

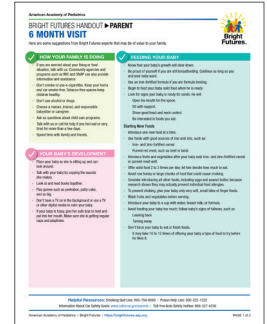


Practical Tips for Implementing Bright Futures in Clinical Practice

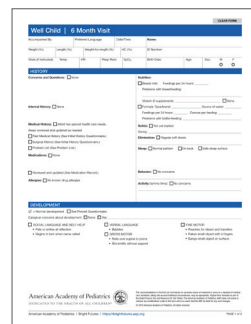
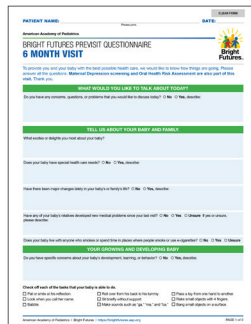
GET TO KNOW THE BRIGHT FUTURES GUIDELINES AND CORE TOOLS

- Make *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition, the foundation of your pediatric practice.
- Keep the [Bright Futures/American Academy of Pediatrics \(AAP\) Periodicity Schedule](#) handy as a practice reference tool.
- Consider using the Core Tools from the *Bright Futures Tool & Resource Kit*, 2nd Edition, during each health supervision visit. The Core Tools function as an integrated system to help the entire practice team easily and efficiently carry out Bright Futures visits.

- The **Parent/Patient Educational Handouts**, available in English and Spanish, provide plain language reinforcement for the education and anticipatory guidance health care professionals give patients and families in each visit. Parent handouts are available for each visit, from the First Week through the 17 Year Visits. Patient handouts are available from the 7 Year through the 21 Year Visits.
- Supplement the Core Tools with other useful forms, lists of screening tools, and additional AAP pediatric educational handouts from the *Bright Futures Tool & Resource Kit*.



- The **Previsit Questionnaire (PVQ)**, available in English and Spanish, gets the visit off to a great start by allowing the health care professional to gather important information without using valuable clinical time asking questions. The PVQ helps individualize the visit and prioritizes what is most important for each patient and family during the visit.
- The **Visit Documentation Form**, which is aligned with the Bright Futures visit components and recommendations, simplifies proper coding and helps practices secure appropriate payment for visit activities. This form can be filled out by hand or adapted for use in electronic health record (EHR) systems.




ABOUT BRIGHT FUTURES

Bright Futures is a national health promotion and prevention initiative, led by the American Academy of Pediatrics (AAP) and supported by the Maternal and Child Health Bureau, Health Resources and Services Administration. The *Bright Futures Guidelines* provide theory-based and evidence-driven guidance for all preventive care screenings and well-child visits. Bright Futures content can be incorporated into many public health programs such as home visiting, child care, school-based health clinics, and many others. Materials developed especially for families are also available. Learn more about Bright Futures and get Bright Futures materials by visiting brightfutures.aap.org.



TAKE ADVANTAGE OF OTHER TOOLS AND RESOURCES THAT SUPPORT BRIGHT FUTURES

- Use the *Bright Futures Pocket Guide*. Based on the *Bright Futures Guidelines*, 4th Edition, the *Pocket Guide* presents the essentials of each visit's components, making this 4" x 7" book a key reference tool and training resource.
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- Become familiar with the *Bright Futures Performing Preventive Services Handbook*, which provides guidance on the most effective way to deliver the preventive services recommended in the *Bright Futures Guidelines*.
 - Use the [Bright Futures Oral Health Risk Assessment Tool](#) to identify children who are at highest risk for oral health problems and need additional care and guidance.
 - Promote early literacy with the [Books Build Connections Toolkit](#). This toolkit includes material for health professionals and easy-to-understand material for families.

ORGANIZE YOUR OFFICE PRACTICE TO MAKE IMPLEMENTING BRIGHT FUTURES EASY

- Start gradually. Some health care professionals may find efforts to implement all recommendations in the *Bright Futures Guidelines* at once overwhelming. Implementing Bright Futures recommendations in parts and stages can ease the transition.
- Involve the entire team. Include, for example, a physician, nurse practitioner, medical ancillary staff or assistant, child development specialist, nutritionist, and administrative office system staff. These individuals help ensure that Bright Futures components permeate the entire practice and that all members of the team are invested in the implementation effort.
- Use the *Bright Futures Performance Measures*, which will help you incorporate quality improvement into your practice on an ongoing basis. Also, see the Bright Futures Preventive Services Quality Improvement Measures clinical practice tip sheet, available on the AAP website, for more information.
- Use [Coding for Pediatric Preventive Care](#), a guide that matches the visits on the Bright Futures/AAP Periodicity Schedule with the Current Procedural Terminology and International Classification of Diseases codes used to document and pay for screenings, assessments, and other recommended services.

- Set up a preventive services prompting system to ensure that your patients receive all the preventive services recommended in the *Bright Futures Guidelines*. The [Bright Futures](#) website has more information on these strategies
 - Develop and use a recall-and-reminder system.
 - Connect and build relationships with community resources that can reinforce your work with patients and families.
 - Integrate the *Bright Futures Guidelines* into your EHR system.

USE A STRENGTH-BASED APPROACH TO PARTNERING WITH PATIENTS AND FAMILIES

- Work with the patients and families in your practice to assess and build their strengths so that they say **YES!** to a healthy life.
- When encouraging behavior changes from patients and families, use shared decision-making strategies and motivational interviewing techniques to arrive at a workable plan to solve problems.
- Become familiar with the [Protective Factors Framework](#).

SHARE BRIGHT FUTURES MATERIAL WITH FAMILIES

- Use the *Bright Futures Family Pocket Guide*, available in English and Spanish. This pocket guide provides family-friendly tips, strategies, and resources for every stage of a child's development, from infancy through adolescence.
- Encourage expectant and new mothers in your practice to sign up for [text4baby](#) notifications. This mobile information service provides 3 free weekly text messages on a variety of topics of interest to women throughout their pregnancy and up until their baby's first birthday.
- Encourage families to visit [healthychildren.org](#). This AAP website features many materials consistent with Bright Futures recommendations.
- Display family-friendly posters in your office to support healthful eating and good nutrition.
- Keep a supply of [Bright Futures Activity Books](#) in English and Spanish on hand to occupy children while they wait to see you.

SHARE YOUR BRIGHT FUTURES KNOWLEDGE WITH OTHERS

- Promote preventive care in your community by using the [About Bright Futures](#) video, presentation templates and handouts, and the online resources available from the Bright Futures website.
- Connect with others in your state who are interested in implementing the *Bright Futures Guidelines* or are involved in implementation initiatives.
- Connect with your local AAP chapter or other professional organizations whose members are involved in state or local partnerships that promote healthful child activities.



Contact us by email or telephone at:
brightfutures@aap.org | 630/626-6783

Content for this Tip Sheet has been adapted from
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