



The Growing Years

A Newsletter of Riverside County CHDP

January 2019



Riverside County
CHDP Office
1.800.346.6520
www.rivcochdp.org



Christopher D. Dael, MD
Public Health
Medical Program
Director-Children's
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A Message from our Medical Program Director: Corporal Punishment

In November of 2018, the American Academy of Pediatrics waded back into territory that never fails to elicit strong responses from virtually every corner of America, corporal punishment. As a young pediatric house officer in the 90s, I remember the Academy's original statement which strongly cautioned parents against the use of corporal punishment stating



“...spanking is a less effective strategy than **time-out** or removal of privileges for reducing undesired behavior in children. Although spanking may immediately reduce or stop an undesired behavior, its effectiveness decreases with subsequent use. The only way to maintain the initial effect of spanking is to systematically increase the intensity with which it is delivered, which can quickly escalate into abuse. Thus, at best, spanking is only effective when used in selective infrequent situations.”

Some twenty years later armed with an abundance of supporting research, the AAP has updated its advice on corporal punishment. In short, the policy states that parents and schools should not do it, ever. The data shows that corporal punishment is minimally effective in the short term and has significant potential for negative long-term consequences like aggressive behaviors, defiance, and mental health disorders. Alarmingly, corporal punishment of young children (less than 1.5 years) carries a real risk of physical injury. The newest policy statement also includes information on the harms associated with verbal abuse and humiliation strategies. Examples of the latter are commonplace on the internet these days.

The Academy holds that effective discipline fundamentally supports normal child development. Healthy forms of discipline vary by developmental stage but can include limit-setting, **positive reinforcement** for good behavior, ignoring bad behavior when appropriate and safe, redirection, and time-outs. Strategies for parents can be found at www.healthychildren.org

There is a great deal of dogma surrounding corporal punishment and child discipline but parents do look to their pediatric care providers for advice on this issue. Those conversations can be far more successful if providers have a solid game plan and available discipline strategy resources for parents. I encourage you to review the new AAP Policy statement



Effective Discipline to Raise Healthy Children, and healthychildren.org for such resources.

Thank you for keeping Riverside County's kids safe and happy!

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Please share this
newsletter with your
staff.

Lead in Bullet Manufacturing

Our Childhood Lead Poisoning Prevention Program (CLPPP) provides education and case management to Riverside County residents from birth until the age of 21. We provide written educational material to parents/guardians and reinforce with verbal education and guidance on topics such as hand, home, and toy hygiene, nutrition, blood lead testing, sources of lead, and take home exposure from adults in the home that may either work or engage in hobbies with high risk for lead exposure.



In February of 2017 the Riverside County CLPPP received a case of a 19-year old male that had an elevated blood lead level of 31 mcg/dL. A home visit was conducted within a week after receiving the notice and it was found that this young male worked at a gun range in western Riverside County. His job duties included cleaning shavings and bullet casings from the floor. During the home visit education was provided to the case and his mother on the dangers of lead and the occupational exposure. The young male did not return to work at the gun range after the home visit and within a month his lead level had dropped to 19 mcg/dL. A year after the initial venous draw this young male's blood lead level was at 4 mcg/dL. Case management is provided by the local CLPPP program until the case has sustained a blood lead level under 9 mcg/dL for at least one year.

A health hazard evaluation conducted by CDC's National Institute for Occupational Safety and Health (NIOSH) at a Missouri bullet manufacturing company found that nine out of the ten employees tested had elevated blood lead levels ($\geq 5 \mu\text{g/dL}$) with an 8.5 $\mu\text{g/dL}$ median blood lead level (Jackson, Burr, Braun, & de Perio, 2018). The worksite's lead air concentrations were all below OSHA's permissible exposure limit but the employees that worked in the bullet casting and coating areas were found to have the highest blood lead levels (range of all employees tested = 4 – 35 $\mu\text{g/dL}$). Although the employer provided lead removal soap the evaluation discovered that all employees still had lead on their hands after washing with the soap. Other practices found to be contributing to the increased blood lead levels were inconsistent use of soap and gloves, food and beverages in work areas, skin lesions caused by molten lead, dry sweeping floors, and not having clothes and shoes dedicated for work use only. It is important to assess the family as a whole with our lead poisoning cases and that includes gathering information on the jobs and hobbies of those in the home so we can provide proper guidance. Recommendations for workers to reduce take home lead exposure include: changing into clean clothes and shoes at work before getting into the car or going home, washing work clothes separately from all other clothes and keeping work shoes outside the home, washing face and hands with soap and warm water at work and showering once at home before having any interaction with the children at home. You may request lead at work educational material from our office or get more information at www.cdph.ca.gov/programs/olppp.

References

Jackson, D. A, Burr, G. A., Braun, C. R., de Perio, M. A. (2018). Lead exposures among employees at a bullet manufacturing company – Missouri, 2017. *Morbidity and Mortality Weekly Report (MMWR)*, 67(39), 1103. Retrieved from <https://www.cdc.gov/mmwr/volumes/67/wr/mm6739a7.htm>

CDPH Childhood Lead Poisoning Prevention Branch. www.cdph.ca.gov/programs/clppb

CDPH Occupational Lead Poisoning Prevention Program. www.cdph.ca.gov/olppp

Finger Stick Sample Training

CHDP requires that children have blood lead testing routinely at 12 and 24 months, between 25-72 months of age if not previously tested, and if they are determined to be at risk for lead poisoning. Capillary finger stick sampling is a common method of obtaining a sample to determine a child's blood lead level. Correct finger stick technique procedures must be followed to obtain accurate blood lead test results as there is a high potential for contamination of capillary specimens.

To learn more about proper finger stick technique for blood lead testing or to schedule a training call Riverside County Childhood Lead Poisoning Prevention Program Public Health Nurses. at 1-800-346-6520.

For the *Latest Lead Recalls* please refer to “U.S. Consumer Product Safety Commission” by visiting: WWW.CPSC.GOV or calling: [1-800-638-2772](tel:1-800-638-2772).



Ook voor de kortste en koudste dagen van het schooljaar hebben we weer lesmateriaal voor het primair onderwijs voor u verzameld. Breng de winterpret in de klas!

Lead in Spice

Khmeli Suneli (a spice from the country of Georgia) has been found to contain lead in both Northern and Southern California during case investigations of children with increased lead levels. The tested samples have been found to contain 4,000 to over 20,000 parts per million (ppm) lead. The spices were brought into the country by the families and were also purchased in local California markets. The spices were sold in bulk and were not branded.

Regulatory agencies have been notified and are investigating.

Please notify your local County Lead Poisoning Prevention Program if you identify khmeli suneli in your jurisdiction. We would appreciate it if you would forward this message and otherwise advise your families to consider this and other similar spices as a possible lead source.

Thank you for your on-going vigilance to keep California's children lead-safe.



January is National Birth Defects Prevention Month

January is
**Birth Defects
Prevention Month**

... but any month is the month
to prevent birth defects.

- Take a vitamin with 400 micrograms (mcg) of folic acid every day.
- Don't smoke or drink alcohol.
- Talk to your doctor about vaccinations (shots).
- Wash your hands often with soap and water to prevent infections.
- See your health care professional regularly.

Whether or not you are planning a pregnancy, now is the time to prevent birth defects.

Visit www.cdc.gov/ncbddd to learn more about preventing birth defects.

This poster was developed in partnership with the National Birth Defects Prevention Network.

National Center on Birth Defects and Developmental Disabilities
Division of Birth Defects and Developmental Disabilities

Birth defects affect approximately one in 33 babies born in the United States each year. That equates to every 4 ½ minutes a baby is born with a birth defect. To help with prevention, it is important to educate parents about preconception health. These are steps both men and women can take:

- Insure adequate folic acid intake which can prevent brain and spine defects
- Stop smoking, drinking alcohol and using “street” drugs
- Avoid exposure to toxic substances (cat or rodent feces, bug spray, synthetic chemicals)
- Women should try to reach a health weight prior to conceiving

This information as well as more information can be found at the CDC website and the National Birth Defects Prevention Network website.

<https://www.nbdpn.org/bdpm.php>

https://www.cdc.gov/ncbddd/birthdefects/prevention-month.html?s_cid=ncbddd_bd_pm_pa1_2018_12

Attention Providers!

If you need **CHDP Educational Materials**, please call our CHDP Health Educator, **Neda Movahed, MPH** at: **(951) 358-5140**, or email her at: **nmovahed@rivcocha.org**

Any Questions? visit us online: www.rivcochdp.org



It's Not too late to get vaccinated!!!

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. People of every age, including those in good health, are at risk of flu. The best way to protect yourself and your family this flu season is by getting a flu vaccine.

Everyone 6 months of age and older should get a flu vaccine EVERY season.

According to the Centers for Disease Control and Prevention (CDC), the Flu vaccine has many benefits, some are:

- Reduces flu illnesses
- Reduces doctors' visits
- Reduces missed work and school time due to the flu
- Prevents flu-related hospitalizations
- Reduces the risk of flu-associated acute respiratory infection in pregnant women
- Getting vaccinated can also protect the baby after birth

IMMUNIZATION PROGRAM



Inland Empire Immunization Coalition (IEIC)

The 2019 Immunization Update is coming soon. Healthcare professionals are encouraged to register. Topics include; the 2019 National Immunization Schedule, Vaccine Management, California School Law, VFC, CD, TB, and HIV/STD program updates.

There is one event with two different dates/locations:

Tuesday February 19, 2019 at the Annenberg Center for Health Sciences 39000 Bob Hope Dr., Rancho Mirage

Thursday February 21, 2019 at the Moreno Valley Conference Center, 14075 Frederick St. Moreno Valley

Times: 8 AM-12:30 PM

Registration deadline is February 8, 2019 (*Space is limited-register early*)

For more information contact Alice Holguin: 951-358-7167 or Aholguin@ruhealth.org

The Immunization Program Provider Educators are available for on-site immunization education. Let our Educators assist your staff on vaccine topics including the recommended immunization schedules, vaccine administration, and vaccine management.

CAIR Help Desk



The CAIR Help Desk is currently experiencing delayed processing times. Account Update requests can take up to 4 weeks.

The Account Update system is **offline every Friday** to alleviate some pressure and aid the Help Desk in catching up.

If you need assistance with password resets and patient merges, please contact your Local CAIR Rep, Monique Crespo, directly at 951-358-7162

For assistance with the California Immunization Registry visit www.CAIRWeb.org or contact the following:

Local CAIR Representative: Monique Crespo at 951-358-7162 or Monique.Crespo@cdph.ca.gov

CAIR Help Desk at 1-800-578-7889 or CAIRHelpDesk@cdph.ca.gov

Data Exchange Specialist at CAIRDataExchange@cdph.ca.gov



CHDP Honors....

CHDP PROVIDERS OF EXCELLENCE

The CHDP program recognized providers who demonstrate excellence in the following areas:
Site review score of 100%, Chart review score of 98% and above;
and Desktop review score of 100%.

The following providers are being honored for their achievements!



**Golden Shore
North
Riverside 1**

Thank you for
your
commitment to
excellence!



**Aspen Medical
Group- Riverside**

Smile California



Smile, California, a campaign to increase members use of Medi-Cal's dental benefit. The Medi-Cal Dental Program covers routine, preventive and restorative care for more than 13.5 million members in California, but less than half of child members and only about 20 percent of adults use these services each year. Smile, California will educate eligible members about the free and low-cost services available to maintain a healthy smile and make it easier for members to access care.

Research conducted earlier this year with more than 2,600 parents of child members revealed that most parents (90 percent) know Medi-Cal includes dental coverage, but they are less certain of the types of available services and the fact that these services are free for children. While parents' reasons for not using their child's benefit varied, the most common reasons were lack of need, lack of information, and concerns about providers. Parents are aware that oral health is closely connected to overall health and are motivated by a desire for their children to be healthy. They are eager to take advantage of preventive services that guard against decay, like sealants and fluoride varnish.

Additional information can be found at SmileCalifornia.org. For more information, please contact Riverside County Local Oral Health Program (LOHP) at (951) 358-4809.

Medi-Cal Has Dental Covered

As a Medi-Cal member, your benefits and your child's benefits include dental coverage. See the chart below for an overview of the dental care that is covered by Medi-Cal.



SERVICES	BABIES	KIDS	TEENS	PREGNANCY	ADULTS	SENIORS
Exam*	☀	☀	☀	☀	☀	☀
X-rays	☀	☀	☀	☀	☀	☀
Teeth cleaning	☀	☀	☀	☀	☀	☀
Fluoride varnish	☀	☀	☀	☀	☀	☀
Fillings	☀	☀	☀	☀	☀	☀
Tooth removal	☀	☀	☀	☀	☀	☀
Emergency services	☀	☀	☀	☀	☀	☀
Sedation	☀	☀	☀		☀	☀
Molar sealants**		☀	☀			
Root canals		☀	☀	☀	☀	☀
Orthodontics (braces)***			☀			
Crowns			☀	☀	☀	☀
Partial and full dentures			☀	☀	☀	☀
Denture relines			☀	☀	☀	☀
Scaling and root planing			☀	☀	☀	☀

*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

**Molar sealants are covered for teens up to age 21.

***For those who qualify.

Infant Ibuprofen Recalls

Tris Pharma Issues Voluntary Nationwide Recall of Infants' Ibuprofen Concentrated Oral Suspension, USP (NSAID) 50 mg per 1.25 mL, Due to Potential Higher Concentrations of Ibuprofen- December 5, 2018

Tris Pharma, Inc. has voluntarily recalled three (3) lots of Infants' Ibuprofen Concentrated Oral Suspension, USP (NSAID) 50 mg per 1.25 mL, to the retail level. The recalled lots of the product have been found to potentially have higher concentrations of ibuprofen. There is a remote possibility that infants, who may be more susceptible to a higher potency level of drug, and therefore may be more vulnerable to permanent NSAID-associated renal injury. Adverse effects that may be experienced are nausea, vomiting, epigastric pain, or more rarely, diarrhea. Tinnitus, headache and gastrointestinal bleeding are also possible adverse effects. To date, Tris Pharma, Inc. has not received any reports of adverse events related to the lots of product that are the subject of this recall.

The product is used as a pain reliever/fever reducer and was packaged in 0.5 oz. bottles for the recalled lots listed below:



Consumer Contact:
Tris Customer Service
[Customer Service Email](mailto:CustomerServiceEmail)
732-940-0358

This recall is being conducted with the knowledge of the U.S. Food and Drug Administration. For More information visit:

[Tris Pharma Issues Voluntary Nationwide Recall of Infants' Ibuprofen Concentrated Oral Suspension, USP \(NSAID\) 50 mg per 1.25 mL, Due to Potential Higher Concentrations of Ibuprofen](#)

Healthy Recipe

Balsamic & Parmesan Roasted Cauliflower

Roasting isn't usually the first cooking method you think of for cauliflower but the results are quite delicious. The florets are cut into thick slices and tossed with extra-virgin olive oil and herbs. Wherever the flat surfaces come into contact with the hot roasting pan, a deep browning occurs that results in a sweet, nutty flavor.

- 8 cups 1-inch-thick slices cauliflower florets, (about 1 large head)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- ½ cup finely shredded Parmesan cheese

Preparation:

1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Nutrition information: Serving size: about 1 cup, Per serving: 152 calories; 10 g fat(3 g sat); 3 g fiber; 10 g carbohydrates; 7 g protein; 90 mcg folate; 7 mg cholesterol; 5 g sugars; 0 g added sugars; 99 IU vitamin A; 75 mg vitamin C; 163 mg calcium; 1 mg iron; 362 mg sodium; 519 mg potassium, Nutrition Bonus: Vitamin C (125% daily value), Folate (22% dv)

Source: EatingWell Magazine, January/February 2008



CHDP Bulletin



Child Health Programs Staff

CHDP Program:

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Lilia Moncayo– OAll

For information about any programs, please call:
800-346-6520

On behalf of Riverside County Child Health Programs, we wish you a happy, prosperous and HEALTHY 2019.

Thank you for serving Riverside County children and keeping them healthy and safe.



Workshops

CHDP Overview Workshops

January 10, 2019 - Indio
February 14, 2019 - Riverside
March 13, 2019 - Riverside

Vision/Fluoride Varnish

January 13, 2019 - Riverside

Vision/BMI/Fluoride Varnish

March 28, 2019 - Riverside



Children enrolled in
GATEWAY
in Riverside County
September 1387
October 1375
November 1120
Great Job!



Total number of
CHDP
Providers:
135

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