



The Growing Years

A Newsletter of Riverside County CHDP Program

April 2019



Christopher D. Dael, MD

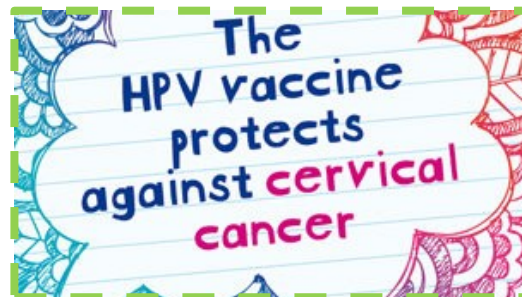
Medical Program Director
Children's Medical Services
RUHS - Public Health

A Message From Our Medical Program Director:

HPV Success

**Riverside County
CHDP Office**
1-800-346-6520
www.rivcochdp.org

These days life as a pediatric care provider can be challenging or even disheartening. Parental and patient access to mountains of anecdotal or even fictitious information on the Internet and social media has made it much harder for medical professionals to take optimal care of some children and young adults. More and more of the office visit is spent convincing hesitant parents of the well-established safety and benefits of immunizations, many times to no avail.



Given how difficult this can be I think it's vital to take a moment to appreciate an enormous success in the realm of childhood public health. Work done by Dr. Tim Palmer at the University of Edinburgh and published in the British Medical Journal has shown a remarkable response to childhood HPV immunization. Dr. Palmer looked at women aged 20 who had been immunized between 12 and 13 years of age in Scotland and found that there was an 89% drop in CIN3 (severely abnormal cells on the surface of the cervix) when compared with women who had not received the immunization. Findings of CIN3 on cervical samples indicates a significant risk for developing invasive cervical cancer. This represents a massive reduction in disease! If that isn't enough, a potential side benefit showed that unimmunized women may be experiencing a reduced risk as well given herd immunity when immunization rates are kept high.

Day-to-day life in the trenches of pediatrics can swing wildly from truly joyful to tense and frustrating. When you're having a difficult day please take a moment to remember that the work you are doing to provide evidence-based care to kids in Riverside County is absolutely and certainly saving lives. Know too that you're deeply appreciated here at Children's Medical Services, RUHS-Department of Public Health, and by thousands of families in our community.

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Please share this newsletter with your staff!



Lead in Pills for Babies



In 2017 the U.S. Food and Drug Administration warned parents and caregivers not to use Balguti Kesaria Ayurvedic Medicine due to risk of lead poisoning. This product is used with infants and children for many conditions, including rickets, cough and cold, worms and teething.

Recently, a child in Riverside County was reported as having a blood lead level of 21 $\mu\text{g}/\text{dL}$. (A normal blood lead level is 0.) The County's Childhood Lead Poisoning Prevention Program (CLPPP) conducted a home visit and found that these pills were being given to all of the children in the household. Another source of lead was found in Indian spices they were using to cook with. The family was unaware of the lead content in these products.

Lead exposure can cause serious damage to the central nervous system, the kidneys and immune system. Chronic exposure to lead is associated with impaired cognitive function, including reduced IQ, behavioral difficulties, and other problems. Anyone using these products or giving them to children should stop immediately and consult a health care professional.

Reference: "FDA warns consumers not to use Balguti Kesaria Ayurvedic Medicine due to high levels of lead" on <https://www.fda.gov/drugs/drugsafety/ucm570237.htm>

For the latest lead recalls, refer to the U.S. Consumer Product Safety Commission by visiting www.cpsc.gov or calling 1-800-638-2772.

Finger Stick Sample Training

CHDP requires that children have blood lead testing routinely at 12 and 24 months, between 25-72 months of age if not previously tested, and if they are determined to be at risk for lead poisoning. Capillary finger stick sampling is a common method of obtaining a sample to determine a child's blood lead level. Correct finger stick technique procedures must be followed to obtain accurate blood lead test results as there is a high potential for contamination of capillary specimens.



To learn more about proper finger stick technique for blood lead testing or to schedule a training, call the Riverside County Childhood Lead Poisoning Prevention Program at 1-800-346-6520.

Play Audiometry!



Play Audiometry is a fun, interactive method of performing hearing screenings. Not only is this an exciting game to play with your young patients, it is the preferred method of administering audiometric screening to children aged 3-6 years and to children with developmental delays. Instead of using response devices such as the button or raised hands, a game using plain blocks is used for this age group. The screener introduces the game by producing a sound from the audiometer and conditions the child to place the block in the basket when they hear the sound.

Some children may be uncooperative and may not want to play the game. However, this should not deter the screener from taking the time to use Play Audiometry. Most children want to play the game and it is important that the screener gives the child opportunity to play. From start to finish, the screening should take no more than 3 minutes. If after 3 minutes the screener is unsuccessful, in the plan of care, the provider must recommend repeating the screening in 2 to 6 weeks, according to CHDP guidelines. If the child returns for the second attempt and is still unsuccessful, refer the child to another appropriate health professional or audiologist. It is important not to delay rescreening or referral until the next annual physical. Early detection of a hearing problem leads to early intervention.

We highly recommend the staff in your office who perform audiometric screening attend an upcoming training we offer in Riverside and Indio. The audiometric training provides education on the anatomy of the ear, hearing disorders, screening audiograms, how to perform an audiometric screening (Play Audiometry being the method of choice), how to screen uncooperative children, referral, follow-up requirements and a practicum. The next audiometric training is May 23rd in Riverside and August 22nd in Indio. **Registration is required.** Your management should receive a registration email link 1 -2 weeks prior to the training date. You may also call our office at (951) 358-5481 to register or if you have any questions.

Resources: California Department of Health Care Services, Systems of Care Division Child Health and Disability Prevention Program. [Hearing Screening and Anticipatory Guidance](#). Health Assessment Guidelines #14, July 2016.

Happy Trails To You, Neda!

Riverside County will soon be losing longtime health educator, Neda Movahed, to retirement. We wish her the best of luck in this newest chapter of her life, but before she goes we wanted her to share some of her experiences with CLPPP.

Q: Describe your decision process to become a public health educator.

A: When I received my bachelor of psychology from the University of Austin at Texas, I had a hard time choosing a major for my master's program. I consulted with my advisors and faculty members and chose public health. I am so happy I chose that major because it gave me a chance to learn about public health, training medical providers, public speaking, editing and publishing, marketing and PR, budgeting, reporting, working with computers, utilizing graphics and more.

Q: Tell us one of your most memorable moments as a health educator.

A: One that always stands out is when Desiree and I went to Mecca for a health fair. It was an outdoor event, but the weather was so hot that we were pouring water bottles on our heads and bodies. I will never forget that day; we were soaking wet while educating parents about the lead program. This shows no matter the situation or circumstances, if you love your job you will adapt and finish your work.

Q: What made you decide to retire and what's next?

A: The main reason was my 2-hour long commute every day. I am glad to finish my 30 years of service with the County with a job I absolutely loved and with team members I admire so much. My main focus is to enjoy my granddaughter, Magnolia, and watch her grow. I will continue serving as president of my nonprofit organization, Irvine Iranian Parents Association; serving as president of my nonprofit organization, Irvine Iranian Parents Association; working in my community as executive director of Irvine Nowruz Festival; and serving as board member of both the Israeli American Council, Orange County, and the Irvine Global Festival. I also plan to open another nonprofit in 2020 in Orange County to help homeless teen mothers.



*CHDP Honors...
Providers of Excellence!*

The CHDP Program recognizes providers who demonstrate excellence in the following areas:
A **Site Review** score of 100%
A **Chart Review** score of 98% and above;
And a **Desktop Review** score of 100%!



Thank you for your commitment to excellence!

CAIR Help Desk

The CAIR Help Desk is currently experiencing delayed processing times. Account Update requests can take up to 4 weeks.

The Account Update system is **offline every Friday** to alleviate some pressure and aid the Help Desk in catching up.

If you need assistance with password resets and patient merges, please contact your Local CAIR Rep, Monique Crespo, directly at (951) 358-7162.

For assistance with the California Immunization Registry, visit www.CAIRWeb.org or contact the following:
Local CAIR Representative: Monique Crespo at (951) 358-7162 or Monique.Crespo@cdph.ca.gov
CAIR Help Desk at 1-800-578-7889 or CAIRHelpDesk@cdph.ca.gov
Data Exchange Specialist at CAIRDataExchange@cdph.ca.gov

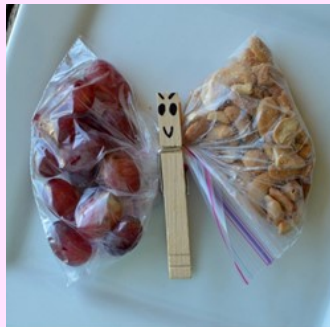


Healthy Snacks

Getting kids to eat healthy is usually not an easy task. However, if you allow your child to help prepare the food, they are more likely to forego their bias against healthy foods and enjoy the results of their “hard work.” Also, making food look like cute butterflies or other little critters helps encourage healthy eating as well. You can customize these snacks to meet your needs. Enjoy!

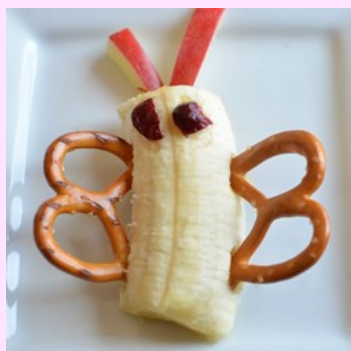
1. Butterfly To-Go Snack Bag

Supplies/ingredients: Ziplock sandwich bag, clothespin, marker, and your choice of fruit, nuts or other small snacks for the “wings.”



2. Banana Butterfly Snack

Ingredients: Banana slice, pretzels for “wings,” dried cranberries or raisins for “eyes” and apple slices or carrots for the “antennae.”



3. Butterfly Sandwich

Ingredients: whole wheat bread cut into “wings,” carrot for the body and “antennae,” and your choice of sandwich filling. You can also get creative and have the kids decorate the wings with healthy foods.



For more adorable butterfly food ideas, please visit:
<https://www.superhealthykids.com/recipes/top-12-adorable-butterfly-food-ideas-kids/>

CHDP Health Assessment Guidelines



CHDP Health Assessment Guidelines (HAG)

We will be highlighting a Health Assessment Guideline (HAG) in every newsletter to provide a quick summary and reference for our providers. HAGs are standards for pediatric health assessments that include frequency, content of the exam, tests to be provided, and recommended anticipatory guidance for CHDP children 0-21 years.

HAG #18 Oral Health

Rationale: Dental caries are the No. 1 chronic disease among children in California. Children in low-income households are at highest risk for caries and since all CHDP clients are low income, they are all at high risk for developing dental caries.

Screening Requirements:

- Inspect mouth, teeth and gums at every health assessment. It is recommended to use the [CHDP Dental Referral Classification Guide](#) for guidance on what to look for and how to document findings. Refer any CHDP patients with Class II or higher to CHDP for case management using the Care Coordination form or PM 160.
- Assess risk for dental caries. You may use the [American Academy of Pediatrics Oral Health Risk Assessment Tool](#) for guidance.
- Prescribe a fluoride supplement if child's drinking water does not contain adequate levels of fluoride.
- Provide anticipatory guidance. You can reference Table 2 Anticipatory Guidance for Oral Health found in HAG #18.

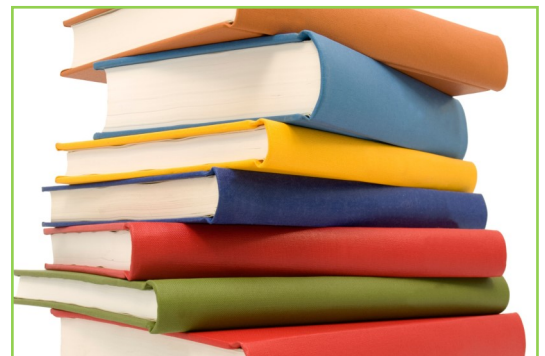
Refer children directly to a dentist beginning by age 1 to help establish a dental home.

Reference: <https://www.dhcs.ca.gov/services/chdp/Documents/HAG/18OralHealth.pdf>

Attention, Providers!

If you need **CHDP educational materials**, please call the CHDP main line at (951) 358-5481.

Any questions? Visit us online at www.rivcochdp.org



CHDP Bulletin

Child Health Programs Staff

CHDP Program

Linda Overton, ANM — Lead and CHDP Program
 Rebecca Fergus, PHN — Charge Nurse
 Geraldine Odiakosa, PHN — CHDP Care Coordinator
 Blanca Franco, PHN — CHDP Provider Liaison
 Patty Palomino — PHN, CHDP Care Coordinator
 Neda Movahed, MPH — CHDP Health Educator
 Laura Calderon — CHDP Health Services Assistant

Lead Program

Mae Johnson, PHN — Lead Program
 Noella Tataw, PHN — Lead Program
 Neda Movahed, MPH — Lead Health Educator
 Desiree Contreras — Lead Program Health Services Assistant
 Crystal Meals — Lead Health Services Assistant

Set 4 School Program

Lynne Craig, Program Coordinator II — Set-4-School
 Kylie Powers — Health Services Assistant

Local Oral Health Program

Cynthia Pledger, RDHAP, MPA — Director
 Liz Loera — Health Education Assistant
 Dorothy Delphin — Health Education Assistant
 Ashley Flores — Health Education Assistant
 Angela Acosta — Office Assistant III

Lilia Moncayo — Office Assistant II
 Diane Montanez — Office Assistant II

Riverside County Child Health Programs wishes you a safe, healthy wonderful spring season!

Thank you for serving Riverside County children and keeping them healthy and safe!



Workshops

CHDP Overview Workshops

May 8, 2019 - Riverside
 June 12, 2019 - Riverside
 July 11, 2019 - Palm Springs

Audiometric

May 23, 2019 - Riverside

Vision/BMI/Fluoride Varnish

June 26, 2019 - Indio
 July 24, 2019 - Riverside



**Children enrolled in
 GATEWAY
 in Riverside County:**

**December 955
 January 1,250
 February 1,053
 Excellent!**

**Total number of
 CHDP
 Providers:
 135**

Editor: Linda Overton, PHN, Assistant Nurse Manager, Child Health Programs; Diane Montanez, Office Assistant II

Contributors: Dr. Dael, Medical Director, CMS; Rebecca Fergus, PHN, Lead /CHDP; Patty Palomino, PHN, Child Health Programs; Cassandra Lynch, Assistant Nurse Manager, Immunization Program; Monique Crespo, Local CAIR Representative; Cynthia Pledger, Director, Local Oral Health Program