



HOW TO USE THE ENCOUNTER FORMS FOR HEALTH PROFESSIONALS

The *Bright Futures Encounter Forms* provide a detailed outline of the content of care for the recommended 29 health supervision visits (prenatal–21 years old). The information focuses not only on the physical aspects of health but also on the social, cognitive, and emotional development and the well-being of children and adolescents in the context of the family and community.

Bright Futures Encounter Forms can be used

- By pediatricians, nurses, other physicians, assistants, and others who provide primary care to children and their families.
- To provide families and professionals with a shared framework for health promotion and health supervision that fosters partnership.
- To engage families in discussion, share information, address their questions and concerns, and reinforce strengths.
- To assess a child's developmental abilities over time.
- To document information regarding the physical exam, interval history, screenings, and immunizations.
- To provide and track developmentally appropriate anticipatory guidance.
- To talk about community resources, services, and programs.

QUESTIONS FOR PARENT

- Developmentally appropriate.
- Issues and achievements.
- Bulleted points for parent. ●

These trigger questions correspond to "Things You May Want to Discuss During This Visit" on the family forms.

QUESTIONS FOR CHILD

- Directed to children 5 years and older.
- Star symbols for the child or adolescent. ★

These trigger questions correspond to "Things You and Your Child May Want to Discuss During This Visit" on the family forms.

DEVELOPMENTAL OBSERVATION

- Developmental surveillance and school performance questions.
- Milestones.
- Assess abilities over time.

Progress should be shared with the family.

The image shows a sample of the Bright Futures Encounter Form. It includes sections for:

- Demographic information and vital signs:** Name, DOB, Sex, Parent Name, Phone, and a table for height, weight, BMI, T, P, R, BP.
- QUESTIONS FOR PARENT:** A list of bulleted questions about school readiness and family traditions.
- QUESTIONS FOR CHILD:** A list of bulleted questions about school excitement and life goals.
- DEVELOPMENTAL OBSERVATION:** Questions about social skills and understanding others.
- Order of that apply:** A list of developmental milestones.
- FAMILY'S QUESTIONS:** A question about family concerns.
- INTERVAL HISTORY:** Fields for medications, allergies, recent injury/illness, special health care needs, visits to other health care providers, and changes in family or home.
- PHYSICAL EXAM:** A checklist for various body systems (General, Skin, Head, Eyes, Ears, Mouth/Nose/Throat, Mouth, Teeth, Neck, Lungs, Heart, Abdomen, Back, Genitals, Hematocrit, Feet, Neurologic, Reflexes, Signs or Issues) with checkboxes for Normal and Abnormal.

Demographic information and vital signs.

Patient ID or medical record #.

Space has been left for practice setting information.

INTERVAL HISTORY

- Record health history.

Note changes in the family such as illness, death, divorce, etc.

PHYSICAL EXAM

- Age-appropriate items.
- Space to note abnormalities.

A good time to reassure the family, child, or adolescent and discuss other questions or concerns.

FAMILY'S QUESTIONS

- Prompt family to raise questions or concerns for discussion.

Issues raised will help to identify timely and relevant anticipatory guidance.

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Stethoscope graphic indicates that the encounter form is for use by the health professional.

SCREENING

- Identify areas for further assessment and intervention.

Children and adolescents at special risk may need additional or more frequent procedures.

ANTICIPATORY GUIDANCE

- Health promotion categories.
- Important topics highlighted with a sun symbol.
- Target to the family's strengths and concerns.
- Keep a record and follow up.

The highlighted topics are the same as the "Things to Keep in Mind Between Now and the Next Visit" on the family forms.

IMMUNIZATIONS

- Make sure child's immunizations are up to date.
- Note vaccines administered.
- Discuss side effects.

The immunization schedule given is per the American Academy of Pediatrics' 1998 recommendations. Update as necessary.

SUMMARY

- Summarize findings.
- Arrange continuing care.

Specific strengths and developmental achievements should be identified and the family and child commended.

REFERRAL

- Add telephone numbers to be given to the family.
- Share information on community resources, services, and programs.
- Expand and adapt this list.

Refer families to services that are family centered, culturally competent, and community based.