

## MODULE 1: The Core Story of Early Brain and Child Development

Background	Past Medical History	Family History	Social History	Physical Exam
<ul style="list-style-type: none"> <li>• 3 year old female presents for WCC</li> <li>• This is her first visit to see you</li> <li>• Recently placed in foster care with one of your established families</li> <li>• Foster mother has some limited history provided to her by CPS</li> </ul>	<ul style="list-style-type: none"> <li>• 19 year old mother with poor prenatal care</li> <li>• 36 and 6/7 weeks gestation; SGA (2kg)</li> <li>• In the NICU for a few days</li> <li>• Admitted to PICU at 9 months with bronchiolitis; again last year for asthma</li> <li>• Immunizations are up to date</li> </ul>	<ul style="list-style-type: none"> <li>• Mother had severe seasonal allergies and eczema as a child</li> <li>• Mother had “ADHD” as a child; “anxiety” as a teenager</li> <li>• Mother was smoking at 12, drinking at 14</li> <li>• Mother had severe postpartum depression</li> </ul>	<ul style="list-style-type: none"> <li>• Mother was placed in foster care at 12 yo (abused by her step father)</li> <li>• Mother dropped out of school at 16 yo</li> <li>• Mother and patient spent several months in a shelter for women and children</li> <li>• Patient placed in foster care when found by police running in the street at 2 AM</li> </ul>	<p>Wt: 40# (&gt;95 %tile) Ht: 39” (75%tile) BMI: 18.5 (&gt;95%tile)            GEN: sullen, shy toddler, clinging to foster mom            HEENT: NC; PERRL; MMMP; Left TM scarred, right w/pus, red            CHEST: rare end expiratory wheezing, no WOB, no rales            COR: S1, S2, RRR, no murmur audible            ABD: +BS, soft, non-tender, non-distended            SKIN: rough, red, dry patches inside of both elbows</p>

*NOTE: Please use the Case Studies Abbreviations List (on the next page) as needed.*

### Discussion Questions

- What other information would you like to have and why?
- What risks to her health and well-being have you identified and why are they risks?
- What opportunities to promote wellness and development have already been missed?
- What are your priorities moving forward?

## Abbreviations List for Early Brain and Child Development (EBCD) Case Studies

ABD	Abdomen
AGA	Appropriate (weight) for Gestational Age
ADHD	Attention Deficit/Hyperactivity Disorder
BMI	Body Mass Index
+BS	Bowel sounds present
COR	Coronary (“heart”)
CPS	Child Protective Services
GA	Gestational Age
GED	Graduate Equivalency Diploma
GEN	General (appearance in physical exam)
HEENT	Head, Eyes, Ears, Nose, and Throat
NC	Normocephalic
MMMP	Moist Mucous Membranes and Pharynx
NICU	Newborn (or Neonatal) Intensive Care Unit
PERRL	Pupils equally reactive and responsive to light
PICU	Pediatric Intensive Care Unit
RRR	Rhythm and rate regular
SGA	Small-for-gestational-age
S1, S2	Normal phases of heart sounds
TM	Tympanic Membrane (“ear drum”)
WCC	Well-child check (also known as a health supervision visit)
WOB	(increased) Work of Breathing