



BRIGHT FUTURES IMPLEMENTATION TIP SHEET

Practical Tips for Implementing Bright Futures in Clinical Practice

Get to Know the Bright Futures Guidelines and Core Tools

- Make Bright Futures: *Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition*, the foundation of your pediatric practice.
- Keep the [Bright Futures/American Academy of Pediatrics \(AAP\) Periodicity Schedule](#) and the Bright Futures Pocket Guide handy as practice reference tools.
- Consider using the Core Tools from the **Bright Futures Tool and Resource Kit** during each visit. The Core Tools are the Previsit Questionnaires, Visit Documentation Forms, and Parent/Patient Education Handouts. Previsit Questionnaires and Parent/Patient Education Handouts are available in English and Spanish. These tools can also be used to update your own practice tools.
- Consider using a Previsit Questionnaire to gather important information to individualize the visit and prioritize what is most important for each patient and family during the well-child visit.
- Supplement the Core Tools with other useful forms, screening tools, and resources from the **Bright Futures Tool and Resource Kit**.

ABOUT BRIGHT FUTURES

Bright Futures is a national health promotion and prevention initiative, led by the American Academy of Pediatrics and supported by the Maternal and Child Health Bureau, Health Resources and Services Administration. The *Bright Futures Guidelines* provide theory-based and evidence-driven guidance for all preventive care screenings and well-child visits. Bright Futures content can be incorporated into many public health programs such as home visiting, child care, school-based health clinics, and many others. Materials developed especially for families are also available. Learn more about Bright Futures and get Bright Futures materials by visiting brightfutures.aap.org.

Take Advantage of Other Tools and Resources that Support Bright Futures

- Become familiar with the *Bright Futures Performing Preventive Services Handbook*, which provides guidance on the most effective way to deliver the preventive services recommended in the *Bright Futures Guidelines*.
- Refer to *Bright Futures: Nutrition* and the *Bright Futures: Nutrition, Pocket Guide* for the latest nutrition guidance. Use the practice tools and forms in these resources to promote and support healthful eating among your patients.
- Use the Bright Futures Oral Health Risk Assessment Tool to identify children who are at highest risk for oral health problems and need additional care and guidance.
- Download the [Bright Futures VisitPlanner app](#) to customize patient visits based on each child's health care needs and parent/family concerns.
- Take advantage of [Text4Tots](#), a message library you can use to send nutrition and physical activity texts to parents and caregivers.



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- Promote early literacy with the [Books Build Connections Toolkit](#). This toolkit includes material for health professionals and easy-to-understand material for families.

Organize Your Office Practice to Make Implementing Bright Futures Easy

- Start gradually. Some health care providers may see efforts to implement all recommendations in the *Bright Futures Guidelines* at once as overwhelming. Implementing Bright Futures recommendations in parts and stages can ease the transition.
- Involve your entire team. Include, for example, a physician, nurse practitioner, medical ancillary staff or assistant, child development specialist, nutritionist, and administrative office system staff. These individuals help ensure that Bright Futures components permeate the entire practice and that all workers are invested in the implementation effort.
- Use the Bright Futures Performance Measures, which will help you incorporate quality improvement into your practice on an ongoing basis.
- Use [Achieving Bright Futures](#), a guide that matches the visits on the Bright Futures/AAP Periodicity Schedule with the Current Procedural Terminology (CPT) and International Classification of Diseases (ICD) codes used to document and pay for screenings, assessments, and other recommended services.
- Set up a preventive services prompting system to ensure that your patients receive all the preventive services recommended in the *Bright Futures Guidelines*.
- Develop and use a recall-and-reminder system.
- Connect and build relationships with community resources that can reinforce your work with patients and families.
- Integrate the *Bright Futures Guidelines* into your electronic health record (EHR) system. [See reviews](#) of various EHR systems.

Use a Strength-based Approach to Partnering With Patients and Families

- Work with the patients and families in your practice to assess and build their strengths so that they say **YES!** to a healthy life.
- When encouraging behavior changes from patients and families, use shared decision-making strategies and motivational interviewing techniques to arrive at a workable plan to solve problems.
- Become familiar with the [Protective Factors Framework](#).

Share Bright Futures Material With Families

- Use the *Bright Futures Family Pocket Guide*, available in English and Spanish. This pocket guide provides family-friendly tips, strategies, and resources for every stage of a child's development, from infancy through adolescence.
- Encourage expectant and new moms in your practice to sign up for [text4baby](#). This mobile information service provides three free weekly text messages on a variety of topics of interest to women throughout their pregnancy and up until their baby's first birthday.
- Promote use of the mobile [Child Health Tracker](#) for families.
- Share [Child Care Handouts](#) consistent with Bright Futures recommendations, available in English and Spanish.
- Display family-friendly posters in your office to support healthful eating and good nutrition.



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- Keep a supply of Bright Futures Activity Books in English and Spanish on hand to occupy children while they wait to see you.

Share Your Bright Futures Knowledge With Others

- Promote preventive care in your community by using the [About Bright Futures](#) video, presentation templates and handouts, and the online resources available from the Bright Futures Web site.
- Connect with others in your state who are interested in implementing the *Bright Futures Guidelines* or are involved in implementation initiatives.
- Connect with your local AAP chapter or other professional organizations whose members are involved in state or local partnerships that promote healthful child activities.

Do you have a story to tell about how you've implemented Bright Futures in your clinical practice?

Please contact us today so that we can feature your implementation story on our Web site or in a future edition of the *Bright Futures eNews*.

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