



# BRIGHT FUTURES IMPLEMENTATION TIP SHEET

## Tips for Using the Bright Futures Core Tools in Practice

### Use the Bright Futures Core Tools During Each Visit

The Core Tools are three key documents from the **Bright Futures Tool and Resource Kit** that will guide you and your patients through each visit.

The Core Tools include the following:

- Previsit Questionnaires
- Documentation Forms
- Parent/Patient Education Handouts

### Previsit Questionnaires— in English and Spanish

By completing Previsit Questionnaires, families jump-start their visit before they meet with you. Completed Previsit Questionnaires give you access to pertinent information without using valuable time asking questions. Having this information in advance allows you and the family to focus on the issues of greatest importance during the visit.

The questionnaires:

- Ask about parental concerns, especially in the topic areas that are the focus of the visit
- Ask risk assessment questions, thereby triggering recommended medical screening
- Allow the parent or patient to note special concerns
- Gather developmental surveillance information

Ask your patients to arrive a little early so that they have time to fill out the questionnaire before they see you. Or, if your practice offers online access

The image shows a screenshot of the 'Bright Futures Previsit Questionnaire 18 Month Visit' form. Three red circles with numbers 1, 2, and 3 are overlaid on the form to highlight key sections:

- 1:** A large red circle encompasses the top section of the form, including the title, the introductory text, and the 'What would you like to talk about today?' section.
- 2:** A red circle encompasses the 'Medical Screening' section, which includes questions about hearing, vision, lead, tuberculosis, anemia, and oral health.
- 3:** A red circle encompasses the 'Your Growing and Developing Child' section, which includes questions about the child's development, behavior, and ability to do various tasks.

- KEY:**
1. Setting the Agenda
  2. Medical Screening
  3. Development Surveillance



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to a patient portal, post the Previsit Questionnaires to the portal. Patients can print and fill out the questionnaires for a particular visit before they get to your office. Another option is to e-mail the questionnaire to the parent or patient using a system that ensures confidential information exchange and ask that it be filled out and submitted before the visit.

*“The Previsit Questionnaire is probably the single most valuable Bright Futures tool that we use because it’s fairly efficient and it answers a lot of [questions]; it does all kinds of things.... We have found that it does not add a significant amount of time to the visit, and the patients can [complete] it easily. Sometimes patients need some help filling it out, and nurses and medical assistants can do that as well.”*

—Focus Group Participant

## Documentation Forms

The purpose of the Documentation Forms is to document the visit as required by private and public payers. The Documentation Forms guide you on what questions to ask and issues to address based on the child’s age and stage of development, the Bright Futures well-child visit priorities, and the priorities of the family and patient. They also help you apply the proper coding so that you can secure payment for each visit’s activities.

Documentation Forms include sections for each component of the visit:

- History
- Surveillance
- Physical examination
- Screening
- Immunizations
- Anticipatory guidance

Use the information entered on the Documentation Forms to develop or update the health supervision visit templates in your EHR system.

The screenshot shows a digital form with several sections. Red circles and numbers 1 through 5 are overlaid on the form to highlight key areas:

- 1:** A red circle around the 'Previsit Questionnaire reviewed' checkbox in the 'History' section.
- 2:** A red circle around the 'Concerns and questions' section in the 'History' section.
- 3:** A red circle around the 'Anticipatory Guidance' section.
- 4:** A red circle around the 'Laboratory/Screening results' section in the 'Plan' area.
- 5:** A red circle around the 'Development' section, specifically the 'Structured developmental screen' and 'Developmental surveillance' sub-sections.

- KEY:**
1. Pre-visit Questionnaire Reviewed
  2. Documenting Parental Concerns
  3. Bright Futures Priorities
  4. Screening
  5. Development Surveillance



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KEY: 1. Parental Guidance  
2. Anticipatory Guidance

## Parent/Patient Education Handouts—in English and Spanish

Parent/Patient Handouts provide an opportunity to build on the topics discussed during the visit. They summarize anticipatory guidance for the visit and reinforce the 5 Bright Futures priorities for that visit. Parent/Patient Handouts have been developed for each Bright Futures visit (ages 1 week to 21 years).

Bright Futures also has developed additional Parent and Patient Education Handouts for parents and patients ages 7 and older. These handouts cover a wide variety of topics specific to particular visits.

Use these handouts during visits with families to complement your discussions or provide them at the end of visits for families to take home and review.

*“We use the Parent Education Handouts that are associated with each age visit. And we also have integrated ... virtually all Bright Futures age-related recommendations into our age-specific [EHR] templates.”*

—Focus Group Participant



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### Supplement the Core Tools With Other Useful Forms, Screening Tools, and Resources

The **Bright Futures Tool and Resource Kit** contains a wealth of forms, screening tools, and resources to help you make the best use of your time with patients during visits. These tools include the following:

- **Medical Screening Questionnaires** include only the screening questions drawn from the Previsit Questionnaire. They are available for every health supervision visit.
- **Bright Futures Supplemental Questionnaires** expand on questions about Bright Futures priorities related to each visit drawn from the Previsit Questionnaire for each visit.
- **Developmental, Behavioral, and Psychosocial Screening and Assessment Tools** provide quick references to developmental screening and surveillance tools and screening tools appropriate for psychosocial and behavioral assessment during health supervision visits. Several specific screening tools also are provided for maternal depression, parent and family safety, psychosocial and behavioral symptoms, autism spectrum disorder, and substance abuse.
- **Community Resources** such as checklists, tip sheets, and worksheets can help you identify community assets for families, build partnerships with other community services, and facilitate referrals.

Please note that these tools are being updated to correspond with the latest [Bright Futures/AAP Periodicity Schedule](#).

The **Bright Futures Tool and Resource Kit** materials provided at [brightfutures.aap.org](http://brightfutures.aap.org) are available for download for review and reference purposes. To incorporate forms into an EHR system or to make multiple copies of specific items, please contact [aapsales@aap.org](mailto:aapsales@aap.org).

If you have questions about Bright Futures or would like to subscribe to the Bright Futures eNews to receive periodic updates, please contact us at [brightfutures@aap.org](mailto:brightfutures@aap.org).

#### **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](http://brightfutures.aap.org).



## Tips for Using the Bright Futures Core Tools in Practice

### 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*.

Jane Bassewitz, MA, Manager, Bright Futures National Center

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