



# San Mateo County CHDP Provider Newsletter

Volume 1, Number 3

Summer/Fall 2013

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## From the CHDP Medical Director

Dear CHDP Provider:

Back to school time is upon us, and it is a great time to check in with our pediatric patients to make sure they are healthy and ready to learn. This issue of the San Mateo County CHDP Provider Newsletter highlights a few ways to do this, including updating asthma care plans, and making sure kids are up-to-date on recommended and required immunizations. Remember as well to ensure that children are connected to dental care and prevention information for good oral health.

Nutrition is also essential to good health for school-aged children and infants, as well as the whole family. August is Breastfeeding Awareness Month, and the WIC program has Breastfeeding Peer Counselors to help your nursing mothers get the support they need.

Lastly, San Mateo County CHDP recently bid farewell to our Medical Consultant, Dr. Dorothy ("Dottie") Vura-Weis. We greatly appreciate her years of service and dedication to the children of San Mateo County. She will be missed!

-Anand Chabra, MD, MPH, CHDP Medical Director

## From Birth to Two, Use the WHO!

Contributed by Yvette Rivas Bedrosian, CHDP Nutritionist

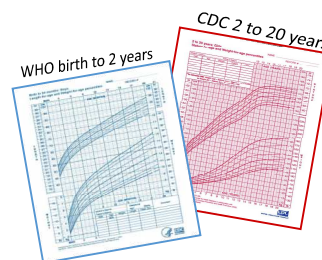
**\*\*New Provider Information Notice Posted\*\***

**CHDP PIN No.: 12-08** Regarding Recommendations for Use of the World Health Organization (WHO) Growth Standards for Assessment of Growth for Infants from Birth to 24 Months and Updates in the California Women, Infants and Children (WIC) Supplemental Nutrition Program was posted on the CHDP website on May 8, 2013.

The PIN states CHDP providers must use the WHO growth charts for CHDP exams for infants and children aged birth to 24 months by **October 2013**.

### Select the correct growth Chart

Age Group	Growth Chart
Birth – 24 months	WHO (2009)
2 - 20 years	CDC (2000)



(WHO Growth Charts, Continued on Page 2)

(WHO Growth Charts, Continued from Page 1)

You are encouraged to review the PIN on the CHDP website at: <http://www.dhcs.ca.gov/services/chdp/Pages/CHDPPLPIN.aspx>

**Background Information**

For more background on the WHO growth charts, refer to the article "CHDP Providers to Begin Using WHO Growth Charts" posted in the Spring, 2013 edition of the *San Mateo County CHDP Provider Newsletter*, Volume 1, Number 1 (find at [www.smchealth.org/chdp](http://www.smchealth.org/chdp)).

Visit the CDC website: [www.cdc.gov/growthcharts/](http://www.cdc.gov/growthcharts/) for clinical growth charts and an interactive online training course.



**Office Training Available**

For clinic office training on the WHO growth charts, contact Yvette Rivas Bedrosian, CHDP Nutritionist at (650) 573-3924 or [yrbedrosian@smcgov.org](mailto:yrbedrosian@smcgov.org)

**Back to School Plans for Kids with Asthma**

**Contributed by Dottie Vura-Weis, MD, CHDP Medical Consultant**

Summer is a good time to check on your patients with asthma.

Here are some suggestions:

**1. Review the level of asthma control**

- Do symptoms occur (or is albuterol used for symptoms) more than 2 days a week or 2 nights a month? Or any nights for children under 5?
- Does the child need to limit activities to prevent symptoms?
- Has prednisone or prednisolone been needed more than once in the past year for asthma (or more than once in 6 months if under 5)?



If the answer is "yes" to any of these questions, the child probably needs an increase in controller/preventive medication and better control of asthma triggers.

**2. Review the family's understanding of when to use the controller and quick-relief medicines: Be sure they know the difference!**

- Confusion about when to use quick-relief medication (albuterol) and long-term control medicines is common among both children and adults with asthma.
- Frequent use of albuterol can mean inadequate control of triggers, failure to use prescribed controller medicine regularly, need for change in controller dosage, or a misunderstanding about when to use each type of medication.

**Trainings for CHDP Provider Offices:**

**Using the WHO Growth Charts to Assess Children from Birth to 2 years**

Contact: Yvette Rivas Bedrosian, CHDP Nutritionist (650) 573-3924

[yrbedrosian@smcgov.org](mailto:yrbedrosian@smcgov.org)



**Oral Health Assessment and Referral**

Contact: Rachelle Salvana, CHDP Dental Coordinator (650) 573-2248

[rsalvana@smcgov.org](mailto:rsalvana@smcgov.org)

*(Kids with Asthma, Continued from Page 2)*

### 3. Revise the Asthma Action Plan (AAP)

*An opportunity to educate the patient and family*

- Students need a new AAP every year for their school, as well as one at home.
- Medications and doses may have changed.
- The student may have “graduated” from a spacer with mask to a spacer with mouth piece if they can demonstrate ability to use it properly.



### 4. Consider having students carry/administer their quick-relief medication

*Students will have easier access to quick relief medicine when they need it to prevent symptoms from getting more serious.*

- Provides a great opportunity to observe and instruct your patient in how to use the inhaler.
- When students are old enough and understand how and when to use the inhaler (and the healthcare provider, parent/guardian, and school nurse are in agreement on it), the school must permit them to carry their medicine and administer it themselves.
- Students must also know to inform their parents when they need albuterol.
- Indicate on the school medication form if the student can self-carry and self-administer their medicine.

**“Controlling triggers can be as effective as increasing medications to decrease asthma symptoms.”**

### 5. Be sure students have new inhalers and spacers.

*Medicines only work if the student can get to them and they aren't empty!*

- Schools need a new, unopened MDI each year.
- A new spacer is usually needed every year, as well.
- Ventolin and ProAir now have built-in dose counters so patients know when their inhalers are low or out of medicine. Be sure to specify this on the prescription.



### 6. Help families with controlling asthma triggers

*Controlling triggers can be as effective as increasing medications to decrease asthma symptoms.*

- Provide basic instructions to families on controlling common triggers related to tobacco smoke, air pollution, moisture and mold, cockroaches, dust mites, cleaning supplies with strong odors, and allergies to pets, rodents, or plants.
- If families are unable to control these triggers adequately on their own and express interest in help, refer them to SCAMP, the San Mateo County Asthma Management Program. (If you aren't already referring your patients, please call Vera Williams, SrPHN at 650-573-3610 for more information.)

### 7. Prepare to immunize against influenza

*Protecting your patient from influenza helps protect their family and classmates as well!*

- Children with asthma often have an exacerbation if they contract influenza, and have an increased risk of requiring hospitalization
- Take this opportunity to remind families to return for their flu shots when the vaccine is available.
- Be sure you ordered enough vaccine!



## Immunization Resources and Reminders

### What immunizations are required for my patients to attend school?

To protect the public's health, many, but not all, *recommended* childhood vaccines are also *required* by California law and regulations in order to attend school. The immunizations currently required for pupils in California include:

Immunization required for 7th grade:

Tdap (pertussis booster)

Immunizations required to enter Kindergarten:

- Polio
- DTaP
- MMR
- Hepatitis B
- Varicella (Chickenpox)



**PM160 Tip of the Month:**  
**Did you know...** that filling out the PM160 completely can help your patients to get all the follow-up care they need?

**The PM160 is more than a billing form.** It is a communication to CHDP Care Coordination staff. Providing the following information helps us to provide better service to your CHDP patients:

- Responsible Person Name and Telephone Number
- Referral Information, including specific clinic and/or provider name
- Problem list with follow-up codes

Thank you for helping us to be effective members of your care team!!

### AAP's revised immunization training guide and procedure manual

Newly updated, AAP's [Immunization Training Guide & Practice Procedure Manual](http://www2.aap.org/immunization/pediatricians/pdf/ImmunizationTrainingGuide.pdf) (<http://www2.aap.org/immunization/pediatricians/pdf/ImmunizationTrainingGuide.pdf>) is designed to assist pediatric office staff in all aspects of immunizing patients. Intended to be used by physicians, nurse practitioners, physician assistants, nurses, medical assistants, and office managers, the guide covers an array of topics, all of which are summarized on [AAP's Immunization web page](http://www2.aap.org/immunization/pediatricians/training-guide.html): <http://www2.aap.org/immunization/pediatricians/training-guide.html>

From IAC Express Issue 1069: July, 30 2013: <http://www.immunize.org/express/issue1069.asp>

## Back to School Immunization Resources for Providers

**CDPH:** Information on requirements for school entry in California

[www.shotsforschool.org](http://www.shotsforschool.org)

**CDC:** Provider Resources for Vaccine Conversations with Parents

[www.cdc.gov/vaccines/hcp/patient-ed/conversations/index.html](http://www.cdc.gov/vaccines/hcp/patient-ed/conversations/index.html)

**Immunization Action Coalition:**

12 handouts about childhood diseases/vaccines for patients and parents:

[www.immunize.org/handouts/vaccine-summaries.asp](http://www.immunize.org/handouts/vaccine-summaries.asp)

Need Help Responding to Vaccine Hesitant Parents?

[www.immunize.org/catg.d/p2070.pdf](http://www.immunize.org/catg.d/p2070.pdf)

**American Academy of Pediatrics:** Vaccine status website

<http://aapredbook.aappublications.org/site/news/vaccstatus.pdf>

### Current Dates of Vaccine Information Statements (VISs) as of July 26, 2013

Check your supply of VISs against this list. If you have outdated VISs, get current versions at [www.immunize.org/vis](http://www.immunize.org/vis)

Adenovirus.....	7/14/11	Meningococcal.....	10/14/11
Anthrax.....	3/10/10	Multi-vaccine.....	11/16/12
Chickenpox.....	3/13/08	PCV13.....	2/27/13
DTaP.....	5/17/07	PPSV.....	10/6/09
Hib.....	12/16/98	Polio.....	11/8/11
Hepatitis A.....	10/25/11	Rabies.....	10/6/09
Hepatitis B.....	2/2/12	Rotavirus.....	12/6/10
HPV-Cervarix.....	5/3/11	Shingles.....	10/6/09
HPV-Gardasil.....	5/17/13	Td/Tdap (use for Td).....	1/24/12
Influenza.....	7/26/13	Tdap (use for Tdap).....	5/9/13
Japanese enceph.....	12/7/11	Typhoid.....	5/29/12
MMR.....	4/20/12	Yellow fever.....	3/30/11
MMRV.....	5/21/10		

[www.immunize.org/catg.d/p2029.pdf](http://www.immunize.org/catg.d/p2029.pdf)

Immunization Action Coalition

Item #P2029 (7/13)



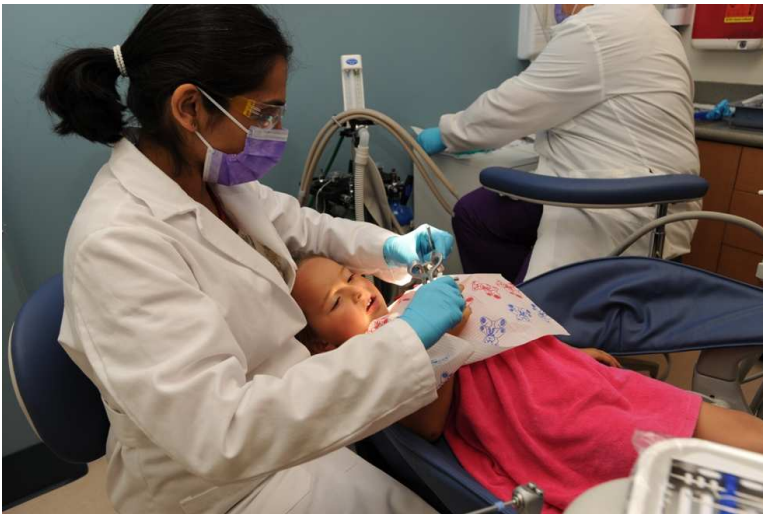
## CHDP Provider Spotlight: Ravenswood Family Health Center

**Ravenswood Family Health Center** (RFHC) is a federally qualified community health center based in East Palo Alto with a satellite primary care clinic in Menlo Park (called Belle Haven). It provides comprehensive primary care, dental care and behavioral counseling services to all ages, serving 11,000 patients a year. Its Center for Health Promotion provides eligibility and enrollment services for residents of the East Bayshore area and includes a branch of the Stanford Health Library that is open to the public.

RFHC's Pediatric Clinic is staffed by 3.5 FTE pediatricians, one part-time Pediatric Nurse Practitioner, and a Certified Nurse Midwife through a contract with Lucile Packard Children's Hospital. A nurse is dedicated to immunizations. The Pediatric Clinic coordinates counseling and social service referrals for children and families with its Integrated Behavioral Health department, whose team includes a Licensed Clinical Social Worker, a psychologist and a pediatric psychiatrist.



Dr. James Kaferly, Pediatrician, RFHC



Dr. Yogita Thakur, Director of Ravenswood Family Dentistry, is a Pediatric Dentist.

Mateo County or Santa Clara County. However, adult dental services are limited to registered patients of Ravenswood Family Health Center. The dental clinic also provides dental screenings for children at eleven Head Start sites in the County through the Virtual Dental Home project. This initiative is funded by First Five San Mateo County in partnership with the University of Pacific Dental School and Head Start.

For more information about RFHC, go to [www.ravenswoodfhc.org](http://www.ravenswoodfhc.org)

**RFHC**  
**"provides**  
**comprehensive**  
**primary care,**  
**dental care**  
**and behavioral**  
**counseling**  
**services to all**  
**ages, serving**  
**11,000**  
**patients a**  
**year."**



**Pregnant? New Mom?**  
**Text **BABY** to **511411** for Free Info**



## San Mateo County WIC Celebrates World Breastfeeding Week August 1-7, 2013!



This year, World Breastfeeding Week celebrates mother to mother support with the theme "Closer to Mothers." WIC celebrates the importance of mothers helping mothers and the impact it creates for breastfeeding support. Below are the San Mateo County WIC Program Breastfeeding Peer Counselors. Get to know them!



Claudia Quintanilla is our most senior PC and received her IBCLC certification last year. She has been working for WIC since 2006 and has personal experience with breastfeeding her son who was born premature. She knows that she can support a mom facing similar challenges and it can make a great difference in a baby. Claudia enjoys supporting moms, and strengthening their lives with WIC.



Ana Lopez has been with WIC since 2009 and received her IBCLC certification last year. Ana has breastfed all of her 3 children exclusively and long term. Ana also supports the San Mateo County Employee Wellness Team as a Lactation Consultant for the Corporate Lactation Program. Ana loves working with all moms and empowering them through breastfeeding.

Kim Pedraza is a mother of 4, including a set of twins whom she breastfed exclusively for more than 2 years. Kim has been working for WIC since 2010 and talks to most of our WIC moms who are ready to deliver multiples to help them gain confidence in breastfeeding. Kim knows that WIC is key to support these moms to be successful in reaching their breastfeeding goals.



Lydia Latu has been with WIC since 2009 and has exclusively breastfed both of her daughters for more than two and a half years each. Lydia has experience with pumping at work and shares all her expertise and information supporting moms who must go back to work or school early and need help maintaining their milk supply. Lydia knows PC help is key to success and WIC can make a difference for all our moms.



San Mateo County Women, Infants and Children Program

If you would like more information about our Breastfeeding Support Services, or would like to refer your patients, please call the WIC main number at (650) 573-2168.





This newsletter is a publication of the San Mateo County Child Health and Disability Prevention (CHDP) Program.

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Find us Online!  
[www.smchealth.org/chdp](http://www.smchealth.org/chdp)



**SAN MATEO COUNTY  
HEALTH SYSTEM**

## Message from Dr. Vura-Weis

July 2, 2013

Dear CHDP Colleagues,

After almost ten years here at the San Mateo County Health System, and seven years working directly with CHDP, I am retiring and soon will move out of the area. When I started in this position, I focused our provider education activities on the ABCD topics: Asthma, Breastfeeding, Childhood Obesity, and Developmental Screening and Referral. Those continue to be critically important areas for children's health, and I hope you'll let CHDP staff know if you have questions about them.

It has been a pleasure working with you. Thank you very much for your continued commitment to the health of all children in San Mateo County.

Sincerely,

Dottie Vura-Weis, MD, MPH, CHDP Medical Consultant



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