



# THE CMDP NEWS

## What is EPSDT and What Does it Cover?

By Dr. Susan Stephens, CMDP Medical Director

EPSDT stands for Early and Periodic Screening, Diagnostic and Treatment. An EPSDT visit is the same thing as a well-child visit. It is a federally mandated Medicaid well-child program that is available for all children and adolescents from birth until their 21st birthday. In Arizona, all Medicaid is administered through the Arizona Health Care Cost Containment System (AHCCCS). The Comprehensive Medical & Dental Program (CMDP) is the AHCCCS health plan that is responsible for ensuring, in partnership with foster care providers, the provision of appropriate and quality health care services for the well-being of Arizona's children in care.

The EPSDT program provides all medically necessary health care for the infant, child, and adolescent in care. These services include: a complete health history and physical exam, growth, development and nutrition checks, immunizations, blood and urine tests, vision and hearing testing, behavioral health screening, dental care, and the follow-up and referral of any medically-necessary healthcare services, such as eyeglasses and hearing aids, when appropriate.

The EPSDT program is probably the most comprehensive well-child service package offered under any healthcare insurance. It is important to make sure that all children in care receive the appropriate well-care visits. The required EPSDT visits for CMDP follow those intervals set by the American Academy of Pediatrics (AAP).

There are 10 visits required in the first 24 months of life:

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- § Three (3) to Five (5) days
- § One (1) month
- § Two (2) months
- § Four (4) months
- § Six (6) months
- § Nine (9) months
- § Twelve (12) months
- § Fifteen (15) months
- § Eighteen (18) months
- § Twenty-Four (24) months

After the age of 2, children and youth require an annual EPSDT until their 21st birthday.

Early	Identifying problems <b>early</b> , starting at birth
Periodic	Checking children's health at <b>periodic</b> , age-appropriate intervals
Screening	Doing physical, mental, developmental, dental, hearing, vision, and other <b>screening</b> tests to detect potential problems
Diagnostic	Performing <b>diagnostic</b> tests to follow up when a risk is identified, and
Treatment	<b>Treating</b> the problems found.

<http://mchb.hrsa.gov/epsdt/overview.html>

Questions? Concerns? We can help, call CMDP at 602-351-2245 or 800-201-1795

## Help Protect Our Precious Babies from Pertussis – Whooping Cough

Pertussis is an illness that causes severe coughing in all ages. If an infant gets this illness it could kill them. In Arizona in 2013 there were 1336 cases of this illness. This is the highest number of cases since the 1950's.

Infants catch pertussis from others. There is no vaccine to protect them until they are two months old. Pertussis vaccine has been available for teenagers and adults since 2005. However, as of 2012, only about 14% of adults in the U.S. have received this vaccine. Yet 56% of the time it is adults who are responsible for infecting infants with pertussis, and 20% of the time adolescents spread pertussis to infants.

In order to improve pertussis vaccination among teenagers and adults, the Arizona Department of Health Services recommends the following:

- Teenagers and adults get a pertussis shot.
- Women should get a shot during every pregnancy.



Sources of Infant Pertussis

The best time to get this shot is in the last third of the pregnancy.

Please talk with your doctor to see if you or the child in your care need a pertussis shot.

## The single best way to protect your children from the flu is to get them vaccinated each year



The yearly flu shot protects against the flu. Flu shots protect children and adults from several types of flu. People 6 months and older should get a flu shot. There are different types of flu shots. Your child's health care provider will know which shot is right for your child.

Keep in mind that flu shots are especially important for certain people who are high risk such as children younger than 5 years of age, and children of any age

with a long-term health conditions like asthma or diabetes. These children are at higher risk of serious flu complications (like pneumonia) if they get the flu.

To help stop the spread of flu, wash your hands frequently and remind others, such as children, to do the same. If sneezing or coughing, do so into a Kleenex or in the inside of your elbow rather than your hand. This will limit the spread of germs and help keep people healthy!

**National Influenza Vaccination Week (NIVW)** is a national observance that was established to highlight the importance of continuing influenza vaccination.

NIVW is **December 7-13, 2014**

## Partnership to Fight Tooth Decay

Tooth decay in children younger than five years old can be prevented. A recent Arizona Dental Association survey shows that one in three Arizona children (34%) under the age of three has tooth decay. What can we do to stop this trend? Have the doctor and dentist work together as partners to provide your child with good dental care.

Fluoride is the best tool we have to prevent tooth decay. A study was done to see if having a young child's doctor apply fluoride to their teeth during a well care visit helps decrease tooth decay. The answer was yes, by almost 17%. Starting April 1 CMDP is now asking your child's doctor to help prevent tooth decay by becoming certified to apply fluoride to your child's teeth during their regular well care visits. Once your child reaches 6 months old and gets their first tooth they can start getting these treatments. This will continue until they are two years old. Applying the fluoride is fast and easy.

In addition to the doctor and dentist the parent also has an important role in preventing tooth decay. It is important to take the following steps:

- **Take good care of your baby's teeth.**
  - Birth to 12 months.** Keep your baby's mouth clean by gently wiping the gums with a clean baby washcloth. Once you see the first teeth, gently brush using a soft baby toothbrush and water. Ask your child's doctor or dentist about fluoride.
  - 12 to 24 months.** Brush your child's teeth at least 2 times a day. If your child's doctor or dentist recommends fluoride toothpaste, use only pea-sized amount for children younger than 2 years. The best times to brush are after breakfast and before bed.
- **Never put your child to bed with a bottle or food.** Not only does this expose your child's teeth to sugars, it can also put your child at risk for ear infections and choking.
- **Give your child a bottle only during meals.** Do not use a bottle or sippy cup as a pacifier or let your child walk around with or drink from them for long periods.

- **Teach your child to drink from a regular cup as soon as possible, preferably by 12 to 15 months of age.** Drinking from a cup is less likely to cause the liquid to collect around the teeth. Also, a cup cannot be taken to bed.
- **If your child must have a bottle or sippy cup for long periods, fill it with water only.** During car rides, offer only water if your child is thirsty.
- **Don't let your child eat sweet or sticky foods, like candy, gummies, cookies, or fruit roll-ups.** There is sugar in foods like crackers and chips too. These foods are especially bad if your child snacks on them a lot. They should only be eaten at mealtime. Teach your child to use his or her tongue to clean food immediately off the teeth.
- **Serve juice only during meals and limit it to 4 to 6 ounces per day.** Also, juice is not recommended for babies younger than 6 months.
- **Ask your child's doctor about applying fluoride to your child's teeth if they are under 2 years old.**

**Make an appointment to have your child see the dentist beginning at age 1 or before age 1 if you have any concerns, see any problems, or need more information.**

Survey Source: *Arizona Dental Association*

<http://www.azda.org/publications-media/media-faqs>



## Passive Smoke in Foster Care Homes and Automobiles

Passive smoke is secondary smoke that other people breathe in when you smoke around them. This can affect the lungs of your children and children in care. For those foster caregivers who smoke, smoking only out-of-doors and away from children is recommended. Please do not smoke indoors or in cars where others can breathe in the smoke. This will help protect others who live in the home or ride in cars with you. Babies and children are not able to avoid smoke in their homes

and in cars. Many of these children may already have medical problems and should not be around smoke. There is an increased risk of bronchitis to children of parents who smoke. There are also more ear, nose and throat infections. Increased hospitalizations can occur. Passive smoke has been linked to lung cancer as well as to asthma and heart disease. Stepping outside of the home to smoke, and not smoking in the car, is the "right thing to do!"

**STAND** <http://www.standaz.com/>

Students Taking a New Direction, better known as **STAND**, is Arizona's anti-tobacco youth coalition effort for Arizona's teens. Members work to raise awareness about the dangers of tobacco use among their friends, in their schools, in their communities and with their local governments. Each coalition works at the local and state levels to make sure tobacco is treated like the hazardous material that it is—including changing attitudes around its use and creating stricter regulations for its marketing, storage, transport and sale.

<http://www.thesignal.com/tobacco-facts/>

Smoking is the most  
**PREVENTABLE**  
cause of death in the U.S.



## ASTHMA

Asthma is a condition of the respiratory system (lungs) that causes children to cough and be short of breath. Asthma is the leading illness that causes children to miss school. Asthma "attacks" are the third leading cause for children under 15 years old to be hospitalized. The cost in school days and missed opportunities from being absent is about 14 million days per year.

The best way to control asthma symptoms is preventative medicine. These medicines are called inhaled corticosteroids and long-acting beta-agonists. They are inhalers that when used properly, can help a child to breath better and reduce episodes of coughing. (Your doctor can teach you how to use the inhaler) Children who are not on these medicines do not have good control of their asthma. There are inhalers that you use when you're actually having an asthma attack but they don't prevent the symptoms. It is very important to have a medicine to help control/prevent those attacks. Children with poor asthma control are more likely to be in the emergency room and hospital.

**It is very important that you take your children to their doctor's appointments regularly. Always have them take their medications as ordered.**

If you have any questions about asthma, please contact the CMDP Medical Services Unit: 602-351-2245 or 1-800-201-1795.

Source: *Center for Disease Control and Prevention (CDC)*  
<http://stacks.cdc.gov/view/cdc/21423>

## Are You Pregnant? Prevent Lead Poisoning. Start Now.

Lead poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

### Too much lead in your body can

- Put you at risk for miscarriage.
- Cause your baby to be born too early or too small.
- Hurt your baby's brain, kidneys, and nervous system.
- Cause your child to have learning or behavior problems.

### Lead can be found in

- Paint and dust in older homes, especially dust from renovation or repairs.
- Candy, make up, glazed pots, and folk medicine made in other countries.
- Work like auto refinishing, construction, and plumbing.
- Soil and tap water.

**Now is the time to keep your baby safe from lead poisoning. Here's what you can do:**

### Watch out for lead in your home.

Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it. Home repairs like sanding or scraping paint can make dangerous lead dust. You should not be in the house while someone is cleaning up after renovations, painting, or remodeling a room with lead paint.

### Talk to your doctor.

Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements may have lead in them. It is also important to tell your doctor about any cravings you have such as eating dirt or clay, because they may have lead in them.

### Avoid certain jobs or hobbies.

Some jobs or hobbies involve lead exposure. Such work includes construction or home

renovation/repair in older homes, and battery manufacturing or recycling. Also, avoid take-home lead dust if a household member works with lead. It is a good idea to have the household member change into clean clothing before coming home. Keep work shoes outside and wash all work clothes separately from the rest of the family.

### Eat foods with calcium, iron, and vitamin C.

These foods may help protect you and your unborn baby.

- Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- Iron is in lean red meat, beans, cereals, and spinach.
- Vitamin C is in oranges, green and red peppers, broccoli, tomatoes, and juices.

Use caution when eating candies, spices, and other foods that have been brought into the country by travelers, especially if they appear to be noncommercial products.

### Store food properly.

Some dishes may contain lead. It is important to store and serve your food properly.

- Avoid using imported lead-glazed ceramic pottery produced in cottage industries.
- Avoid using pewter or brass containers or utensils to cook, serve, or store food.
- Avoid using leaded crystal to serve or store beverages.
- Do not use dishes that are chipped or cracked.

### Resources:

CDC. Guidelines for the Identification and Management of Lead Exposure in Pregnant and Lactating Women [PDF - 4.24 MB] (2010)

These guidelines are based on scientific data and practical considerations regarding preventing lead exposure during pregnancy, assessment and blood lead testing during pregnancy, medical and environmental management to reduce fetal exposure, breastfeeding, and follow up of infants and children exposed to lead *in utero*.

## Community Resources

### Women, Infants and Children (WIC)

1-800-252-5WIC or 1-800-252-5942

<http://www.azwic.gov>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income families with infants and children up to age five who are found to be at nutritional risk.

### The Arizona Early Intervention Program (AzEIP)

is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families.

AzEIP is established by [Part C of the Individuals with Disabilities Education Act](#) (IDEA), which provides eligible children and their families access to services to enhance the capacity of families and caregivers to support the child's development.

<https://www.azdes.gov/AzEIP/>

### Head Start and Early Head Start

Head start and Early Head Start programs help young children grow up healthy and get ready for kindergarten. These programs help the whole family by providing high quality early childhood education, nutrition, health, mental health, disabilities, and social services with a strong caregiver focus. Head Start is for 3-5 year old children and their caregivers, and Early Head Start is for pregnant women or new mothers and their children birth to 3 years old. Service options include: Home based or school based services.

Head Start in Arizona serves almost 22,000 children and their families at almost 500 locations throughout the state. This program is federally mandated to have a wait list but **a child in foster care and/or a child with disabilities go to the top of the list**. Help that special child you care for get "A Head Start" on success. For more information on this program please visit:

Program Contact Information:

<http://www.azheadstart.org/>

### Children's Rehabilitative Services (CRS)

Arizona's Children's Rehabilitative Services (CRS) is a program that provides medical treatment, rehabilitation, and related support services to AHCCCS members who have completed the CRS application and meet the eligibility criteria to be enrolled in CRS.

<http://www.azahcccs.gov/Commercial/CRS.aspx>

**CMDP 2014 Member Handbook** is available on the CMDP website. If you want one mailed to you, please contact Member Services @602-351-2245/1-800-201-1795.

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