

Bright Futures Pocket Guide Nutrition



BOOK DETAILS

- Author : Katrina Holt MPH MS RD
- Pages : 90 Pages
- Publisher : American Academy of Pediatrics
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BOOK SYNOPSIS

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. The result: better health care, more efficient visits, stronger partnerships with children and families, and better ability to keep up with changes in family, communities, and society that affect a child's health. What's in the Bright Futures Guidelines, Fourth Edition? Twelve health promotion themes -Promoting Lifelong Health for Families and Communities NEW -Promoting Family Support -Promoting Health for Children and Youth with Special Health Care Needs NEW -Promoting Healthy Development -Promoting Mental Health -Promoting Healthy Weight -Promoting Healthy Nutrition -Promoting Physical Activity -Promoting Oral Health -Promoting Healthy Sexual Development and Sexuality -Promoting the Healthy and Safe Use of Social Media NEW -Promoting 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. -Presents more recommendations supported by the U.S. Preventive Services Task Force, CDC Community Guide, Cochrane, and high-quality peer reviewed publications. -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 -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 -Cervical dysplasia, Depression, Dyslipidemia, Hearing, Vision, Tobacco/alcohol/drugs, STIs 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 is recognized by the Affordable Care Act as 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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