HEALTHY CHILD CARE CARE
HAWAII

CHILD CARE HEALTH
CONSULTANT TRAINING

May 7, 2013
Healthy Child Care Hawaii

- Collaboration between University of Hawaii Department of Pediatrics, American Academy of Pediatrics-Hawaii Chapter, Department of Health-Family Health Services Division, and Department of Human Services
- Funded by the Department of Human Services
Training done at the National Training Institute (NTI) in North Carolina

- Materials for this training has been adapted from NTI

- Other resources from Caring For Our Children, American Academy of Pediatrics, The Pediatrician’s Role in Promoting Health and Safety in Child Care, Model Child Care Health Policies, and CSEFEL.
Why Bother?

- There are ~88,500 children under 5 years of age in Hawaii (2011)
- > 60% are in some form of child care (2011 61%, 2010 66%)
- 2.3% (2009) of children are uninsured (3.9% in 2007)
- 44% of the confirmed abuse cases, involve children ≤ 5 years of age
Who is Caring for Our Youngest Children?

- Parent: 27%
- Relative: 27%
- Family Child Care: 17%
- Center-based: 22%
- In-home: 7%
We have a responsibility to ensure that the place a child spends the majority of his/her waking hours is safe and stimulating.
Healthy Child Care Hawaii Goals

• Develop statewide network of child care health consultants.
• Provide opportunities for pediatricians-in-training to teach developmental and health topics.
• Promote safe, healthy, and developmentally appropriate early childhood environments for children.
• Promote/provide/coordinate health and safety education for children, families, and early childhood staff.
• Help children/families in early childhood centers to access a medical home, Medicaid/CHIP, and other health resources.
CCHC Training Goals

- Promote national standards in health and safety in child care (CFOC)
- Become an advocate for quality child care
- Assist local child care center(s) in improving quality
  - Workshops, or talks, or Q & A sessions
Different levels of involvement

*Level one:*
Providing guidance to families on child care issues
- Incorporating child care issues into the individual clinical practice
**Level 2:** Providing health consultation to child care programs

Establishing and defining the health consultant relationship

- Promote families’ relationship with their medical home
- The health consultant’s “patient” is the entire child care program
- Consultation on health issues apply to the children, families, and staff as a group
**Level 2:** Providing health consultation to child care programs

Visit the program
- Observe practice and facilities
- Identify strengths of the program, important health concerns and discuss plans for improvement with the program director

Developing and reviewing child care health policies

Reviewing illness and injury logs
Level 2: Providing health consultation to child care programs

Developing plans to care for children with chronic conditions and special needs

Providing health education for staff, parents, and children

Provide ongoing health consultation
Level 2: Providing health consultation to child care programs

Legal issues for health consultants

Know the rules

- licensing regulations, health and safety code, ADA

Consent and confidentiality

- need parents’ consent to contact child’s health care professional
- discuss only with individuals who need to know to care for the child
Level 3: advocating for quality child care

Provide assistance to a local child care program
  e.g., serving on an advisory committee, conducting workshops on child development, health, and safety

Promoting early childhood professional development
- National Association for the Education for Young Children (NAEYC)
- AAP Section on Early Education and Child Care
- CME
How are you involved in child care?

How confident are you in your ability to:

• Help parents understand their child’s developmental and health needs, and how to find the child care that is best for their child

• Explain to parents the differences between in-home care, family child care, and child care centers; between licensed and unlicensed care, and accreditation
How are you involved in child care?

• Tell parents where they can get referrals for child care programs in their community
• Advise parents what to look for in quality infant, toddler, and preschool programs
• Give parents suggestions, easing the transition to child care
• Tell parents which illnesses require exclusion from child care and for how many days
How are you involved in child care?

- Develop a plan for caring for children with chronic conditions in child care
- Explain to caregivers the specific standards for child care health policies
- Conduct an on-site health and safety check at a child care facility
- Provide hands-on training on health for child care professionals
How are \textit{you} involved in child care?

- Advocate for improved health care safety standards for child care
- Identify national and local resources for information, policies, and referrals
Who Should be a Child Care Health Consultant?

• Should be a health professional
• Should have an interest and experience with children
• Should have knowledge of health resources and licensing regulations
CCHC’s Responsibility in Child Care is to:

- **The Children:** for their safety, health, and development
- **The Parents and Staff:** to educate them on what is safe and appropriate for the children
- **The Community:** to consult with child care providers and other members of the community to promote the best interests of children
3 Basic Needs of Children need to be met, in order to provide Quality Child Care

- Protection of children’s health and safety and prevention of abuse and neglect
- Building relationships with children, parents, extended family, and community
- Opportunities for stimulation and learning from experiences
Protection of Children:

• Health
  – Nutrition
  – Sanitation
  – Personal Hygiene/Self Help
  – Measures to reduce infectious disease in group settings
  – Parent education materials and references
Protection of Children:

• **Safety**
  - Precautions to prevent injury
  - Supervision
  - Prevention of abuse and neglect
  - Parent education
Building Relationships:

• With Children
  – Separation from parents
  – Continuity of care; primary caregiver
  – Positive approaches to discipline
  – Development of social skills
Building Relationships:

• With parents
  – Opportunities for communication
  – Building Trust over time
  – Parent communication and education
  – Anti-biased approach; culturally sensitive
Opportunities For Stimulation and Learning

- Variety of hands-on activities
- Appropriate for group and individual needs
- Many open-ended materials
- Schedules that handles routines and leaves ample time for activities
- Concepts brought out of play
Provide Health Consultation: Needs Assessment

• Talk with the child care program director
  – What are the hours of operation?
  – How many children in the center?
  – What are the ages of the children?
  – How many staff?
  – Is the program licensed? Accredited?
  – What are the program’s needs concerning health policies; training on health issues; and specific health issues noted from the last licensing visit?
Visit the Program

• Inspect the entire facility
  – Entrances, exits, and hallways
  – Indoor and outdoor play areas
  – Food preparation site
  – Diapering areas
  – Child and adult bathrooms
Visit the Program

- **Observe Practices**
  - Quality of caregiver-child interaction
  - Supervision
  - Infection control
  - Nutrition
  - Naptime
  - Outdoor and indoor play
  - Drop off and pick up
  - Food service
  - Diapering and toileting
Visit the Program

• **Summarize** the program’s strengths, the most important health concerns, and **discuss plans** for improvement
Visit the Program

- Playground equipment
  - Prevent entrapment by having openings <3.5 in or >9 in
  - 75 square feet per child using the area
  - 70% of playground related injuries are from falls
  - most common body part injured: head/face
Visit the Program

• Playground equipment

  – Fall injuries are a result of:
    • The height a child falls from
      – Height limits for play equipment, 48 in for ages 30 months to 5 years
    • The material or surface the child falls upon
      – Soft, resilient surfaces: Wood chips (mulch), sand, synthetic surfaces
        » Depth depends on the height and fall zone
Visit the Program

• **Sand play areas:**
  - Covered to prevent contamination by animal excrement
  - Regularly cleaned for foreign objects
  - Free of toxic or harmful materials
  - Separate from landing areas for slides and other equipment
Visit the Program

• Diapering area
  – Cleaned prior and after use with 1:64 dilution (1/4 cup chlorine bleach to 1 gallon water or 1 Tbsp bleach to 1 quart water)
  – Non-absorbent paper liner
  – Good technique
Visit the Program

• Child’s Bathroom
  – CFOC standard, 1:10 for toddlers and preschool
  – Hawaii’s licensing regulation, 1:12
  – Hand-washing sinks need to be accessible (should not be used to rinse soiled clothing or cleaning equipment)
  – Soap needs to be available
Visit the Program

- **Kitchen** shall be separate from eating, play, laundry, toilet, and bathroom areas
- Keeping frozen foods at 0 degrees F or below, cold foods below 40 degrees F, and hot foods above 140 degrees F prevents bacteria growth
- In the refrigerator, raw meat, poultry, and fish shall be stored below cooked or ready to eat foods
- Foods must be safe, meet the nutritional needs of the children and be appealing to them, and promote good eating habits
Visit the Program

• Staff-child interactions
  – **Warmth** (greetings at drop off/pick up; cheerful voice; appropriate physical contact; smiles)
  – **Respect** (eye contact; listen attentively; no discrimination)
  – **Response is sympathetic** (help children who are hurt, upset, or angry)
  – **Staff enjoys being with children**
Visit the Program

- Indoor Space
  - Ample space allows children and adults to move about freely
  - Good ventilation that can be controlled
  - Adequate lighting
  - Cozy area and soft furnishings
  - Space organized for independent use by children
  - Child size furniture
Visit the Program

• Naptimes
  – Cribs, cots, sleeping bags, beds, mats, or pads shall be placed at least 3 feet apart
  – Beddings should be washed weekly
  – Stored separately
Visit the Program

• Furniture should be arranged to encourage a variety of play
  – Supervision used as an educational interaction (encourage children to talk about their activities, think about solutions, and introduce concepts in relationship to play)
  – Free play
Child Care Health Policies

• Help develop new policies or help revise existing ones
  – Admission and readmission after illness, including inclusion/exclusion criteria
  – Plans for health care and management of children with communicable diseases
  – Plans for surveillance and management of illnesses, injuries, and problems that arise in the care of children
  – Policies regarding nutrition, nutrition education, and oral health
  – Plans for the inclusion of children with special health needs
  – Emergency plans
  – Policies regarding staff health and safety
  – Policies for the administration of medications
Are you prepared?

• A mother brings medication for you to administer?
  – What are you going to do?

• The child with allergies?
  – Is this child known to have allergies?
  – Where is the Epi pen?
  – When and how do you use it?

• The child with asthma?
  – Are you aware of the severity?
  – What are his/her triggers?
  – What are the signs and symptoms of trouble breathing?
You accept a child with a seizure disorder

- What will you do if the child has a seizure at your facility?
  - Do you know how often the seizures occur?
    - What triggers the seizure activity?
  - How do you communicate with the parents?
    - Are you CPR trained?
Review Injury and Illness Logs

- Person affected (if injury needs age and gender)
- Date and Time (if injury location and if consumer product involved)
- Description of symptoms or how injury occurred
- Response of staff
- Persons notified, and their response
- Actions taken on behalf of the injured following the injury (also recommendations of preventative strategies to avoid future occurrences)
- Name of person completing the form
- If injury, the name and address of the facility
Ensure Medical Homes and Preventative Care

• Children should receive the medical care they need from a physician (pediatrician or other pediatric-trained health care professional) whom they trust
  – Accessible
  – Family-centered
  – Continuous
  – Comprehensive
  – Coordinated
  – Compassionate
  – Culturally effective

• Information on CHIP/Medicaid/Med-Quest
Help Develop Plans for Staff to Take Care of Children With Special Needs

• Inclusion is the opportunity for children with special needs to participate in programs and activities together with children without special needs

• IDEA (Individuals with Disabilities Education Act): a federal law requires a “free and appropriate public education” in the “least restrictive environment”
  – (The National Clearinghouse on Child Abuse and Neglect Information reports that the rate of abuse and neglect in children with disabilities is ~2 times higher than the rate in children without disabilities)
Children With Special Needs

• Benefits of Inclusive Child Care
  – Children with special needs develop increased social skills and self-esteem
  – Families of children with special needs gain social support and develop more positive attitudes about their child
  – Families and children without special needs become more understanding and accepting of differences and disabilities
  – Caregivers learn from working with children, families, and service providers and develop skills in individualizing care for all children
# Early Childhood Pre-K Health Record Supplement*

<table>
<thead>
<tr>
<th>Name of Child:</th>
<th>DOB:</th>
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<tbody>
<tr>
<td><strong>Name of Child Care Facility:</strong></td>
<td><strong>To Be Completed By The Physician</strong></td>
</tr>
<tr>
<td>1. Type Screening</td>
<td>2. Date Completed</td>
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<tr>
<td>Head Circumference (up to 2yrs old)</td>
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<tr>
<td>Hgb/Hct</td>
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<tr>
<td>Lead</td>
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<tr>
<td>Developmental Screening</td>
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<tr>
<td>Tool: PDDS ASQ</td>
<td>No Concern</td>
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<tr>
<td>Other</td>
<td></td>
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<tr>
<td>Allergies/Sensitivities</td>
<td>None</td>
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<td>• List:</td>
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<tr>
<td>Medications/Treatments</td>
<td>None</td>
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<td>• List:</td>
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<tr>
<td>Special Diet prescribed by physician</td>
<td>None</td>
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<tr>
<td>• List:</td>
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<tr>
<td>Behavioral Issues/Social Emotional Concerns</td>
<td>None</td>
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<tr>
<td>• List:</td>
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<tr>
<td>Medical Conditions/Related Surgeries</td>
<td>None</td>
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<tr>
<td>• List:</td>
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<tr>
<td>9. Physician/NP/APRN/PA or Clinic Name, Address, Zip, Phone, Fax</td>
<td>11. I give my consent for my child’s Health Care Provider to discuss the information on this form with my Early Childhood Provider</td>
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<tr>
<td>10. Physician/NP/ APRN/ PA or Clinic Signature (Signature or stamp)</td>
<td>Date</td>
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<tr>
<td>13. Parent/Guardian Signature</td>
<td>Date</td>
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</tbody>
</table>

* Supplement to the STATE OF HAWAII, DEPARTMENT OF EDUCATION, FORM 14, Rev. 4/10, RS 10-1369 (Rev. of RS 09-1051)

DHS 908 (09/11)
### Instructions for the Physician (Please print)

<p>| | |</p>
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</table>
| **1. Type of Screening:** Check all that apply. | **7. Recommendations**  
Write your recommendations, e.g., “Medications must be administered by the parent before or after school hours.” |
|   |   |
|   |   |
|   |   |
| **Head Circumference, Hgb/Hct, Lead** |  **8. Early Childhood Provider Use Only**  
This section is designated for the early childhood provider to complete if physician has marked (X) Yes in Box 6. A sample form of a Special Care Plan is located on the DHS 908A Instructions for the DHS 908 Early Childhood Pre-K Health Record Supplement form which can be downloaded from the Department of Human Service website: [http://hawaii.gov/dhs/self-sufficiency/childcare/licensing/forms/](http://hawaii.gov/dhs/self-sufficiency/childcare/licensing/forms/) |
| **Developmental Screening:** The screening tools listed are: |   |
|   |   |
|   |   |
|   |   |
| Peds: Parent’s Evaluation of Developmental Status |   |
| ASQ: Ages and Stages Questionnaire |   |
| *Other:* Print the name of screening tool used. |   |
|   |   |
| **2. Date Completed**  
Write the date **mm/dd/year** the screening was performed. i.e., 06/01/2006. |   |
|   |   |
| **3. Results**  
Mark (X) to indicate “Normal” or “Abnormal”, “No Concern” or “Concern”. If the box is marked abnormal or concern, please complete Box 4. Recommendations/Follow up. |   |
|   |   |
| **4. Recommendations/Follow up**  
Please complete if abnormal or concern is selected. |   |
|   |   |
| **5. Medical Conditions**  
Mark (X) “None” box for each item if the child has no Allergies/Sensitivities, Medications/Treatments, Special Diet prescribed by physician, Behavioral Issues/Social Emotional Concerns, Medical Conditions/Related Surgeries. List type of medical condition, e.g., Medical Condition/Related Surgeries List: Asthma |   |
|   |   |
| **6. Special Care Plan Needed**  
If child has a medical condition and the Early Childhood Provider should develop a special care plan, mark (X) Yes, next to the appropriate category. If child does not need a special care plan, mark (X) No. |   |
|   |   |
|   |   |
|   |   |
|   |   |
Permission For Medical Condition Treatment

Parent or Guardian signature indicates permission for child care provider to follow these instructions:

(Parent Signature)

TO:
Facility Name: ___________________________ Phone: ____________
Address: ____________________________ Fax: ____________

Child’s Name: ___________________________ Date of Birth: ____________
Address: ___________________________________________________
Medical condition(s) of concern:
_____________________________________________________________
_____________________________________________________________

Signs and/or symptom(s) to watch for:
_____________________________________________________________
_____________________________________________________________

Medications: __________________________________ Dose: ____________
_____________________________________________________________.
How given: ___________________________ When given: ____________
Possible side effects: ____________________________________________________________________________
Temporary program adaptations: __________________________________________________________________

When to call parent/health provider regarding symptoms or failure to respond to treatment:
______________________________________________________________________________________________
______________________________________________________________________________________________

When to consider that the condition requires urgent care or reassessment:
______________________________________________________________________________________________
______________________________________________________________________________________________

FROM: Health care provider: __________________________ Phone: ____________
Address: __________________________ Date of exam: ____________

*Reminder: We do not have medical staff on site.
Seizure Care Plan
The seizure care plan describes all members of the team, communication guidelines (how, when, and how often), and all information necessary to support a child who may experience seizures while in child care.

Name of Child: ____________________________ Date: ____________
Facility Name: ____________________________
_____________________________________________________________________
Description of seizure condition/disorder: ___________________________________
_____________________________________________________________________
Describe what the child's seizures look like: (1) what part of the body is affected? (2) How long do the seizure episodes usually last?
_____________________________________________________________________
_____________________________________________________________________
Describe any known "triggers" (behavior and/or symptoms) for seizure activity: ___________
_____________________________________________________________________
Detail the frequency and duration of child's typical seizure activity:
Has the child been treated in the emergency room due to their seizures? ________________ How many times?
Has the child stayed overnight in the hospital due to their seizures? ________________ How many times?
Team Member Names and Titles (parents of the child are to be included)
Care Coordinator (please develop and administer the Seizure Care Plan): _______________
_____________________________________________________________________
□ If learning is necessary, then ALL team members will be trained
Planned strategies to support the child's needs and safety issues when the child has a seizure:
(e.g., sleep habits, diet, medication, etc.):
_____________________________________________________________________
□ Individualized Family Service Plan (IFSP) attached.  □ Individualized Education Plan (IEP) attached.

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>TREATMENT</th>
<th>EXPECTED RESPONSE</th>
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<tbody>
<tr>
<td>As risk for injury due to uncontrolled seizure activity</td>
<td>If a seizure occurs, staff will remove objects from the area and place a folded towel (clothing) beneath the child's head. Protect the child's head by lowering it as prescribed.</td>
<td>Injuries related to seizure activity will be prevented.</td>
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<tr>
<td>As risk for aspiration of respiratory secretions or vomit during seizure activity</td>
<td>If a seizure occurs, staff will position the child onto his/her side.</td>
<td>Child will not aspirate during seizure activity.</td>
</tr>
<tr>
<td>Self-esteem disturbance due to occurrence of seizures or use of protective devices</td>
<td>Provide many opportunities for success. Praise achievements and accomplishments. Provide opportunities for child to express feelings about seizures and any activity restrictions. Reassure the other children in the group that the child will be OK if a seizure occurs.</td>
<td>The child will demonstrate a positive attitude toward learning activities. Other children will feel safe.</td>
</tr>
<tr>
<td>Parent and child may not be aware of possible triggers</td>
<td>Staff will document the occurrence of any seizure activity on attached Seizure Activity Log.</td>
<td>Parents, staff, and the child will learn to identify triggers and how to avoid them.</td>
</tr>
<tr>
<td>Child may be very irritable, but not unresponsive after a seizure occurs</td>
<td>Staff will make sure that the child is responsive after a seizure, then will allow the child to sleep after the seizure.</td>
<td>The child may solely sleeprest, if needed, after seizure occurs.</td>
</tr>
</tbody>
</table>

Communication
What is the team's communication goal and how will it be achieved (e.g., notes, communication log, phone calls, meetings, etc.): ____________________________________________________________________________

How often will team communication occur: □ Daily □ Weekly □ Monthly □ Bi-monthly

Date and time specific: ____________________________________________________________________________
Other Professionals Involved

Health Care Provider (MD, NP, etc):

Occupational Therapist:

Physical Therapist:

Neurology Specialist:

Other:

Telephone

Specific Medical Information

Medical documentation provided & attached: ☐ Yes ☐ No

Information Exchange Form completed by Health Care Provider on file.

Any known allergies to food and/or medications:

Medication to be administered: ☐ Yes ☐ No

Medication Administration Form completed by Health Care Provider and parents on file (including type of medication, method, amount, time schedule, potential side effects, etc.)

Special Staff Training Needs

Type of training:

Training done by:

Date of Training

Additional Information (include any unusual episodes/behavior changes that might arise while in care and how the situation should be handled):

Support Program the Child is Involved With Outside of Child Care

Name of program:

Address and telephone:

Contact person:

Emergency Procedures

☐ Special emergency and/or medical procedure required. Emergency instructions:

Call 911 if:

☐ Seizure lasts longer than ___ minutes.  ☐ Child is unresponsive after seizure.

☐ Other:

Emergency contact:

Telephone:

Follow-up: Updates/Revisions

This Seizure Care Plan will be updated/revised whenever medications or child’s health status changes, or at least every 12 months as a result of the collective input from team members.

Date for revision and team meeting:
# SEIZURE ACTIVITY LOG

*NOTE: This should be accompanied by a Seizure Care Plan established and on-file for this child.*

Name of Child: ___________________________ Room: ______________

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>CIRCUMSTANCES PRECEDEING (activity participating in)</th>
<th>DESCRIBE SEIZURE</th>
<th>LENGTH OF SEIZURE</th>
<th>ACTIONS TAKEN BY STAFF</th>
<th>CHILD'S BEHAVIOR AFTER SEIZURE</th>
<th>STAFF INITIALS</th>
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*What To Look For and Note Above:*

How did the seizure start? Did the seizure start in just one part of the body and then spread, or did it involve the whole body from the beginning?

Was there smacking or licking of the lips? Eyelid flitting? Picking or flailing movements of the hands?

Was the child able to respond to any outside stimulus (for example, name called, gently shaking shoulder)? Was the response normal/confused/no response?

Were there stiff and/or jerking movements?

Was the jaw clenched or the tongue bitten?

Was there any color change or breathing problem?

How long did the initial seizure last?
Special Care Plans

- Allergies/Sensitivities
- Medications
- Special Diet
- Behavioral/Social Emotional
- Medical Conditions

- Note the recommendations (incorporate this into your special care plans)
Provide Health Education for Staff, Parents, and Children

- Oral Health
- Injury Prevention
- Mental Health
- Infectious Diseases
- Nutrition
- Children Who are Ill or Temporarily Disabled
- Children Who are Abused or Neglected
- Inclusion of Children with Special Needs
Adult Learning
Pike’s 90/20/8 Rule

• **90** minutes: Average length of time an adult can listen with **understanding**
• **20** minutes: Average length of time an adult can listen with **retention**
• **8** minutes: The learner will retain more of the information if interactive techniques are used
THE CHILDREN

Social Emotional Skills
• Confidence
• Good relationships
• Work on challenging tasks
• Communicate their emotions
• Listen to instructions
• Be attentive
• Solve social problems

Dr Ruff’s
“Dental Care”
Workshop to the
UHMCC 4-5
Year old class
Early childhood development and parenting education has the potential to improve parental capacity and skills, prevent maltreatment, and improve child outcomes.
The Child Care Environment provides an incredible opportunity to positively affect the child’s development. . . . This is preventive care!