

### Questions with Brief Answers - ECHO Show #11 “Child & Teen Checkups and Back-To-School Health”

(Taping Date: Tuesday, May 24<sup>th</sup> – 3:00-7:30 at TPT)

#### 1. Why are regular checkups or Child & Teen Checkups important?

Answer:

- ◆ Health problems like hearing loss or poor vision can be found and treated early so children can see and hear the teacher when they start school
- ◆ Shots can be given to prevent diseases like measles or mumps and are needed to go to school or day care
- ◆ Doctors can explain how your child grows and develops
- ◆ When you see the doctor for a sick child, the focus is on illness so there isn't always time to ask other questions. During well child checkups there is time to talk about health.
- ◆ When you take your child in for regular checkups, you make sure they have the best chance to stay healthy.
- ◆ Schools, daycares, camps and Head Start might require checkups to attend.
- ◆ DO NOT go to emergency rooms for check ups. There is no time to talk to you about basic health needs.
- ◆ NO SHOTS – NO SCHOOL!

#### 2. Who should have checkups?

Answer:

- ◆ All babies and children should have medical checkups as often as possible
- ◆ Checkups for children 0 to 21 years old with Medical Assistance or MinnesotaCare insurance are called Child & Teen Checkups

#### 3. How often should my child see a doctor for a checkup?

Answer:

- ◆ This may depend on your health insurance or clinic schedule of visits
- ◆ Children getting Child & Teen Checkups should be seen:
  1. Between birth and 1 month plus at 2, 4, 6, 9, 12, 15, & 18 months (*which adds up to at least a nine times in the first two years of life*)
  2. Every year until age six
  3. Every two years after age 6
- ◆ Even children who see the doctor often for illnesses like asthma or diabetes need to have complete checkups. Specialist visits or visits for an illness or condition may just be looking at one area of your child's health. Checkups look at the whole child. Regular checkups help the clinic learn what is normal for your child and family and together you can plan your health care.

#### 4. What happens during checkups?

Answer:

- ◆ Health education such as what foods your child should be eating
- ◆ Measurement of height, weight, blood pressure

- ◆ Developmental checks that see if your child can do the things that other children their age can do like walk, talk, or figure out how to do things
- ◆ Physical exam of the body
- ◆ Shots to prevent diseases like measles or mumps
- ◆ Check to see if children can see and hear well
- ◆ Time for you to ask the doctor questions and schedule your child's next appointment
- ◆ Lab tests like checking the blood for lead

**5. Why do infants and toddlers need a blood lead test and when should they get it?**

Answer:

- ◆ Lead in the body can cause learning and behavior problems
- ◆ Children this age are most likely to put things, like lead-contaminated dust, in their mouths.
- ◆ Children receiving Child & Teen Checkups should get a lead test on or around 12 and 24 months to find out if they have lead in their bodies.
- ◆ Sometimes doctors ask questions to see if children are at risk and need blood tests.

**(Specific for Culture)**

**See attached document titled "Dangerous Lead Products":**

Latino: Avoid home remedies to treat illnesses. Some candy wrappers made in Mexico made with lead or lead by products.

Some Asian communities: ghasard, bali goli, kandu

Hmong: py-loo-ah (especially recent immigrants)

Some Arab communities: kohl, alkohl

**ALL: In general, Lead can be found in products like candy wrappers, jewelry, toys and sidewalk chalk. It is always a good practice to watch what your child is putting in their mouth and to make sure & wash their hands frequently."**

**6. Where can I go if I need help finding a doctor, scheduling an appointment, finding a ride or interpreter, or applying for medical insurance?**

Answer:

- ◆ Local Public Health or human services agency can help you find resources!
- ◆ Health Plan or Insurance Customer Service
- ◆ County Employment and Economic Assistance
- ◆ United Way First Call for Help – 211 on the telephone

**7. What do I need to bring with me to the clinic?**

Answer:

- ◆ Take your insurance card each time
- ◆ Bring your child's record of shots
- ◆ If you are going to a new clinic, it's good idea to bring along records from the previous clinic. A written list of questions or concerns about your child

**8. Should I be afraid to go to the doctor if I have immigration issues? Will the doctor or clinic staff report me?**

Answer:

- ◆ Doctors and nurses are **not** reporting agents for immigration. It is safe to go to the clinic or hospital

