



NIHCM
FOUNDATION

CHILD HEALTH UPDATE

BRIGHT FUTURES AND MANAGED CARE

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Bright Futures and Managed Care Forum Series

Adolescents have many more opportunities today, but also seem to be facing increasing health problems and risks. Medical conditions are only a piece of health care considerations for adolescents; they also face serious psychosocial and behavioral problems.

NIHCM Foundation sponsored a forum, "Strengthening Health Supervision for Adolescents," in 1999 on the special issues of adolescent health care. **Dr. David Heppel, Director of the Division of Maternal, Infant, Child and Adolescent Health at the U.S. Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau (MCHB)**, welcomed the 90 participants representing key stakeholders—federal, state, and local officials, child health experts and managed care executives.

The opening session focused on the health status of adolescents and the various issues affecting care for teens. **Dr. Claire Brindis, National Adolescent Health Information Center, University of California at San Francisco**, said that a common perception about adolescence is that it is the healthiest period in life, yet an estimated 20% of adolescents have serious illnesses. Dr. Brindis outlined specific opportunities to improve adolescent care: (1) educate purchasers and providers regarding adolescents' needs and utilization patterns; (2) engage and inform teens and parents about confidentiality issues; (3) teach teens how to use the system and designate a provider; (4) commit to quality standards to gauge the progress in adolescent health care.

Dr. Dawn Wood, Blue Cross of California, then moderated a panel discussion on addressing unique issues of adolescent health care. Providing research data on adolescent issues in accessing care, **Linda Juszczak, North**

Shore University Hospital, highlighted the concerns about adolescents seeking care and pediatricians addressing the specific needs of this population. **Dr. Angela Diaz, Director of the Adolescent Health Center at Mt. Sinai-NYU Medical Center**, believes that all adolescents can be motivated to seek and use health services if programs tailored to their needs are developed and staffed by people trained to care for them. Dr. Diaz has found that an interdisciplinary approach with as many services on-site as possible is best for this population. **Abigail English, Director of the Center for Adolescent Health & the Law at Advocates for Youth**, emphasized the crucial issues of consent and confidentiality in caring for adolescents, many of whom are minors.

Melissa Koury, Clinical Quality Improvement Department at Highmark Blue Cross Blue Shield, moderated a session on Improving Health Supervision for Adolescents using guidelines specific for adolescent care. **Dr. Missy Fleming, Program Director at the Child and Adolescent Health Program, American Medical Association (AMA)**, presented the AMA's Guidelines for Adolescent Preventive Services (GAPS). **Dr. Jonathan Klein, Division of Adolescent Medicine at the University of Rochester**, outlined the health supervision content of Bright Futures. Bright Futures does incorporate much of the GAPS content on teenagers, though it adds information on nutritional recommendations and dental care, and encompasses the entire age range from birth through adolescence.

Dr. Dawn Wood, Vice President and Medical Director, State-Sponsored Programs, Blue Cross of California, and **Dr. Bradley Bradford, Chairman of the Department of Pediatrics, Mercy Hospital of Pittsburgh**, discussed from a practitioner's perspective implementation of care supervision guidelines.

(Continued on reverse)

"We need to intervene early in many adolescent behaviors because many of the problems that we can deal with in adolescence have long-term implications."

—Claire Brindis

"I think that as providers, managed care companies, health administrators, if we design the right program for teenagers and we make sure they know that we have those services, the adolescents will come to us."

—Angela Diaz

For detailed information about Bright Futures, see the following Web sites:
www.brightfutures.org
www.ncemch.org

“Bright Futures fits within the context of the age span of pediatric medicine in contrast to merely segmenting out specific years.”

—Bradley Bradford

“The attractiveness of a school-based setting is that it deals with many of the barriers to adolescent care.”

—David Kaplan

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Adolescent Care Forum cont'd

Both noted that guidelines can improve prevention of adolescent morbidities and mortalities, and educating physicians and health plans is essential to overcoming the barriers to implementation.

Colleen Sonosky, with the Center for Health Services Research and Policy at George Washington University, updated the status of sample purchasing specifications which are intended as a tool for purchasers to include in their managed care documents.

Highlighting the effectiveness of school-based health clinics, **Dr. David Kaplan, Chief of Adolescent Medicine at Children's Hospital, Denver, and the University of Colorado School of Medicine**, noted that school-based centers address all of the health care needs of adolescents and are an ideal location to reach teens. Managed care organizations can benefit from partnerships with school-based centers, as **Donna Zimmerman, Director of Government Programs at HealthPartners** noted in describing the plan's contract with school-based clinics for primary care services to the plan's adolescent members. **Diana Medlock, Executive Director of the Adolescent Health and Wellness Center in Dayton, Ohio**, described the efforts of the only community-based clinic of its kind focusing strictly on adolescent care to supplement school-based centers.

Dr. Paula Hollerbach, Senior Research Officer at the Academy for Educational Development, and Shelley Evans, Associate Director of the Center for Adolescent Pregnancy Prevention, Family Health Council, Inc., highlighted the successes of community-based efforts to prevent teenage pregnancy.

We have distributed an *Action Brief* that summarizes the discussion from the meeting in more detail. We also have posted both this *Update* and the *Action Brief* on the NIHCM Foundation Web site at www.nihcm.org.

Bright Futures Update

The Bright Futures project published two new books this month: the second edition of the comprehensive *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* and the *Bright Futures in Practice: Nutrition*.

The expanded second edition of the Bright Futures Guidelines features current information on a wide range of child health topics for all age groups. The guidelines are consistent with those of the American Academy of Pediatrics (AAP) and the American Academy of Pediatric Dentistry. The guidelines also contain the Year 2000 Childhood Immunization Schedule approved by the Advisory Committee on Immunization Practices (ACIP), the AAP, and the American Academy of Family Physicians (AAFP).

The new Bright Futures edition includes the latest screening guidelines for hearing, vision, hypertension, hyperlipidemia, iron-deficiency anemia, elevated blood lead levels, and sexually transmitted diseases, as well as a tooth eruption chart, sexual maturity rating chart, and guidance on selecting safe, quality child care.

Other guides currently in development focus on physical activity, mental health, and children with special health care needs. All of the Bright Futures Health Supervision materials are downloadable from the Bright Futures Web site (www.brightfutures.org), which provides detailed information and links for parents to share information.

Journalism Award

NIHCM Foundation has solicited articles for its Sixth Annual Health Care Journalism Awards which will be presented on May 31, 2000. The Awards include a prize for excellence in reporting from general circulation and trade publications on children's health care issues published during 1999.

Research Award

On November 4, 1999, NIHCM Foundation presented awards for excellence in research on child health issues. The Sixth Annual Health Care Research Awards covered articles published between September 1, 1998 and August 31, 1999. Stephen H. Long and M. Susan Marquis won for their paper, "Geographic Variation in Physician Visits for Uninsured Children: The Role of the Safety Net," *JAMA*, June 02, 1999; 281:2035-2040.

For more information about either of the awards, please call Anne Mahoney at 202-296-4426, or visit our Web site at www.nihcm.org.