CHDP Director’s Message

As CHDP Providers you have the unique opportunity to assist parents and children in dealing with the stress-related problems due to recent world events. Encourage families to express any concerns or fears. If you feel counseling is warranted, you can recommend parents seek help from mental health professionals or by calling the Mental Health Access Center at (661) 868-8111 or toll-free at 1-800-991-5272.

All of us here wish you and your staff happy holidays!

Sincerely,

Portia S. Choi, M.D., M.P.H., Director

SUCCESS STORIES

Suzanne Hawks, PA at St. Therese Alta Vista performed a CHDP exam for a 13 year old girl who was noted to have a “frozen” left leg. Patient reported being normal until approximately 6 weeks prior and now complained of pain and inability to extend leg. Leg was twisting to the side. Child had been attending school and attempting to perform in PE classes. Referral was made immediately to KMC ER and hip surgery was scheduled for 3 days later. She was diagnosed with a dislocated hip and a pin was placed. Patient is now progressing well and ambulating on crutches. Her leg pain is decreased and she is able to bear partial weight on the affected leg. She was also noted to have a severe vision problem in the right eye. Karen O’Rear, Treatment Program nurse, arranged an appointment with Treatment Program Provider Dr. Wong for an exam. The family has applied

Children, Stress, Terrorism & Bioterrorism

Following the events of September 11th some of your patients may be experiencing stress-related symptoms. Children and adolescents may experience: depression, sleep disturbances, changes in appetite, social withdrawal, stomachaches, headaches, hyperactivity, and/or engage in obsessional play about the terrorist events. As CHDP providers you can suggest to parents and/or children ways to reduce the levels of stress.

- Exercise is a good stress reliever. Exercise does not have to be a complicated, expensive regimen. Exercise could be a walk in the neighborhood or dancing to music at home.
- Healthy food choices should be provided for meals and snacks. Good nutrition helps counter some of the negative effects of stress on the body.
- Engaging in creative activities also helps. Suggest activities for children like baking, writing, drawing, playing music, or singing.
- Humor can also help children to cope.
- Resuming normal activities instills a sense of normalcy and safety for children. Familiar habits can be comforting.

If parents are tense or emotional, this can affect their children. Parents have the difficult job of managing their own emotional reactions while not sharing their anxiety with their children. Children learn what appropriate responses are from their parents. For example if parents say that they fear or hate foreigners, their children are likely to copy that behavior. Parents need to be aware of the
SUCCESS STORIES (cont.)

for Medi-Cal. This child’s health continues to improve and she is receiving tutoring from school as she recuperates at home.

Amanda Willey, RDA, Dental Health Project Specialist with Treatment Program, received a call from Sylvia Vera with the Migrant Education Program at the Delano Elementary School District. She wanted to make a referral to the Emergency Dental Program, which is overseen by Treatment Program, where dental providers offer acute care at a reduced rate. This student had pain and facial swelling. She had missed several days of school as a result. An appointment was made for the same day with Dr. Sineri, DDS. The child was diagnosed with cellulitis caused by an advanced infection of a carious tooth. Due to the nature of the swelling, Dr. Sineri’s office was unable to provide treatment at that time. A prescription for antibiotics was given and a referral to an Oral Surgeon was suggested. However the parents were unable to purchase the antibiotics. Sylvia Vera again contacted Amanda Willey for assistance, and it was recommended that the child have a medical exam. An appointment was made for the next day with Dr. Shah in Delano. The child received a complete CHDP screening. A dental referral was faxed to Treatment Program. Amanda Willey then made a referral to Dr. Kim, DDS for further evaluation. In addition to treating the infected tooth, Dr. Kim, DDS was able to perform a cleaning and complete exam, take X-rays, and restore the 4 other teeth that were decayed. These services were provided by Treatment Program at no cost to the family.

Clinica Sierra Vista in Lamont saw a 4-year-old child who was diagnosed with convergent strabismus. He was referred to California Children’s Services (CCS) who authorized an evaluation at Dr. Schuler’s office. Since the condition did not require surgery, CCS could not cover glasses. PHA Marge Tamayo contacted the parents and referred the child to Treatment Program. Karen O’Rea, Treatment Program nurse, made arrangements with Dr. Uminsky to fill the prescription for special glasses for the child.

Assisting children into care is one of the goals of CHDP. Without the help of Providers this would not be possible. CHDP appreciates the efforts, cooperation and hard work of all Providers in referring and treating conditions found during CHDP exams.

Children, Stress, Terrorism & Bioterrorism (cont.)

effect of their behavior on their children.

When faced with stress, some children and adolescents choose to avoid thinking about it or escape, while others may want to control it. For the latter keeping informed about world events may help to allay fears. Taking the time to prepare for emergencies, such as earthquakes or fires, is important. Learning how to properly handle mail and having first aid kits available are an important part of preparedness. Encourage patients to establish a family communication plan, like an emergency contact phone number. Teach small children their last name, home address and telephone number. Reassure patients that it is not necessary to stockpile antibiotics and that the unnecessary use of antibiotics can lead to drug resistance and/or complications. Government agencies, like the CDC and the local Emergency Medical Services, have stockpiles of vaccines and antibiotics in various locations around the US ready for rapid distribution.

Parents should discuss their children’s safety if their child asks questions or seems worried. Assuring young children that they are safe is important. Teenagers may want more in-depth information. Providing teens with accurate information may alleviate some of their concerns. Ask the child or adolescent what they already know and correct any misinformation that they may have. Listen to what specifically concerns them.

As First Lady Laura Bush said, “The tragedy of September 11 was meant to cause fear among all Americans – including our children. We can’t let that happen. Talk with your children, listen to them. Tell them that they are safe, and they are loved.”

Please POST the enclosed flyers about Holiday Safety and the new Booster Seat law in your clinic or office where parents can read them.

Announcements

1. The Kern County Department of Public Health has a new home! In January 2002 we are moving into a beautiful new building, just a few blocks from our old buildings. Our phone & fax numbers will remain the same. Our new mailing address:

   **1800 Mount Vernon**
   **Bakersfield, CA 93306**

2. CHDP welcomes our new provider:
   **Dr. Kanthiah Kanthakumar**
   Pediatrics & Family Practice
   16914 Highway 14, Mojave, CA 93501
   Tel: (661) 824-8282; Fax: (661) 824-2444

3. Now Inactive:
   St. Therese Medical Group, 2201 Alta Vista, Bakersfield is now inactive as a CHDP Provider. Suzanne Hawks PA-C has moved to the office of Dr. Mendez.

4. The state of California has passed a Booster Seat Law effective January 2002. The law mandates that all children in cars must be in car seats or booster seats up to 6 years of age or 60 pounds. Please post the enclosed flyer in your clinic for parents to learn more.

Childhood Obesity Update

Please refer children with a BMI > 95% to the following resources:

1) Nutrition Counseling Resources:
   a) WIC: for eligible children under 5 years of age (Clinica Sierra Vista (661) 322-3907; KCEOC (661) 327-3074)
   b) Health to Home Program: This is a free service in the home or another site providing health education to the underserved population of Kern County. There is no age limit. The program is able to provide education and nutritional information on a variety of chronic diseases, including asthma, diabetes, blood pressure, and high cholesterol. (661) 861-0852
   c) KMC Support Services: Nutrition counseling provided to patients with “nutrition counseling requested” written on a prescription or the PM 160 signed by a medical provider. Providers or patients can call for an appointment (661) 862-7600. Fax a copy of the PM 160, PM 161, and if low-income the 4073 to (661) 862-7694.
   d) Resources of your choice that accept Medi-Cal and/or low-income CHDP clients for nutrition counseling

2) Medical Resources for obesity and obesity-related labs:
   a) KMC Sagebrush Pediatric/Family Practice Clinics:
      i) Medi-Cal: fax a copy of PM 160 and PM 161 to (661) 326-6523;
      ii) Low-income: Refer to KMC Ambulatory Services by faxing the KMC Ambulatory Services Referral Request form, PM 160, 4073, and PM 161 to (661) 326-2135. The client can call for an appointment at (661) 326-6500
   b) Delano Regional Center: Referral process pending

LEAD IT BE KNOWN…

With the holidays upon us, there are often questions regarding the danger of using crystal or dishes that are known to contain lead.

- **Lead-containing crystal or dishes** should not be used to cook nor store food. They should also not be used by children. Using lead-containing items for decorative purposes or for occasionally serving to adults is considered acceptable. Retailers are required to post warnings near products that are known to contain amounts of lead that exceed federal guidelines. Look for the yellow triangle.

- If you have an item that you think may contain lead, those items can be tested by a lead testing kit. You can buy a lead testing kit in most home improvement stores for $5-8, or you can call our Lead Poisoning Prevention Program at (661) 868-0360 for more information!

Providers are reminded that CHDP billing codes for drawing lead tests have been changed from 15 to 23. It has been reported that some providers have gotten denials for using code 23; CHDP reports that this was an EDS error and will be corrected. Code 23 is the correct code for reimbursement for drawing either a capillary or venous blood lead test.

HEALTHY FAMILIES UPDATE

The Healthy Families Program provides an affordable insurance program for uninsured children ages 1-19 with a family income up to 250% of the federal income guidelines. As of November 5, 2001, there were 477,038 subscribers enrolled in the Healthy Families Program (HFP) in California. There were 12,059 subscribers, or 2.53% of the eligible population, enrolled in Kern County.

All CHDP providers are encouraged to advise families with potentially eligible children about the HFP and to promote completion of the Healthy Families and Medi-Cal for Children Application. For more information and/or application assistance, call the general information line for HFP/Medi-Cal toll free at 1-800-880-5305.
TREATMENT PROGRAM UPDATE

We are continuing to provide case management for children seen at CHDP exams. We would like to remind you that ALL DENTAL referrals must be PRIOR AUTHORIZED.

To expedite the MEDICAL referral process, remember to make DIRECT referrals to any medical provider listed in the Treatment Program Provider List. Give the patient's family a copy of the PM 160 & 4073 (financial eligibility form) to take with them to the referred provider. Do NOT fax the information to us regarding MEDICAL referrals. Remember children UNDER 13 months of age are not eligible for Treatment Program services.

Please call us at (661) 868-0375 with any questions regarding the referral process, medical or dental.

It is a pleasure working with you to provide services to the children in our community.

TREATMENT PROGRAM DENTAL COMPONENT

The CHDP Treatment Program Dental Component for children ages 1-5 has received Prop 10 funding for a second year from the Children and Families Commission. Program policy and producers remain the same.

Please remember that ALL DENTAL referrals must:
• Have a completed PM 160 & signed DHS 4073 prior to accessing Program. A copy of the PM 160 & DHS 4073 can be faxed to Program at (661) 868-0493.
• Be prior authorized by Program staff.

Program staff will make ALL initial & recall appointments. Any child seen by a dentist without prior authorization will result in non-payment of services.

If you have any questions regarding a dental referral, please contact Program staff at (661) 868-0375.

CHDP IN TOUCH
Kern County Department of Public Health
Child Health and Disability Prevention Program
1800 Mount Vernon
Bakersfield, CA  93306

UPCOMING EVENTS

Dental Conference
(Continuing education credits offered)
Thursday, Jan. 31;  5:30 – 9 p.m.
Hodel's Country Dining, Olive Dr. & Highway 99
(Save the Date Flyer enclosed)

Documentation & Billing In-Services
Thursday, Feb. 7;  12 – 2:30 p.m.
&
Thursday, May 2;  12 – 2:30 p.m.
Health Department, 1800 Mount Vernon

CHDP School Update
(Continuing education credits offered)
Thursday, March 7;  8 – 12 a.m.
Health Department, 1800 Mount Vernon

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