



The Heartland Pediatrician

Winter 2016

A Note from the Chapter President



The past year has been one of change and transition for the Iowa Chapter of the American Academy of Pediatrics. In January of 2015, our dedicated and experienced Executive Director, Tess Barker, accepted a new position in Michigan. We are grateful to Emily Berg for serving in an interim role until the position could be filled. Meredith Field took over the helm as Executive Director in May, and we feel fortunate to have her on our team.

In July, Dr. Debra Waldron, our immediate past president and member of our Board's Executive Committee, accepted a position in the Maternal and Child Health Bureau within the U.S. Department of Health and Human Services in Washington, D.C. We are indebted to Tess, Emily and Debra for their energy and leadership. All three were instrumental in helping IA AAP build relationships with like-minded agencies across Iowa, and establish our chapter as a leader in education and social media development.

The new year is off to a great start, and Meredith has hit the ground running. Our newly revised website www.iowapeds.org is now live, and I encourage you to visit the site regularly for chapter updates and information regarding upcoming events. With improved communications, we look forward to strengthening our outreach with members, better aligning activities and educational opportunities, and connecting pediatricians throughout the state with appropriate Chapter Champions. Soon, we will be sending a survey to members to learn more about your areas of interest, and those who serve on the chapter's Board of Directors will be contacting each member practice, via phone or email, to identify a pediatrician to serve as a Board Liaison. Board Liaisons will be asked to communicate practice needs and challenges with the Board, establishing liaisons that should improve overall communication within our chapter.

We thank our student interns, Jordan Brelje and Kathleen Andruch, master's candidates at the UI College of Public Health, who are working hard on grant projects with Iowa's 1st Five initiative, the Regional Autism Assistance Program, and the Systems Integration Grant (SIG). (Please see the attached articles that highlight their work on these important programs.) David Adelman, the chapter's legislative advocacy expert, and our legislative committee are working hard to advocate for the children of our state. Our annual legislative breakfast was a huge success, and we greatly appreciate all of your support of legislative efforts.

SAVE THE DATE for our upcoming annual meeting! The IA AAP annual meeting is held in conjunction with the Blank Children's Hospital Spring Conference, and will take place at 12:00 noon on April 21, 2016. A reminder will be provided closer to the date, and the event will be announced on the website.

IA AAP is our tool as pediatricians to advocate for children outside the walls of our clinics. Working together we can make a huge impact not only on the health of our patients, but also on the health of children all across Iowa.

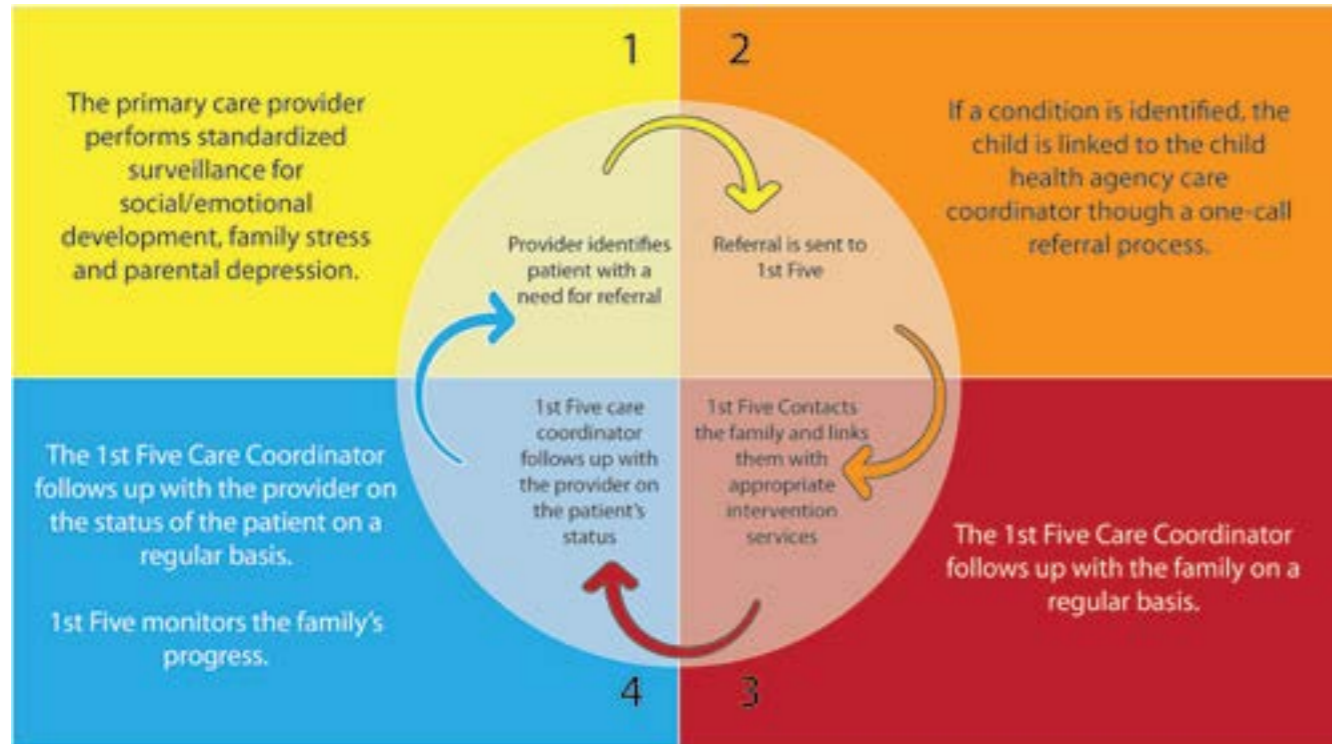
Best in Health,
Jennifer

In this issue

- 1 A Note from the Chapter President
- 2,4 1st Five Program Update
- 3 Iowa Regional Autism Assistance Program Update
- 5 Membership Update
- 6 2016 IA AAP Legislative Priorities

1st Five Program Update

Submitted By: Amber Schelling, 1st Five Site Coordinator with Visiting Nurse Services of Iowa – Polk, Jasper, Poweshiek, and Mahaska counties



The 1st Five – Healthy Mental Development Initiative (1st Five) builds partnerships between healthcare provider practices and community resources to enhance the quality of well-child care. 1st Five is a nationally recognized initiative developed by the Iowa Department of Public Health (IDPH) and implemented by local Maternal Child Health (MCH) agencies to support the identification of risk factors for young children and their families. 1st Five currently operates in 65 Iowa counties.

The 1st Five Healthy Mental Development Initiative enhances care by:

- * Promoting primary care provider use of standardized surveillance and screening tools to assess social-emotional development and family risk factors,
- * Helping providers integrate developmental screening tools into their practices,
- * Linking children and their families to community resources to improve access to appropriate follow-up care, and
- * Providing feedback to providers on each referral.

The 1st Five Initiative promotes the use of a nationally recognized standardized developmental surveillance and screening tools for all children at well-child health visits. The participating practices implement the 1st Five surveillance tool to conduct surveillance for child development, family stress and caregiver depression during each of the twelve well-child visits, and as needed in during other office visits. Through enhanced care coordination services in 1st Five, those children and their families are linked with community resources to improve access to appropriate care. Enhanced care coordination services include targeted referrals to programs, services and resources.

The 1st Five – Healthy Mental Development Initiative’s strategy is to have children enter school developmentally on track in terms of literacy, social, emotional, and intellectual skills. These social and emotional skills form the foundation of a child’s ability to regulate and express emotions, form close personal relationships with other children. The Initiative focuses on ensuring all children have access to health services that meet their healthy development need and respond to both medical and social determinants of health.

Program offers Support Services for Iowa’s Children with Autism Spectrum Disorder and their Families



The Iowa Regional Autism Assistance Program (RAP) supports Iowa’s children, youth and their families who have concerns about Autism Spectrum Disorder (ASD) or have an ASD diagnosis. The Division of Child and Community Health at the University of Iowa has a network of regional centers and satellite locations statewide known as Child Health Specialty Clinics (CHSC). CHSC combines resources to administer the

RAP. RAP teams are located at the CHSC Regional Centers and provide services to families in all 99 counties. RAP team members may consist of Advanced Registered Nurse Practitioners, Registered Nurses, and Family Navigators. RAP serves Iowa’s children and youth ages 0-21 and their families.

The RAP teams use standardized screening tools to identify children at risk for ASD and help to find diagnostic services. RAP team members can also offer families a listening ear by offering family-to-family support. All CHSC Family Navigators are a parent or primary caregiver of a child or youth with a special health care need. The RAP teams help Iowa families access ASD services in their local area. They coordinate care based on the families’ needs and goals and are committed to helping them connect to the level of support each family desires.

RAP teams help families with:

- Navigating the educational system
- Exploring insurance coverage and payment options for Applied Behavior Analysis and other needs
- Communicating with diagnostic facilities and healthcare providers
- Finding an advocacy or family support group
- Connecting to ASD resources and information



RAP team members are also available to assist families with applying for the Autism Support Program (ASP). Legislation in 2013 created the ASP fund to provide Applied Behavior Analysis (ABA) services for some of Iowa’s children under the age of 9 years with a diagnosis of ASD. ABA is a research-based intervention for children with ASD. This legislation ensures that eligible children with ASD will benefit from early, intense, and effective interventions. Children who qualify may receive \$36,000 per year for ABA services, for a maximum of 24 months. For more information on eligibility requirements for ASP, please contact Peggy Swails at peggy-swails@uiowa.edu.

Providers are encouraged to refer patients to RAP by completing a referral form available at: <http://www.chsciowa.org/docs/CHSC-RAP-Referral-Form.PDF>.

General inquiries may be emailed to: iowa-RAP@uiowa.edu.

Additional information on RAP is also available online at: <http://www.chsciowa.org/regional-autism-assistance-program.asp>.

To help us improve the System of Care for Iowa’s children with special health care needs and their families, please take a moment to complete this brief survey located at the following link: <http://j.mp/1Lh07fE>

1st Five Program Update

Continued from Page 2

Research studies show experiences in early childhood directly effects the social and emotional development of young children. Improved healthy mental development in early childhood directly impacts child behavior, school success, and lifelong health and well-being. Adverse childhood experiences are known to influence the physiology of child development and vulnerability to their environments. Household dysfunction, abuse, and neglect permanently affect brain function. The social, emotional and cognitive impairment can lead to a range of disability and social problems that effect school readiness, adjustment, and the ability to learn and retain information. Stages of child development have critical times, sensitive to environmental inputs.

The Initiative typically receives referrals for developmental delays, speech delays, family stress, and caregiver depression. Data indicates increasing needs in the children and families referred. For every family referred, multiple referrals are made to community resources.

In 2014, referrals made on behalf of families were¹:

- * 29% Resource Needs (food, transportation, housing, child care, preschool readiness, energy assistance, and baby supplies)
- * 20% Family Support
- * 15% Health Related (lead screening, vision, immunizations, hearing assessments, nutrition, and referrals to Child Health Specialty Clinics)
- * 14% Child Development and Early Intervention
- * 7% Oral Health
- * 7% Mental Health
- * 5% Other (domestic violence support, interpretation services, legal resources, additional resource guides)
- * 3% Health Insurance



Implementation Sites

1. Black Hawk County Health Department
2. Hawkeye Area Community Action Program
3. HCCMS Family Health Services
4. Lee County Health Department
5. Mid-Iowa Community Action, Inc.
6. New Opportunities, Inc.
7. Taylor County Public Health
8. Trinity Muscatine Public Health
9. Visiting Nurse Association of Dubuque County
10. Visiting Nurse Services of Iowa
11. Warren County Health Services

Community Planning Sites

12. Family Planning, Inc.
13. Marion County Public Health
14. Webster County Health Department

To determine if the 1st Five – Healthy Mental Development Initiative operates in your local county and how to implement the surveillance process into your practice, contact the Iowa Department of Public Health:

Michelle Holst 515.954.6087 | michelle.holst@idph.iowa.gov

Rebecca Goldsmith 515.281.7721 | rebecca.goldsmith@idph.iowa.gov

<http://idph.iowa.gov/1stfive>

Sources:

1. Child & Family Policy Center: 1st Five Healthy Mental Initiative, Summary of Evaluation Findings. (February 2015).

Membership Update

HPV Quality Improvement Program Recruitment

The Iowa Chapter of AAP is currently participating in a yearlong quality improvement (QI) grant program to improve HPV vaccinations rates in the state. Iowa AAP joins other District VI AAP chapters in this collaborative program, sponsored by the AAP National with funding from the Centers for Disease Control and Prevention. The program is part of an ongoing HPV vaccination/cancer prevention initiative.



Iowa AAP is supporting the development and implementation of model projects at Blank Children's Hospital and the University of Iowa Children's Hospital to explore best practices for increasing rates of HPV vaccination for adolescent teenage boys and girls. Following the Model of Improvement and implementing a PDSA cycle (Plan/Do/Study/Act), IAAAP chapter members engaged in these QI projects are using strong provider recommendations and participating in peer-to-peer education to spread key concepts for improving HPV vaccination rates within pediatric practices throughout the state.

We are now recruiting chapter members to participate in this nationally sponsored and funded program. Program participants will receive MOC Part 4 credit, and will have free access to AAP National's Quality Improvement Data Aggregator (QIDA) while participating.

If you would like to learn more about this grant program, and its requirements and benefits, please get in touch with Meredith Field at meredith-field@uiowa.edu.

Benefits of Membership

The Iowa Chapter of the American Academy of Pediatrics (IA AAP) offers a variety of benefits to its members, including access to educational opportunities, such as CME courses and MOC Part 4 certification. IA AAP advocates for pediatric health care representation at the national and state levels, and provides members with opportunities to communicate with state officials and other key decision makers. The chapter provides publications and maintains media outlets to keep members informed. For more information, visit the chapter's Membership webpage at www.iowapeds.org/about-us/membership.

2016 IA AAP Legislative Priorities

Managed Care - Medicaid Modernization:

IA AAP believes it is critical children's services covered in the past through Medicaid and the Hawk-I program will still be covered by all four MCOs.

Children's Mental Health:

IA AAP believes the Iowa mental health system should be comprehensive and encompass early identification and prevention measures, while having the ability to provide all services in state.

Regarding Access to Mental Health Services: Improve the identification of mental illnesses through increased screening, addressing inadequate insurance coverage and high out-of-pocket costs that create barriers to access, strengthening the overall quality of mental health access, and expanding the Medicaid reimbursement policy to include mental health and developmental services.

Early Childhood Initiatives:

IA AAP supports the status quo funding of public dollars helping to fund 1st Five, ACEs, IA Poison Control Center, and Child Health Specialty Clinics.

Providers Ability to Advise on Gun Safety:

Regarding Firearm Safety: Enact stronger gun laws, including an effective assault weapons ban, mandatory background checks on all firearm purchases, and a ban on high-capacity ammunition magazines.

Patient Advocacy/Scope of Practice:

Regarding Direct Entry Midwives: IA AAP believes a pregnant woman's safety must be maintained during delivery and encourages the use of a nurse midwife or obstetrician during labor.

Regarding Direct Entry Midwives: IA AAP believes a pregnant woman's safety must be maintained during delivery and encourages the use of a nurse midwife or obstetrician during labor.

Regarding Naturopathic Practitioners: IA AAP believes naturopaths are not a substitute for primary care providers nor should they be licensed under the Board of Medicine.

Rural Physician Loan Repayment Act Funding:

IA AAP supports the State realizing the immediate need for physicians in rural Iowa, and appropriating \$2 million in state funds with private foundation matching grants.



In October, Iowa chapter members traveled to Washington, D.C. to attend the AAP National Conference & Exhibition. While at the conference, members attended educational sessions, research presentations and advocacy events.