



May 2017

CHDP Highlights

Ventura County Public Health Child Health and Disability Prevention Program

CCS Medical Therapy Program helps children improve functional activities

California Children's Services offers occupational or physical therapy services for children with long term, life threatening and physically disabling conditions. Children with the following conditions may be eligible for the Medical Therapy Program (MTP) for therapy to improve mobility, ambulation, self-help skills or activities of daily living (ADLs):

- **Cerebral palsy**
- **Neuromuscular conditions** such as muscle diseases or myopathies, arthrogryposis
- **Chronic musculoskeletal and connective tissue disorders** including juvenile idiopathic arthritis, osteogenesis imperfecta, amputations and contractures due to burns
- **Noninfectious central or peripheral nervous system diseases** such as spina bifida, spinal cord injuries, or brachial plexus injuries
- In addition, a child under the age of three showing signs of evolving cerebral palsy *may be eligible* for the program if the clinical presentation of the child justifies therapy services.

In the case of suspected cerebral palsy, documented evidence may include:

1. rigidity or spasticity;
2. hypotonia with normal or 3+ or greater deep tendon reflexes;
3. involuntary movements (athetoid, choreoid or dystonic);
4. presence of primitive reflexes beyond normal age; or
5. ataxia with clinical description.

To refer a child for medical therapy services, send a completed [CCS Service Authorization Request \(SAR\)](#) form, a prescription for MTP OT evaluation and PT evaluation, and a current medical record describing the child's condition. Send referrals to **FAX # 805-658-4580** or to:

Ventura County CCS, 2240 E. Gonzales Road, Suite 260, Oxnard, CA 93033

The MTP holds Medical Therapy Conferences (MTC) to coordinate the therapy program, durable medical equipment (DME) and rehabilitation needs for each child at 6-12 month intervals. This is a valuable team process, which includes the child, parent, pediatrician, orthopedist, physical therapist (PT), occupational therapist (OT), orthotist, registered dietitian nutritionist and social worker. The child's medical home receives reports from the conference.

To learn how to write a referral, what is included in therapy services or ask other questions, please contact Ventura County CCS at **805-981-5281** and ask to speak with the Medical Therapy Program manager or case team member. Find out more about the [Medical Therapy Program](#) online at:

<http://www.vchca.org/medical-therapy-program>

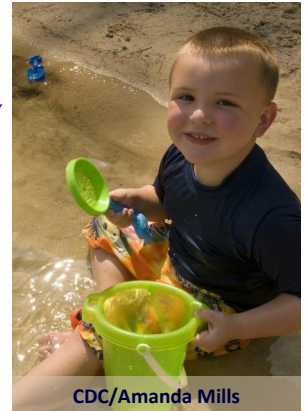




Planning vacations with a foster child

Vacations are a memorable part of family life. In many cases, a foster family will be able to include the foster child in their plans. Foster children receive many benefits from joining typical family vacations. Having fresh experiences and learning about new cultures help the child to socialize and build confidence in unique circumstances. Family vacations also provide her with the opportunity to compare notes with friends about summertime experiences when they all get back to school.

Before planning a vacation with a foster child, consider what you need to do to prepare:



- Learn about the permission needed regarding the rules and regulations for leaving the area with the foster child. Take into account the child's individual circumstances; his welfare and safety are paramount.
- Contact the child's supervising social worker to discuss any required paperwork or approvals before you make any plans to leave the area on a vacation. It is possible that a judge and/or the biological parents must grant permission. Keep in mind that it may take several weeks to receive authorization from those legally responsible in Child and Family Services (CFS) – start this process well in advance of making arrangements to leave the state or country.
- When leaving home, always carry the Health Education Passport (HEP), court orders of placement and proof of Medi-Cal coverage for the child. Call **805-981-5291** if you need help obtaining these documents.
- Short trips to county, state, national or historical sites inside California offer wonderful opportunities to explore the outdoors, view beautiful scenery and enjoy educational experiences. These also offer "test drives" before any long distance trip occurs.
- When considering sending a child to a summer camp, discuss the details about the quality and safety of the program offered with the supervising social worker before reserving a spot for your foster child.
- If you plan to take the child out of the country, allow extra time to obtain the original birth certificate, passport and court approval in advance of making reservations for the trip. If the plans do not work out, contact the child's social worker to arrange respite care.

Before making plans for a summer vacation, ask yourself the following questions:

- ***How well do you know your foster child?*** If you have known your foster child less than a month, give this question a lot of thought in order to decide if he is ready for this vacation.
- ***What is the child's age? Would these activities be of interest to her?*** If the child does not find the experience enjoyable or interesting, there is more chance of a negative outcome.
- ***Would the child miss family visitation, therapy or school by going on the family vacation?*** In some cases, this would not be allowed and would cause a legal problem. In other cases, the visitation schedule may be modified by agreement with birth parents and social worker.
- ***How is the child's health? Can the child handle the type of activities planned on the trip?***

If everything falls into place, sit back and enjoy the ride. You could be providing one of the greatest opportunities for fun, excitement, memories and life skills that your foster child has ever experienced.



PM 160 phase out underway

CHDP providers will start billing for CHDP services directly to Medi-Cal by shifting from billing on the PM 160 to billing with CPT-4 national codes on the CMS-1500 or UB-04 claim form, or electronic equivalent according to the schedule below:

Type of services billed	Effective for dates of service
Clinical laboratory-only services	On or after February 1, 2017
All other CHDP services	On or after July 1, 2017

For answers to [CHDP Frequently Asked Questions](#) about these upcoming changes, copy and paste the following URL in your browser:

https://files.medi-cal.ca.gov/pubdoco/chdp_faq.asp

A limited number of PM 160 forms will be available to allow for late billing and appeals. Ventura County CHDP Providers who need additional hard copy forms may contact the local CHDP Administration at **805-981-5291** to order a small supply.

Stay safe this summer at home or away

Bike Safety Tips

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your child's helmet must meet the standards of either the American Society for Testing and Materials (ASTM) or the U. S. Consumer Product Safety Commission (CPSC).
- Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly.
- Wait until your child is at least 1 year old before having him or her ride as a passenger. Your child must wear an approved helmet while sitting in a rear bike seat or riding in a bike trailer.

Water Safety Tips

- Never leave a young child alone in the vicinity of a pool, spa, bathtub, toilet or bucket or water, even for a moment.
- Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life. Make sure that the adults supervising children in a pool know CPR and stay within arm's reach of infants or toddlers.
- California law requires that pools at single family homes be enclosed with a 5 foot fence and self-locking gates too high for children to reach.
- When swimming away from home, choose a location with a lifeguard on duty.
- If you are a foster parent, observe and document your child's level of swimming proficiency in your records about the child.

Bright Futures Benefits

- CHDP implemented the American Academy of Pediatrics (AAP) Bright Futures periodicity schedule for fee-for-service well-child health assessments effective July 1, 2016.
- This change adds 14 supplementary health assessments to the 15 assessments previously reimbursable for children and youth from birth to age twenty-one.
- To bill for one of these 14 assessments, enter the following in the Comments/Problems area of the claim: **MNIHA: There is a need to complete health assessment requirements.**





Congratulations to Ventura County oral health champions!

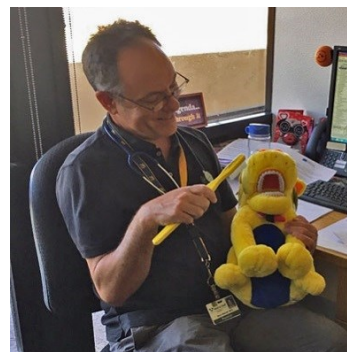
The CHDP Oral Health Program works with participating medical clinics to promote oral health screening and education as well as fluoride varnish application to eligible children. The program relies on clear, complete documentation and timely log submission from participating clinics in order to monitor changes in the number of fluoride varnish applications.

We are pleased to announce the following awards for 2017:

CHDP Oral Health and Fluoride Varnish Provider of the Year
Mark Barrett, MD, CMH Main Street, Ventura

CHDP Oral Health and Fluoride Varnish Clinic of the Year
Las Islas Family Medical Clinic, Oxnard

CHDP Oral Health and Fluoride Varnish Individual Awards



Alessandra Mendez Carrillo *Clinicas Newbury Park*

Alma Rico *Clinicas El Rio*

Andrea Munoz Bautista *Clinicas Ojai*

Angelica Rodriguez *VCMC Las Posas*

Clara Gonzales *Sam Hansuvadha, MD*

Daysi Palencia *Clinicas Ventura*

Ge Jin *VCPH South Oxnard*

Gricelda Guzman *CMH Main Ventura*

Irma Salgado Maceda *Clinicas North Oxnard*

Jacklyn Rio *VCMC Las Islas*

Jazmin Hernandez *Clinicas Meta*

Laura Garnica *VCMC Santa Paula Medical Clinic (Main)*

Laura Tapia *Clinicas Moorpark*

Leopoldo Ramirez *Clinicas Fillmore*

Lindsay Shull *VCPH North Oxnard*

Maria Alvarado *CMH Fillmore*

Maria Mendoza *VCMC Santa Paula West Pediatrics (Harvard)*

Mayra Sandoval *Clinicas Simi Valley East*

Nathalie Mata *VCMC Sierra Vista*

Steve Silva *VCMC Santa Paula West Medical Group (Harvard)*

Vicky Hernandez *Clinicas Simi Valley Madera*

Yesenia Padilla *Clinicas Maravilla*

Medi-Cal and insurance cover fluoride varnish application

Medi-Cal and Gold Coast Health Plan reimburse for fluoride varnish applications up to three times in a 12 month period for children under 6 years old. Use the HCPCS (Health Care Common Procedure Coding System) code D1206. Fluoride varnish application may be scheduled during a well-child visit, follow-up visit or a stand-alone appointment. Other insurance providers may cover fluoride varnish application during well-child checks. Contact your billers to coordinate with the insurance providers that offer this benefit. Commonly used dental diagnoses and their ICD-10 diagnosis codes for dental claims are shown below:

Description	ICD-10 Code
Encounter for prophylactic fluoride administration (normal exam)	Z29.3
Dental caries on smooth surface limited to enamel (demineralization = white spots)	K02.61
Dental caries, unspecified	K02.9
Deposits [accretions] on teeth (plaque/tartar)	K03.6
Chronic gingivitis, plaque induced	K05.10

Audiometric Training May 17, 2017 from 8 am to noon at CDR





Updated guideline for childhood obesity

The new [Pediatric Obesity—Assessment, Treatment, and Prevention: An Endocrine Society Clinical Practice Guideline](#) provides recommendations for prevention and treatment as well as advice for the evaluation of affected children for medical or psychological complications, when to evaluate children for rare genetic causes of obesity, and when to consider medications or surgery for the most severely affected older adolescents.

The Endocrine Society recommends that health care providers:

- Perform tests to screen for related conditions such as metabolic syndrome and diabetes for children or teens with a BMI-for-age \geq the 85th percentile. It is unnecessary to test for fasting insulin values.
- Evaluate for endocrine disorders that can cause obesity only if the child’s height or growth rate is lower than expected for age and pubertal stage.
- Consider specific genetic testing for rare chromosomal abnormalities or genetic mutations when there is early onset obesity (before 5 years old), an increased drive to consume food, other clinical findings of genetic obesity syndromes, or a family history of extreme obesity.

What can CHDP providers do?

Identify children who are overweight or obese and screen for related complications.

CHDP reimburses for the following screening tests for income-eligible children 5 years of age and over:

1. Screening for blood glucose and cholesterol if the Body Mass Index is greater than or equal to the 85th percentile for age and the child has two or more risk factors such as family history of diabetes.
2. Screening for cholesterol if the child has a family history of heart disease or stroke, or has a parent with high blood cholesterol.

These tests may be repeated when appropriate. CHDP may reimburse as a Medically Necessary Interperiodic Health Assessment (MNIHA), a health assessment needed outside of the usual and customary Periodicity Schedule.

Refer children for further evaluation, medical nutrition therapy with a registered dietitian and/or a pediatric healthy lifestyle program, if indicated.



©Obesity Action Coalition

Help families talk about health behaviors and strengthen their motivation to change. Resources include:

- [Changing the Conversation About Childhood Obesity](https://ihcw.aap.org/resources/Pages/default.aspx)
Available at: <https://ihcw.aap.org/resources/Pages/default.aspx>
- [Obesity](#), American Family Physician, 2017.
Available at:
<http://www.aafp.org/afp/topicModules/viewTopicModule.htm?topicModuleId=19>

Refer children and families to community programs promoting healthy eating and active living such as:

- Ventura County Public Health > [Health Promotion/Education](#)
- Partnership for a Healthy Ventura County > [Local parks and recreation programs](#)



Fish during pregnancy and childhood: What is safe to eat?

Parents and prospective parents may be puzzled about whether they should eat fish or give it to their children. They may be aware of the health benefits of fish but also worried about mercury and other contaminants. The US Food and Drug Administration (FDA) and the US Environmental Protection Agency (EPA) recently issued advice about eating fish. The new guidelines sort fish into three groups according to their mercury content to assist pregnant and breastfeeding women, as well as parents, choose fish and shellfish that have lower levels of mercury. The guideline refers to fish and shellfish collectively as “fish”.

To help consumers more easily understand the types of fish to select, the FDA and EPA jointly published an easy-to-use reference chart that sorts the most common types of fish into three categories: *Best Choices*, *Good Choices* and *Choices to Avoid*.

The new advice is consistent with the US Dietary Guidelines for Americans, which encourages women who are pregnant or breastfeeding to eat from 8 to 12 ounces of a variety of fish weekly, from choices that are lower in mercury. For adults, a typical serving is 4 ounces of fish, measured before cooking. Serving sizes for children are smaller, depending on their age and total calorie needs. Serve children fish once or twice a week.

[Eating Fish: What Pregnant Women and Parents Should Know](https://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393070.htm) offers more information, flyers and posters in English and Spanish to print, post and share. Copy and paste the following URL into your browser: <https://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393070.htm>.

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child’s growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the “Best Choices” list OR 1 serving from the “Good Choices” list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The “Best Choices” have the lowest levels of mercury.

What is a serving?



For an adult
4 ounces

For children,
ages 4 to 7
2 ounces

To find out, use the palm of your hand!

[Child Health and Disability Prevention \(CHDP\) Program](#)



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Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster	Shad		Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	American and spiny	Shrimp		Carp	Sablefish	Tuna, yellowfin
Black sea bass	Mullet	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Oyster	Smelt		Grouper	Snapper	White croaker/Pacific croaker
Catfish	Pacific chub mackerel	Sole		Halibut	Spanish mackerel	
Clam	Perch, freshwater and ocean	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Pickrel	Tilapia				
Crab	Plaice	Trout, freshwater				
Crawfish	Pollock	Tuna, canned light (includes skipjack)				
Flounder	Salmon	Whitefish				
Haddock	Sardine	Whiting				
Hake						
Choices to Avoid HIGHEST MERCURY LEVELS						
King mackerel			Shark		Tilefish (Gulf of Mexico)	
Marlin			Swordfish		Tuna, bigeye	
Orange roughy						

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice



THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS “FISH” / ADVICE UPDATED JANUARY 2017