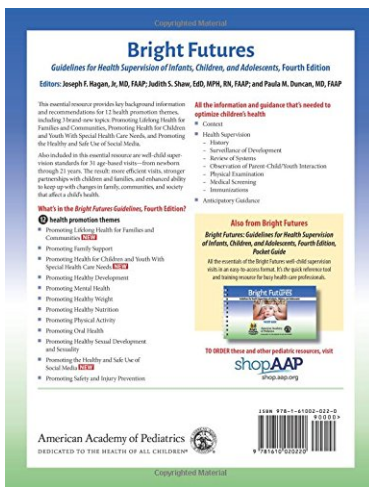


# [PDF] Bright Futures: Guidelines For Health Supervision Of Infants, Children, And Adolescents

American Academy Of Pediatrics - pdf download free book



## Books Details:

Title: Bright Futures: Guidelines fo

Author: American Academy of Pediatri

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## Description:

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.

**What's in the Bright Futures Guidelines, Fourth Edition?**

## **Twelve health promotion themes addressing**

- lifelong health for families and communities NEW
- family support
- health for children and youth with special health care needs NEW
- healthy development
- mental health
- healthy weight
- healthy nutrition
- physical activity
- oral health
- healthy adolescent development
- healthy and safe use of social media NEW
- 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.**

**·Incorporates evidence-driven recommendations.**

**·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

**·Includes 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

### **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 are 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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