

# Quality Matters

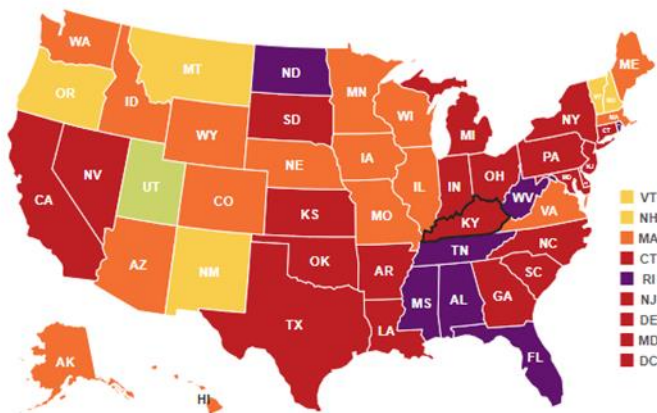
June 2018

## Topic: Back to School Annual Preventive Visits for Adolescents and Children

Annual Preventive Visits for adolescents and children drive better health and value for patients, and lead to higher performance scores for providers - that's why this important exam is a quality metric in many value-based contracts.

### Definition of an Annual Preventive Visit

- A comprehensive health, developmental history, and examination: physical health, mental health (including social, emotional, and behavioral issues), development and nutrition.
- Health education/anticipatory guidance: Oral health, parent interaction, injury/illness prevention and community resources.



Ref: [www.StateofObesity.org](http://www.StateofObesity.org)

  
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For more information, please contact:  
**KentuckyOne Health Partners**  
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### Impact on Kentucky Health

1. 2016 data ranks **Kentucky number 14** for highest incidence of obesity among children age 10-17. **33.5% of Kentucky's students are considered obese.** Ref: [www.StateofObesity.org](http://www.StateofObesity.org)
2. As of 2017, over **1.1 million high school students smoke.** Ref: <https://www.cdc.gov/mmwr/volumes/67/wr/pdfs/mm6722a3-H.pdf>
3. **40% of all children in Kentucky are covered by Medicaid**, including 52% of children with special health care needs. Ref: <https://www.kff.org/medicaid/fact-sheet/medicaids-role-in-kentucky/>

### BMI and Weight Counseling

#### Clinical Recommendations for Practice

- Childhood weight loss counseling begins with parents' involvement and level of engagement. Be sure to include the parents/guardians on any care plan or decision making.
- Encourage children to engage in 60 minutes of moderate to vigorous physical activity on most, if not all days of the week.
- Encourage nutritious diets consisting of a variety of fruits and vegetables.
- Advise families to limit fast food consumption and encourage families to have meals together.

### Screen for Smoking to include E-Cigarettes and Secondhand Smoke Exposure

Educate parents and guardians on the effects of e-cigarettes and secondhand smoke in children. **In 2017, electronic cigarettes (e-cigarettes) were the most commonly used tobacco product among high (11.7%; 1.73 million) and middle (3.3%; 0.39 million) school students.** According to the CDC, e-cigarettes are tobacco products and are addictive. Secondhand smoke is associated with increased ear infections, frequent cough or colds, tooth decay, and more. Educate on long term effects from secondhand smoke exposure such as heart disease.

## Kentucky Requirements and CDC Recommendations

When registering a child in school for the first time, the following documentation is required:

- A legal birth certificate or other reliable proof of identification;
- A current Kentucky certificate of immunization or certificate that meets the minimum requirements;
- Proof of preventative health care examination conducted within 6 (six) months prior to initial entry and another preventative health care examination within one year prior entry into 6<sup>th</sup> grade;
- Proof of eye examination between 3-6 years of age;
- Proof of dental screening by dentist, hygienist, physician, registered nurse, APRN or PA, documented on the Kentucky Dental Screening Form. Which can be found at: [http://education.ky.gov/districts/SHS/Documents/KDESHS005\\_DSf%20\(3\).pdf](http://education.ky.gov/districts/SHS/Documents/KDESHS005_DSf%20(3).pdf)

### CDC Immunization Recommendations:

- CDC Schedule of Immunizations can be found at: <http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html>
- REMEMBER: HPV vaccination is recommended starting at age 11, although still not a legal requirement for Kentucky school enrollment. By age 13, the child is considered in the “Catch Up” schedule for the HPV series.

## Impact on CIN Network Providers

KentuckyOne Health Partners payers offer quality incentives for managing their patients' health according to national standards set by CMS, CDC and Healthcare Effectiveness Data and Information Set (HEDIS) which is a tool used by more than 90 percent of America's health plans to measure performance on important dimensions of care and service. Please contact KentuckyOne Health Partners clinical team at 1.877.543.5768 for more information.

For KentuckyOne Health Medical Group employed physicians, certain Medicaid contracts will include, Annual Preventive Visits and child immunization rates which include the HPV vaccinations for children meeting the CDC guidelines with age as current quality guidelines. For further information on these contracts, please contact your appropriate quality representative.

## Quality Improvement Project

There are many ways you can help encourage Annual Preventive Visits with parents:

- Discuss the benefits Annual Preventive Visits with the parents at each visit:
  - **Prevention:** receive scheduled immunizations;
  - **Tracking growth and development:** ability to discuss child's milestones, social behavior, child's physical growth and targets;
  - **Raise Concerns:** Annual Preventive Visits allow parents an opportunity to ask about questions and concerns with their pediatrician that otherwise may not happen;
  - **Create a Team Approach:** Regular visits create a strong, trustworthy relationship among pediatrician, parent and child. This team approach helps develop optimal physical, mental and social health of the child.
- Submit consistent, detailed claims to include all existing conditions on the claim, at the time of each visit.
- Follow CDC guidelines for the immunization schedule and provide parents with certificate of immunizations
- Learn to navigate through difficult conversations with parents who are questionable, hesitant or refuse to vaccinate against HPV. Many parents are apprehensive or have reservations regarding the HPV vaccines. By staying educated on the myths and truths of the HPV vaccines, it makes the conversation easier and place the parents mind at ease.
- Discuss the consequences of not receiving the vaccine with the parents. Does the parent's apprehension outweigh the possible effects of not receiving the vaccine? Only the parent can decide but as medical professionals, we can give them the most current and accurate information to make the best informed decision for their child.
- Use or create an automatic reminder system to alert parents when they are past due for Well-Child Checks.
- If reminder technology is not available, schedule the next visit before the patient leaves.

### Resources:

[American Academy of Pediatrics](#)  
[American Family Physician](#)  
[Kentucky Department of Education](#)  
[www.HealthyChildren.org](http://www.HealthyChildren.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.stateofobesity.org](http://www.stateofobesity.org)



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