## MODULE 3: Adverse Childhood Experiences – What Happens Early Can Change Lives

<table>
<thead>
<tr>
<th>Background</th>
<th>Past Medical History</th>
<th>Family History</th>
<th>Social History</th>
<th>Physical Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4 year old female presents for WCC</td>
<td>• 26 year old mother with good prenatal care</td>
<td>• Mother recently started working full-time after divorce from her husband</td>
<td>• Mother grew up living with a father who is an alcoholic &amp; still drinks</td>
<td>Wt: 40# (&gt;95 %tile) Ht: 39&quot; (75%tile)</td>
</tr>
<tr>
<td>• This is her first visit to see you</td>
<td>• 39 weeks GA; AGA</td>
<td>• Patient often spends time at her grandparents house (mother’s family) when mother works late</td>
<td>• Mother’s job is stressful &amp; she has trouble sleeping at night</td>
<td>BMI: 18.5 (&gt;95%tile)</td>
</tr>
<tr>
<td>• Recently moved here after parents got divorced</td>
<td>• Uncomplicated birth</td>
<td>• Patient’s father lives 2 hours away &amp; patient only sees him every other weekend</td>
<td>• Patient misses her old child care center &amp; is “acting out” in child care and often complaining of having a stomachache</td>
<td>GEN: anxious toddler, clings to mom</td>
</tr>
<tr>
<td></td>
<td>• Immunizations are up to date</td>
<td>• Father grew up in a home with domestic violence</td>
<td></td>
<td>HEENT: NC; PERRL; MMMP; Left TM scarred, right w/pus, red</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Mother was diagnosed with ADHD at age 10</td>
<td></td>
<td>CHEST: rare end expiratory wheezing, no WOB, no rales</td>
</tr>
</tbody>
</table>

**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 family strengths could you build on?
- 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