

## Independent Living Skills Module V

# HEALTH CARE

## HYGIENE

Cleanliness is important! It helps fight disease-causing germs. It's never too early to practice good hygiene—keeping the body and teeth clean. It is recommended that parents teach children to:

- Take daily baths and shampoo frequently
- Wash hands before eating meals, before bedtime and after using the toilet
- Brush teeth after every meal and snack

When a child is still an infant, it is a good idea to start wiping his or her gums after feedings. Children should start regular visits to the dentist between the ages of 2 and 4. If you have questions about what your child's dental care should be, ask your dentist.

Keeping your living environment clean will help fight disease-causing germs, too. Keep in mind that the bathroom and kitchen are the places that germs are most often found and where they multiply. Make sure always to wash dishes, glassware, utensils and pots in warm sudsy water and rinse them well after each use.

Pests such as cockroaches, houseflies and bedbugs can carry disease and should be eliminated. There are a variety of products available in department stores and food stores to combat these pests. Be sure to read the labels carefully. Keep all pest control products (ant cups, bug spray, cockroach traps, mouse traps, etc.) away from children. Remember, these are poisonous materials! Protect children from accidental poisoning.

## IMMUNIZATIONS

Children should be immunized to protect them against these very serious diseases:

POLIO  
MEASLES  
RUBELLA  
DIPHTHERIA  
PERTUSSIS  
TETANUS  
MUMPS  
HIB DISEASE  
HEPATITIS B  
VARICELLA-ZOSTER VIRUS

See following chart—"Child's Immunization History" for ages at which immunizations must take place. (MMR=Measles, Mumps, Rubella)

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### SYMPTOMS

The symptoms of <b>POLIO</b> are:	Fever, headache, upset stomach, sore throat, muscle pain and stiffness
The symptoms of <b>HIB</b> are:	Fever, headache, stiff neck, convulsions, and severe sore throat.
The symptoms of <b>MEASLES</b> are:	Fever, red spots, chills; can lead to pneumonia and brain damage.
The symptoms of <b>RUBELLA</b> are: (German Measles)	Slight fever and rash.
The symptoms of <b>PERTUSSIS</b> are: (Whooping Cough)	Coughing fits; can lead to pneumonia.
The symptoms of <b>TETANUS</b> are: (Lockjaw)	Muscle aches, headaches, breathing and heart problems.
The symptoms of <b>DIPHTHERIA</b> are:	Sore throat, fever, chills and blocked windpipe.
The symptoms of <b>HEPATITIS B</b> are:	Acute fever, loss of appetite, nausea, and malaise (feeling awful), muscle aches, sometimes a rash in young children.
The symptoms of <b>VARICELLA</b> are: (Chicken Pox)	Generalized rash and mild fever.

\*Ask your doctor for advice regarding the need for immunizations for flu, typhoid, yellow fever and other diseases.

### HEALTH CARE SCHEDULE

Regular medical appointments are very important to a child's health. Most doctors follow the Project Good Health Medical Protocol and Periodicity Schedule for regular check-ups.

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(C) EPSDT – Medical Protocol and Periodicity Schedule.

SCREENING PROCEDURE	Infancy							Early Childhood				
	New-born	1 Mo	2 Mos	4 Mos	6 Mos	9 Mos	1 Yr	15 Mos	18 Mos	2 Yrs	3 Yrs	4 Yrs
<b>PHYSICAL EXAM</b>												
Initial/Interval History	X	X	X	X	X	X	X	X	X	X	X	X
Comprehensive Physical Exam	X	X	X	X	X	X	X	X	X	X	X	X
Blood Pressure											X	X
<b>PHYSICAL ASSESSMENTS</b>												
Nutritional Assessment	X	X	X	X	X	X	X	X	X	X	X	X
Developmental Assessment: <i>Physical</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Cognitive</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Language</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Psychosocial</i>	X	X	X	X	X	X	X	X	X	X	X	X
Hearing Screening/Testing	X	X	X	X	X	X	X	X	X	X	X	X
Vision Screening/Testing	X	X	X	X	X	X	X	X	X	X	X	X
Dental Assessment/Referral	X	X	X	X	X	X	X	X	X	X	X	X
Cancer Screening	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR
Health Education/Anticipatory Guidance	X	X	X	X	X	X	X	X	X	X	X	X
<b>PUBLIC HEALTH SCREENS</b>												
Immunization Assessment/ Administration	X	X	X	X	X	X	X	X	X	X	X	X
Lead Toxicity Screening: <i>Verbal Risk Assessment</i>					X	X	X	X	X	X	X	X
<i>Blood Lead Testing</i>					AR	O>	<O	AR	AR	X	X	X
Tuberculosis Screening					AR	AR	AR	AR	AR	AR	AR	AR
<b>LAB TESTING</b>												
Hct/Hgb	O>	--	--	--	--	--	<O			X		
STD-Related Labs	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR
Other Labs	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR

X = required at this age  
 O> -----<O = required once during indicated interval  
 AR = required for patients at risk

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### (C) EPSDT – Medical Protocol and Periodicity Schedule. (cont.)

SCREENING PROCEDURE	Infancy					Early Childhood									
	5 Yrs	6 Yrs	8 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs	19 Yrs	20 Yrs	
<b>PHYSICAL EXAM</b>															
Initial/Interval History	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Comprehensive Physical Exam	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Blood Pressure	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<b>PHYSICAL ASSESSMENTS</b>															
Nutritional Assessment	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Developmental Assessment: <i>Physical</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<i>Cognitive</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<i>Language</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<i>Psychosocial</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Hearing Screening/Testing	X	AR	AR	X	AR	X	AR	AR	X	AR	AR	X	AR	AR	
Vision Screening/Testing	X	AR	AR	X	AR	X	AR	AR	X	AR	AR	X	AR	AR	
Dental Assessment/Referral	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Cancer Screening	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	X	X	X	
Health Education/Anticipatory Guidance	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<b>PUBLIC HEALTH SCREENS</b>															
Immunization Assessment/ Administration	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Lead Toxicity Screening: <i>Verbal Risk Assessment</i>	X	X													
<i>Blood Lead Testing</i>	AR	AR													
Tuberculosis Screening	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	
<b>LAB TESTING</b>															
Hct/Hgb				AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	
STD-Related Labs	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	
Other Labs	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	

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### DOCTOR'S VISITS

Preparing yourself and your child for a visit to the doctor can make the appointment more pleasant and productive. Consider the following preparations for regularly scheduled medical appointments.

- Explain to your child what the visit is for and what will happen so the child won't be frightened.
- Prepare questions for the doctor ahead of time.
- Provide information on the child's past illnesses, family history and behavior.
- Request or ask about tests for lead, cholesterol or other potential health problems.
- Never use the threat of a visit to the doctor as a punishment.

#### When to call the doctor.

##### ACTIVITY

Do you know when parents should call the doctor?

Alexis' four-month-old son, Cameron, has a rash on his arms and legs and has a temperature of 101°. What would you do?

Jim's 2-½ year old daughter, Allison, has had diarrhea since yesterday. She does not have a fever and feels okay otherwise. What should Jim do?

Rene's one-year-old son wakes up at midnight screaming. He feels very hot and sweaty. When Rene takes his temperature, he has a fever of 104.5°. What would you do?

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Samuel's son, Jeremy, age 3, seems to have difficulty running. It almost looks like he is limping with his left leg. When Sam asks him if his leg hurts, he says "no". however, he continues to run funny. What should Sam do?

Wennel's daughter, 7-month-old Augusta, is teething. She is cranky and irritable. She is running a slight temperature and seems to be in pain. Her gums look slightly inflamed. What would you do?

What symptoms or conditions would prompt you to call the doctor?

You and your doctor will have a better relationship if you can talk things over and understand each other's concerns.

When you notice any of the following symptoms, you must call your doctor:

- Any severe fall
- Head injury
- Prolonged vomiting and/or diarrhea
- Rash in or around diaper area that doesn't clear up
- Blood in urine or stool
- Cold or flu symptoms (cough, runny nose, fever, rash)
- Fever
- Unexplained swelling of joints, glands, or in any other body areas
- Noticeable changes in eating or sleeping habits, skin color, body temperature or bowel/bladder routines
- Continual pulling on ears or rubbing eyes
- Rashes
- Sores in mouth or white coating on tongue
- Sudden or repeated episodes of crying, crankiness or moodiness.

**Remember to be extra alert for these symptoms until a child is able to talk and tell you where it hurts!**

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### YOUR MEDICINE CABINET

You must also have certain medical supplies in a safe place (a place that is out of reach by a child) to respond to first aid needs or to take care of a minor illness.

#### FEVER THERMOMETER

You need a thermometer to take your child's temperature. The normal temperature of a child should be around 98.6 degrees. If a child has a higher temperature, he/she has a fever which is always a sign of illness. There are different kinds of thermometers. The most common and cheapest is a mercury/glass thermometer that can be difficult to read. It is numbered in degrees and many are marked to differentiate between the normal and elevated temperatures.

#### ACTIVITY

Practice reading a glass/mercury thermometer by placing it in a glass with warm, lukewarm and cold water. Record each temperature:

<u>Warm</u>	<u>Luke Warm</u>	<u>Cold</u>

Now take your own temperature. What is the reading? \_\_\_\_\_

#### Note:

When using this type of thermometer, always make sure that you shake it down before taking the baby's temperature.

Place the tip of the thermometer under the baby's armpit. Make sure that there are no clothes between the thermometer and baby's armpit. Hold the baby's arm against his/her chest. It will take up to 4 minutes to get the most accurate reading, but you can get an idea as to whether or not the baby has a low, moderate or high fever after approximately 2 minutes.

You can also buy digital thermometers that are used in the same way. They are, however, more expensive and often not very reliable.

Note: Taking the baby's temperature in the rectum is disturbing to the baby and often uncomfortable for the parent. Taking a baby's temperature in the mouth is not an option because the baby is too young and not able to cooperate.

The newest kind of thermometer available is a digital ear thermometer that is used by placing it into the baby's ear for a very brief period of time. While this kind of thermometer is probably the most practical, it is also the most expensive.

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### ACTIVITY

Go to the pharmacy and research the various kinds of thermometers available and get the one that best meets your needs.

### INFANTS/CHILDREN'S FEVER MEDICATION

If your child has a temperature, you should always contact your doctor as it is an indication of illness and/or infection. Doctors often recommend that you give the child medication to lower the child's temperature. If you cannot reach your doctor, you still may want to give your child medication, carefully following the directions on the label to bring down his/her temperature. For babies under age two, your pediatrician will have to decide how much medication is appropriate.

Particularly high fevers can be very dangerous to babies and children as they can cause convulsions. If your child has a high fever, over 104 degrees, you must contact your doctor or hospital immediately. Also don't over dress your baby if he/she has a high temperature. Since the goal is to reduce his/her body temperature to normal, too many clothes will do the opposite and add warmth.

***DO NOT PUT A BABY/CHILD WITH A FEVER IN A COLD/LUKE WARM BATHTUB AS HE/SHE MAY GO INTO SHOCK!***

### ACTIVITY

Visit your drugstore and obtain children's fever medication. Read the directions carefully and fill out the chart below.

AGE	Dosage	How Often
0-6 months		
6 months-12 months		
12 months-24 months		
2-3 years		
3-4 years		

### SYRUP OF IPECAC

Syrup of Ipecac is used in case of poisoning or accidental indigestion of harmful substances. It causes the child to vomit. (For more information refer to the poisoning/safety section). But, do not use Syrup of Ipecac unless you have contacted your pediatrician or the Poison Information Center and they instructed you to do so!



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### **ACTIVITY**

Visit your drugstore and obtain Syrup of Ipecac. Read the label and directions carefully and record your findings in the box below:

### **BANDAIDS – TWEEZERS - GAUZE PADS – TAPE - ANTISEPTIC LOTION OR CREAM**

Minor cuts and scratches must be washed with soap and water. You may want to use an antiseptic cream prior to covering the cut/scratch with a Band-Aid. You must contact your doctor for larger cuts and wounds, or cuts on the face or close to the eyes.

In case of a burn, put cold water on the affected area as quickly as possible. Do not use Vaseline on a burn. Contact the doctor if the burn blisters.

### **ACTIVITY**

Visit the drugstore and obtain all items listed above.

### **TWEEZERS**

You will need tweezers to remove splinters from the surface of your baby's skin. For impacted splinters, it will be necessary to contact your doctor.

### **VASELINE/Q-TIPS**

You will need Vaseline and Q-Tips for skin care purposes.

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### ACTIVITY

Obtain Vaseline and Q-Tips

Can you think of additional items you may need for your medicine cabinet? If so, list them below:


### ACTIVITY

It is important to know what kind of over-the-counter medication parents may use to treat certain symptoms. Go to your local drugstore and obtain information necessary to fill out the chart below:

*Read the labels and warnings carefully!*

Symptoms	Medication	6 mo.	12 mo.	2 yrs
Diarrhea/Stomach cramps				
Fever				
Cold				
Allergies				
Teething				
Rash				