
INSTRUCTOR'S GUIDE

Preventive Health Care for Children in a Medical Home



First Edition, 2006



California Childcare Health Program
Administered by the University of California, San Francisco School of Nursing,
Department of Family Health Care Nursing
(510) 839-1195 • (800) 333-3212 Healthline
www.ucsfchildcarehealth.org



Funded by First 5 California with additional support from the California Department of Education Child Development Division and Federal Maternal and Child Health Bureau.

This *Instructor's Guide* is a supplement for trainers of the
California Training Institute's curriculum for Child Care Health Advocates.

INTRODUCTION TO THE PREVENTIVE HEALTH CARE FOR CHILDREN IN A MEDICAL HOME MODULE

This *Instructor's Guide* provides trainers with an outline for the teaching of the *Preventive Health Care for Children in a Medical Home* module. Participants will learn what preventive health care is, the importance of preventive health for young children, how to link families to a medical home and how to help parents provide preventive health care for their children. This *Instructor's Guide* provides an outline for the trainer to instruct Child Care Health Advocates (CCHAs) about what CCHAs should know and do in order to perform one of their main functions—to increase access to health, dental and vision care for infants and young children.

Learning Objectives:

1. To define a medical home.
2. To describe the importance of periodic preventive health care for children in a medical home.
3. To describe the importance of health assessments and developmental screening.
4. To identify preventive health care resources available to assist and support early care and education (ECE) providers and families.

Primary Messages:

1. Many children in ECE programs do not have access to consistent and steady medical, vision or dental care. Urgent care and care from walk-in clinics may address illnesses, but do not provide preventive screening.
2. Developmental and sensory screening takes place during preventive health care visits and in quality ECE programs.
3. A CCHA should set up and monitor tracking systems to make sure that children receive their preventive care.
4. A *medical home* is primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate and culturally competent.
5. Promoting preventive health care and increasing access to health insurance for children are priorities for CCHAs.
6. CCHAs are in a unique position to identify which children do not have a medical home.
7. Preventive health care for children in a medical home lays the foundation for school readiness.
8. A CCHA can facilitate follow-up on children who need special care planning.

Materials and Equipment Needed:

1. Copy of module: *Preventive Health Care for Children in a Medical Home*
2. Copy of *Instructor's Guide: Preventive Health Care for Children in a Medical Home*
3. Flip chart/whiteboard and markers, or chalkboard and chalk
4. Masking tape for posting flip chart paper
5. LCD projector or overhead projector
6. Computer for PowerPoint slides
7. CDs of slides or transparencies
8. Handouts
 - a. Handouts in the *Preventive Health Care for Children in a Medical Home* module (these handouts are from sources other than the California Childcare Health Program [CCHP], Oakland, CA)

Handout Title	Page Number in Module
<i>American Academy of Pediatrics Policy Statement: The Medical Home</i>	17
<i>Blueprint for Action—10 Steps Communities Can Take</i>	20
<i>CCL Form 701 Physician's Report—Child Care Centers</i>	21
<i>CCL Form 702 Child's Preadmission Health History—Parent's Report</i>	23
<i>Child Health and Disability Prevention (CHDP) Program Overview</i>	24
<i>Recommendations for Preventive Pediatric Health Care</i>	25

- b. Handouts in the *Instructor's Guide*

Appendix Title	Appendix Number
<i>Using the Preventive Health Care for Children in a Medical Home Module</i>	3A

SUGGESTED TRAINING OUTLINE

Outline	Method	Time (Minutes)
I. Introduction to the Preventive Health Care for Children in a Medical Home Module	—	5
A. Assessment of Group Knowledge	Questioning	2
B. Introduction/Rationale to Preventive Health Care for Children in a Medical Home	Lecture	3
II. The Role of the CCHA in Preventive Health	—	20–30
A. What Is Preventive Health Care?	Lecture and Discussion	10
<i>B. Optional: Medical Home Presentation</i>	<i>Handout Review and Small Group Activity</i>	<i>10</i>
C. Health Screening	Handout Review and Small Group Activity	10
III. Summary and Closure	—	10–20
<i>A. Optional: Using the Preventive Health Care for Children in a Medical Home Module</i>	<i>Small Group Activity</i>	<i>10</i>
B. Next Steps for the CCHA	Large Group Discussion	5
C. Summary and Closure	Brief Closing Activity	5

Total time: 35–55 minutes

OUTLINE AND INSTRUCTIONS

Preventive Health Care for Children in a Medical Home

I. Introduction to the Preventive Health Care for Children in a Medical Home Module

A. **Topic:** Assessment of Group Knowledge

Method: Questioning

Instructions:

1. Ask participants several of the following questions, choosing questions most appropriate for your participants. Ask them to raise their hand if they:
 - Know what a medical home is.
 - Provide health screenings.
 - Help parents gain access to health insurance for their children.
 - Monitor which children have preventive care.

B. **Topic:** Introduction/Rationale to Preventive Health Care for Children in a Medical Home

Method: Lecture

Instructions:

1. Begin by asking participants how children in their program benefit from having regular medical visits and health insurance.
2. State that preventive health care is an important goal for families with young children. Consistent and high-quality preventive health care can provide early detection of disabilities, developmental delays and social-emotional issues (American Academy of Pediatrics [AAP], 2001; Halfon, Inkelas, Abrams & Stevens, 2005). Promoting preventive health care in a medical home (a consistent place where medical care is received such as a doctor's office) is one of the roles of the CCHA. CCHAs can help parents access medical, dental and vision care, and health insurance for families in need.
3. State that it is the role of the CCHA to know about the kind of preventive health care young children need, the types of health insurance that are available to families in their programs, how to understand health records, the types of different screening tools and how to prepare children for these screenings. State that the group will first discuss preventive health.

II. The Role of the CCHA in Preventive Health

A. **Topic:** What Is Preventive Health Care?

Method: Lecture and Discussion

Instructions:

1. State that a crucial role of the CCHA is to ensure that children have preventive health care in a medical home. Ask participants for a definition of *preventive health care*. Then give this official definition: Preventive health care for children is care scheduled at regular intervals when the child is well so that regular screening for problems can take place. The AAP has a schedule of routine visits stating which activities should occur at each visit. The frequency and timing of preventive health visits, called *periodicity*, were developed to target important developmental milestones and growth. In addition to screening, children receive immunizations at these scheduled visits.

2. Ask participants for a definition of *medical home*: Primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate and culturally competent (AAP, 2002). A medical or dental home is not a place, but rather a *way of providing high-quality and cost-effective health services* (AAP, 2002).
3. Explain that having preventive care is linked to school readiness. Ask participants why this is so: Preventive health care for children in a medical home lays the foundation for school readiness. Many young children have health conditions that have not been detected and that, if left untreated, could lead to injury, illness or developmental delay. Some health conditions can get in the way of learning. For example, a child in pain from dental caries (tooth decay) cannot concentrate on learning, a child with an undetected vision problem may not see well enough to read and a child with anemia may lack the energy to fully participate. Parents also receive guidance and counseling during the planned visits that are part of care at a medical home. In addition, having a child's complete health record in one place makes access to health information easier, provides continuity of care and protects confidentiality.
4. Ask participants what the difference is between screening and assessment. Screening takes place for all children to identify who may be at risk. Assessment takes place for a subgroup of children who are identified by screening as possibly in need of intervention or services.
5. State that now that participants know what a medical home is and have an understanding of health screening, they can focus on the specific tasks that they are responsible for as CCHAs promoting preventive health. Ask participants to turn to page 6 of the module to review the list of tasks of the CCHA working on preventive health.

B. *Optional Topic: Medical Home Presentation*

Method: Handout Review and Small Group Activity

Instructions:

1. Give participants the following handouts:
 - a. American Academy of Pediatrics Policy Statement: The Medical Home (*page 17 in module*)
 - b. Child Health and Disability Prevention (CHDP) Program Overview (*page 24 in module*)
 - c. CCL Form 701 Physician's Report—Child Care Centers and CCL Form 702 Child's Preadmission Health History—Parent's Report (*completed to reflect developmental red flags or concerns from the health care provider or parent*) (*pages 21 and 23 in module*)
2. Divide participants into groups. Refer participants to Activity 2 on page 9 of the module. Instruct participants to prepare a 3-minute presentation for ECE staff to stress the importance of preventive health care in a medical home. Ask participants to include in the presentation three reasons why it is important to have a medical home and three ways ECE staff can help families find a medical home. Everyone contributes to the presentation, and each group can decide how many people will present it.
3. Reconvene into the larger group. Discuss the importance of the role of the CCHA in providing information to the ECE program.
4. *Optional: Ask participants to prepare and present a mock presentation for parents.*

C. *Topic: Health Screening*

Method: Handout Review and Small Group Activity

Instructions:

1. Begin by stating that most often health screening takes place by the health care provider,

outside of the ECE program, so the value and results of preventive health care may not be apparent to the ECE professional. This practice activity, using the health forms required by community care licensing, offers an opportunity to appreciate the health information (or lack of it!) that can be provided by a health care provider.

2. Ask how many of the participants have seen completed health forms on children in their care. Ask participants who in their ECE program reviews the information and communicates the important findings to the primary caregiver in the classroom.
3. Refer participants to pages 21 and 23 of the module—the mock-up of the *Physician's Report*, form 701, and the *Parent's Report*, form 702.
4. Divide into small groups. Refer participants to *Activity 1* on page 8 of the module and answer questions.
5. Discuss how health information is usually not communicated, either to parents from providers, or from providers to parents. Ask how this could be improved.

If you have experienced CCHAs in the room, do one or more of the following:

1. Group them in separate groups and ask them to share with each other the systems they use for health screening.
2. Ask them how they make sure that children are receiving not only ongoing care, but care at the correct intervals.
3. Ask them to describe how they talk to parents about preventive health care.
4. Pair them up with nonexperienced participants and instruct the nonexperienced to ask questions of the experienced CCHAs about increasing access to health, dental and vision care.

III. Summary and Closure

A. **Optional Topic:** *Using the Preventive Health Care for Children in a Medical Home Module*

Method: *Small Group Activity*

Instructions:

1. *Explain to the participants that the curriculum is a rich resource for them and encourage them to become familiar with it. Towards this end, spend a few minutes looking through it together. Explain that participants will work in pairs to go through the module to find the answers to these questions.*
2. *Hand out Appendix 3A. Tell the participants they have 5 to 10 minutes to locate the answers.*
3. *Note to Trainer: Participants may feel that this is “busy work.” Let them know that our goal is to use our time today to give them new tools and resources, and the curriculum is one such resource. Explain that becoming familiar with the curriculum is one way to help them determine how they will improve quality in their setting.*

B. **Topic:** Next Steps for the CCHA

Method: Large Group Discussion

Instructions:

1. Ask participants to think of the ways they can improve and increase preventive health care among the children and families in their programs. Ask participants to describe all the areas in which CCHAs can have an impact on preventive health (e.g., linking to a medical home, monitoring immunizations, conducting screenings). Direct them to think for a moment, and then ask for answers.

C. **Topic:** Summary and Closure

Method: Brief Closing Activity

Instructions:

1. Summarize the key points shared by participants. Review by stating that it is the role of the CCHA to know about the kind of preventive health care young children need, the types of health insurance that are available to families in their programs, how to understand health records, the types of different screening tools and how to prepare children for these screenings.
2. Next Steps: Direct participants to write down one next step they will take as a result of this training. Ask participants to share these with the group.

APPENDIX 3A

Using the Preventive Health Care for Children in a Medical Home Module

Topic: Using the Preventive Health Care for Children in a Medical Home Module

Method: Small Group Activity

Instructions: Review the module and find the answers to the following questions.

According to the module:

1. The American Academy of Pediatrics states that the relationship between doctor and child should be a partnership of _____ and _____.
2. According to Healthy Child Care America, what are the 10 steps communities can take to promote safe and healthy child care?
3. Is parental consent necessary to review a child's health records?
4. What is CHDP? Healthy Families? AIM?
5. What is the difference between a medical home and a primary care provider?