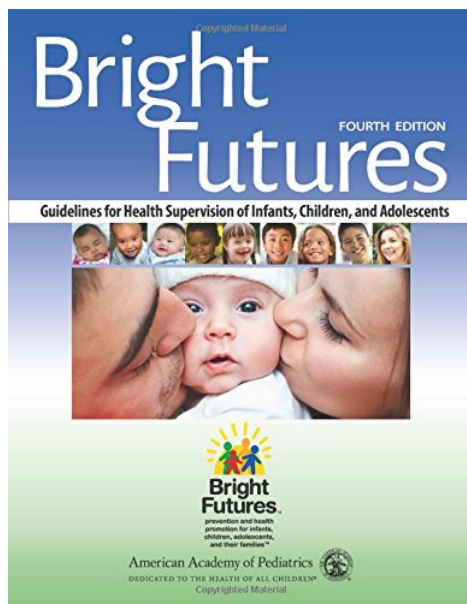


[Download] Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents



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This essential resource provides key background information and recommendations for themes critical to healthy child development along with well-child supervision standards for 31 age-based visits—from Newborn through 21 Years. What's in the Bright Futures Guidelines, Fourth Edition? Twelve health promotion themes addressing · lifelong health for families and communities NEW · family support · health for children and youth with special health care needs NEW · healthy development · mental health · healthy weight · healthy nutrition · physical activity · oral health · healthy adolescent development · healthy and safe use of social media NEW · safety and injury prevention 31 age-based health supervision visits—Newborn to 21 Years All the information and guidance that's needed to give children optimal health outcomes -Context -Health Supervision -History -Surveillance of Development -Review of Systems -Observation of Parent-Child Interaction -Physical Examination -Medical Screening -Immunizations -Anticipatory Guidance What's NEW in the 4th Edition? · Builds upon previous editions with new and updated content that reflects the latest research. · Incorporates evidence-driven recommendations. · Includes three new health promotion themes: · Promoting Lifelong Health for Families and Communities · Promoting Health for Children and Youth With Special Health Care Needs · Promoting the Healthy and Safe Use of Social Media · Includes new screen time recommendations · Provides greater focus on lifelong physical and mental health · Weaves social determinants of health throughout the Visits, allowing health care professionals to consider social factors like food insecurity, violence, and drug use that may affect a child's and family's health · Features updated Milestones of Development and Developmental Surveillance questions · Provides new clinical content that informs health care professionals about the latest recommendations and provides guidance on how to implement them in practice: · Maternal depression screening, Safe sleep, Iron supplementation in breast fed infants, Fluoride varnish, Dyslipidemia blood screening · Includes updates to several Adolescent screenings With Bright Futures, health care professionals can accomplish 4 tasks in 18 minutes! · Disease detection · Disease prevention · Health promotion · Anticipatory guidance What is Bright Futures? · A set of theory-based, evidence-driven, and systems-oriented principles, strategies, and tools that health care professionals can use to improve the health and well-being of children through culturally appropriate interventions. Bright Futures addresses the current and emerging health promotion needs of families, clinical practices, communities, health systems, and policymakers. · The Bright Futures Guidelines are the blueprint for health supervision visits for all children. · Bright Futures is the health promotion and disease prevention part of the patient-centered medical home. Who can use Bright Futures? · Child health professionals and practice staff who directly provide primary care · Parents and youth who participate in well-child visits · Public Health Professionals · Policymakers · Pediatric Educators · MD Residents

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