Child Health Notes

Promoting early identification and partnerships between families, primary health care providers & the community.

King County Child Health Notes are distributed by Public Health-Seattle & King County–Children with Special Health Care Needs Program. This newsletter provides physicians, nurse practitioners, primary health care providers, public health centers and community partners with current information regarding identification and management of special health issues for children. Contributing agencies and programs include: Washington State Department of Health and UW – Center on Human Development & Disability

DEVELOPMENTAL SURVEILLANCE IN PRIMARY CARE

Primary care providers for children generally view developmental assessment as an integral part of well child care. Well child exams in the first two years of life are ideal for the detection of problems with a child’s development and are covered by most insurance plans, including Medicaid/DSHS. Despite this, only half of the children with developmental disabilities are identified prior to school entry. About 16% of all children have disabilities such as mental retardation, motor disorders, and speech and language disorders. Research has shown that:

- Serial well exams by themselves do not constitute developmental surveillance.
- Identification of developmental delay is improved when explicit developmental screening procedures are used.

How can developmental screening be done under the pressures of managed care? The short answer is:

KEEP IT SIMPLE AND MAKE IT CONTINUOUS:

- Screening of all children by parent questionnaire at each well child exam.
- Basic screening of motor, speech, and social milestones at each well child exam.
- Refer for additional evaluation of children with known risk factors, when parental concerns are expressed, or for “red flag” findings on screening or physical exam.

Information on developmental monitoring tools including parent questionnaires that can be used in your practice is available on the Medical Home and Leadership Network Website: http://www.medicalhome.org

WHY IDENTIFY EARLY?

- Young children with disabilities can be accurately identified
- Early intervention services are effective in improving child and family function
- Services are available and affordable to families

Quick and accurate screening tools have been developed for use in primary care. Information including source, accuracy, and time requirements, is available on the AAP Development and Behavior web site: www.dbpeds.org

Children who participate in early intervention programs prior to kindergarten are more likely to achieve goals of independence, functional productivity, community integration, and improved school performance. Families are more likely to cope effectively.

In King County, any child under three years of age with known or suspected developmental delays may be referred to the network of 14 different Early Intervention providers in the County. Services for children over age three include Headstart and school district special education programs.
Any child with known or suspected developmental delays may be referred to agencies listed below:

### COUNTY RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

**For children under age three:**
Contact: Community Health Access Program (CHAP)  
206-284-0331. *(Lead Family Resources Coordinator)*  
[www.whf.org/programs/FamilyResources.aspx](http://www.whf.org/programs/FamilyResources.aspx)

**For children age three & older:**
Contact: Local school district (see below)  
[www.psesd.org](http://www.psesd.org)

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### SPECIAL NEEDS INFORMATION AND RESOURCES:

**Local:**
Children with Special Health Care Needs Program  
*(Public Health Nurse consultation services)*

Parent to Parent Support Program  
*(through the Arc of King County)*

Contact: 206-296-4610  
[www.metrokc.gov/health/cshcn](http://www.metrokc.gov/health/cshcn)

Contact: 206-364-4645 ext. 7042  

**Regional:**
Children’s Hospital and Regional Medical Center  
Health Professional Hotline

Parent Resource Line

WithinReach *(formerly Healthy Mothers, Healthy Babies)*

Infant Toddler Early Intervention Program

Parent to Parent Support Programs of Washington

Washington State Fathers Network

Washington State Medical Home Website *(information about developmental monitoring tools & other practice resources)*

Contact: (800) 293-2462  
(866) 987-2500  
[www.seattlechildrens.org](http://www.seattlechildrens.org)

Contact: 1-800-322-2588, 1-800-833-6388 TTD  
[www.withinreachwa.org](http://www.withinreachwa.org)

Contact: [www.dshs.wa.gov/iteip](http://www.dshs.wa.gov/iteip)

Contact: (800) 821-5927

Contact: (425) 747-4004 ext. 4286  
[www.fathersnetwork.org](http://www.fathersnetwork.org)

Contact: [www.medicalhome.org](http://www.medicalhome.org)

**National/Internet:**
American Academy of Pediatrics

AAP Developmental and Behavioral Pediatrics

American Academy of Family Physicians

Family Village *(Extensive family resources for CSHCN)*

Family Voices *(National & state family support networks)*

Center for Disease Control *(information about developmental monitoring tools & other practice resources)*

Contact: [www.aap.org](http://www.aap.org)  
[www.dbpeds.org](http://www.dbpeds.org)  
[www.aafp.org](http://www.aafp.org)  
[www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu)  
[www.familyvoices.org](http://www.familyvoices.org)  
[www.cdc.gov/ncbddd/child/screen_provider.htm](http://www.cdc.gov/ncbddd/child/screen_provider.htm)

Public Health-Seattle & King County  
**Children with Special Health Care Needs Program**  
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