Guide, Third Edition*. Your data collection and oral presentations will be smoother if you use both the pocket guide and this more comprehensive template.
- Using the *Bright Futures Pocket Guide*, review the specific goals for the age of the child you will see. In addition, review the expected and anticipated developmental milestones.
- Remember to balance your agenda with the agenda of your patient and family. You may not be able to cover all of the issues that you would like. Make certain you address the issues that your patient brings to your attention. If you use the questions/topics raised by parents as triggers for you to give immediate and specific anticipatory guidance, you will improve the likelihood that the parents will remember and use your advice.
- Using open-ended questions is KEY to uncovering areas where providing anticipatory guidance and education can make a difference.

Prior to entering the room:

- Review the chart (hard chart or AHLTA) and summary of care sheet, find the last well visit, and review acute visits
- Plot the child's growth on a growth chart
- Review vaccines, and note that the parent may carry another shot record that you should also review
- Review vital signs, noting any abnormalities

Entering the room:

- Introduce yourself and confirm the correct patient and the reason for the visit

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The Interview:

***Concerns: Obtain parent/patient concerns and/or questions**

Use open-ended questions

“What concerns or questions would you like to cover today?”

***Home**

Who lives at home?

Who is or was in the military?

Has anyone been deployed or is anyone at risk for being deployed?

Who among your friends and family provides support to you?

Have you moved recently?

***Day/Routine**

Where does your child spend the day?

How has your child adjusted to daycare/preschool/school?

Do you have any concerns about your child’s progress/performance in school?

***Diet/Nutrition**

Do you have any concerns about your child’s eating?

How do you feed your child?

What kinds of foods does your child eat?

Do you follow any particular diet or avoid any certain foods?

Does your child like lots of different foods?

How do you handle meal times at home?

What does your child prefer to drink?

***Sleep**

Do you have any concerns about your child’s sleep?

What is your child’s bedtime routine?

On average, how many hours of sleep does your child get each night?

Where does your child sleep?

***Voiding Pattern**

Do you have any concerns about constipation or diarrhea?

Does your child have any difficulty stooling?

Has your child shown an interest in potty training?

Does your child have accidents at night or during the day?

***Behavior/Development:** Observe the child’s developmental behaviors during the visit

What new things is your child doing?

Do you have any concerns about your child’s growth or development?

Do you have any concerns about your child’s vision or hearing?

Do you have any concerns about your child’s behavior?

How do you praise your child?

How do you discipline your child?

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The Interview (cont.):

***Past Medical History**

Has your child been to the doctor recently?
Has your child ever been seen in the emergency room?
Did your child have any problems at birth?
Has your ever been admitted to the hospital? Had any surgeries?
Has your child ever had breathing treatments? Asthma?
Ear infections? Urinary tract infections?

***Birth History**

Was your child born on time?
Were there any problems during your pregnancy?
Were there any problems during the labor or delivery?
Did your child have an extended stay in the hospital?

***Family History**

How is the health of his/her siblings?
Do you or her father/mother have any healthcare needs or medical issues,
including high blood pressure, high cholesterol, mental health needs, or childhood
illnesses?
Has anyone in the family ever died unexpectedly, or has anyone had a heart attack under
age 55?

***Social History**

Is your child exposed to anyone who smokes?
Has your child ever been exposed to violence?
How much time does your child spend playing on the computer or watching television?
How have you made your home safe for your children?
How do you ensure your child's safety in the car?

***Risk Factor Screening**

Lead screening
Anemia screening
TB screening

***Review of Systems** (as indicated or directed by preceptor)

***Vaccinations**

Has your child had any problems or reactions to previous vaccines?
Do you think your child is up-to-date with immunizations?
Do you carry a shot record with you?

***Physical Exam**

General appearance
Vital signs/growth
Complete exam for all major systems

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Giving Anticipatory Guidance

*** Prioritize!**

R= **R**eview age appropriate checklist in order to...

O= develop "**O**pen-ended" questions

C= in **C**ategories that summarize

K= **K**ey issues to discuss with parents

Make sure you have asked at least one open-ended question relating to these three main topics:

1. Safety
2. Nutrition
3. Behavior/Development

Assessment/Plan

Formulate a summary statement about growth and development

Develop a problem list

List medications

Note vaccination needs

Make notes about the follow-up plan