

Health History

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General

A complete, comprehensive initial health history must be obtained according to medical standards for new C&TC clients. Information can be obtained from the child, parent, guardian or an adult who is familiar with the child's health. This health history will help guide primary care services and referrals.

An interim history should be collected at each subsequent C&TC visit to identify any previously undetected issues that may impact the child's health and development.

A health history should identify children with special needs, including:

- Children and youth with special health needs should receive increased care coordination in the health care home.
- Children or youth in foster care or out-of-home placement, who should receive more frequent C&TC preventive health visits, as recommended by the American Academy of Pediatrics at [Healthy Foster Care America \(https://www.aap.org\)](https://www.aap.org).

Personnel

The health history can be completed by the parent/guardian or collected by a medical assistant or other trained staff using a health history form.

Review and interpretation of the health history should be completed by a licensed health care professional (including physician, nurse practitioner, physician assistant, or a qualified Public Health Nurse who has completed the 3-day C&TC Comprehensive Training provided by the Minnesota Department of Health).

Documentation

Documentation should include all normal and abnormal health history findings.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us).

Procedure

Health history includes but is not limited to:

- Complete medical and family history,
- Medications (prescription and non-prescription) and supplements,
- Identification of mental health needs or risks and history of trauma,
- Information on sexual development and maturation,
- Risk of exposure to lead, tuberculosis, and sexually transmitted infections (STI),
- Nutritional intake,
- Chemical use, abuse, and risks, and
- Social determinants of health.

Many of these components are covered in more depth in separate [C&TC fact sheets \(www.health.state.mn.us\)](http://www.health.state.mn.us). Two additional important topics are discussed below.

Nutritional History

Review the patient's nutritional status and dietary practices to identify any unusual, deficient or excessive eating habits, dietary quality and quantity, and meal patterns. Inconsistent access to food leads to nutritional risk, and can be assessed via two validated questions (American Academy of Pediatrics, 2015). Refer all children ages birth to five years to the [Women, Infants and Children \(WIC\) Program \(www.health.state.mn.us\)](http://www.health.state.mn.us).

Whenever a nutritional risk is identified, the individual must receive further assessment and nutritional counseling. As appropriate, refer the patient to a registered dietician or licensed nutritionist. To find a dietician or nutritionist by zip code, go to the [Academy of Nutrition and Dietetics Find an Expert \(www.eatright.org\)](http://www.eatright.org). When appropriate, refer families to food and nutrition resources including the [Supplemental Nutrition Assistance Program \(SNAP\) \(www.mn.gov/dhs\)](http://www.mn.gov/dhs).

Social Determinants of Health

A standardized screening is not required, but social determinants of health should be addressed in the health history. Assessing both protective and risk factors supports family strengths and helps identify needed referrals or resources. The new [Bright Futures Guidelines \(https://brightfutures.aap.org\)](https://brightfutures.aap.org) identify social determinants of health to consider at each age.

Safe, nurturing, stable environments and strong social connections help children and families sustain health and development, even in the face of stressful events.

Conversely, risk factors can negatively impact child development, learning, behavior and health. [Adverse childhood experiences \(www.cdc.gov\)](http://www.cdc.gov) put children at increased risk of poor physical and mental health as an adult. Chronic stress due to inconsistent access to food or stable housing, community violence, poverty, or racism can also negatively impact child health and development.

The [Standardized Screening for Health-Related Social Needs in Clinic Settings: The Accountable Health Communities Screening Tool \(https://nam.edu\)](https://nam.edu) is one option available to screen for basic needs and safety, and serves as an example for the types of social determinants of health that may be included in the health history.

[Resources for Minnesota Families with Children \(https://edocs.dhs.state.mn.us\)](https://edocs.dhs.state.mn.us) outlines public programs in Minnesota that address poverty

and basic needs, and promote health and development.

Professional Recommendations

American Academy of Pediatrics

A health history is part of every preventive health visit from birth through 21 years of age (American Academy of Pediatrics, 2017).

Resources

Minnesota Department of Human Services

- [Minnesota Health Care Programs Provider Manual C&TC Section \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us)

Minnesota Department of Health

- [Child and Teen Checkups \(www.health.state.mn.us\)](http://www.health.state.mn.us)

References

- American Academy of Pediatrics. (2015). Promoting food security for all children. *Pediatrics*, 136(5), e1431-31438.
- American Academy of Pediatrics. (2017, February). Recommendations for Preventive Pediatric Health Care. Retrieved from Bright Futures/American Academy of Pediatrics: https://www.aap.org/en-us/Documents/periodicity_schedule.pdf
- Hodgkinson, S., Beers, L., Southammakosane, C., & Lewin, A. (2014). Addressing the mental health needs of pregnant and parenting adolescents. *Pediatrics*, 133(1).

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3760 email health.childteencheckups@state.mn.us.

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