

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

| Background | Past Medical History | Family History | Social History | Physical Exam |
|--|---|--|---|---|
| <ul style="list-style-type: none"> • 4 year old female presents for WCC • This is her first visit to see you • Recently moved here after parents got divorced | <ul style="list-style-type: none"> • 26 year old mother with good prenatal care • 39 weeks GA; AGA • Uncomplicated birth • Immunizations are up to date | <ul style="list-style-type: none"> • Mother recently started working full-time after divorce from her husband • Patient often spends time at her grandparents house (mother’s family) when mother works late • Patient’s father lives 2 hours away & patient only sees him every other weekend • Father grew up in a home with domestic violence • Mother was diagnosed with ADHD at age 10 | <ul style="list-style-type: none"> • Mother grew up living with a father who is an alcoholic & still drinks • Mother’s job is stressful & she has trouble sleeping at night • Patient misses her old child care center & is “acting out” in child care and often complaining of having a stomachache | <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 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 |