

MODULE 2: Toxic Stress – Why Environment Matters

Background	Past Medical History	Family History	Social History	Physical Exam
<ul style="list-style-type: none"> • 2 year old male presents for WCC • This is his first visit to see you • Recently started living at his grandmother's home because his mother moved home due to financial issues 	<ul style="list-style-type: none"> • 20 year old mother with poor prenatal care • 35 weeks GA; SGA (~ 1.9 kg) • In the NICU for a few days • Immunizations are not up to date 	<ul style="list-style-type: none"> • Mother has history of asthma • Father's history is unknown • Mother started binge drinking at age 15 • Mother dropped out of school at age 17 & just completed her GED • Father was involved briefly, but no longer involved due to being incarcerated 	<ul style="list-style-type: none"> • Mother grew up in a single-parent family with a mother who was often working 2 or more jobs to make ends meet • Mother currently has a job but struggles with finding child care she can afford so the patient often stays with different family members or friends when the mother works 	<p>Wt: 40# (>95 %tile) Ht: 39" (75%tile) BMI: 18.5 (>95%tile) GEN: anxious toddler, clings to 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