



West Virginia HealthCheck

24 Month Visit

What to Expect at the 24 Month Visit

Heard about the terrible twos?

Yes, a two year old can be a challenge, but most likely you will find that parenting a two year old is filled with delightful fun! Parents and caregivers can encourage good behavior by being consistent, patient and respectful in how they respond to the 2 year old. During this visit some questions your provider may ask include:

Tell me about how your child likes to play? What are some new things your child is doing?

Have you begun toilet training? If so, how is it going?

- Your child's length, weight and **head circumference** will be measured. Your provider will begin calculating your child's **Body Mass Index** or BMI at the 2 year visit.
- Your child will have a complete head-to-toe physical examination.
- Your provider will ask questions about exposure to tuberculosis and lead, along with questions about your family's history of heart disease (dyslipidemia risk screen). Your provider will order a lab test for lead exposure.
- Your provider will use an **autism-specific screening tool** to screen for autism.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you information on toilet training, safety, and talk about TV limits.

Preventive Care Tips: What are RISK SCREENS?

Risk screens are used to identify children whose history or medical status places them at high risk for certain illnesses or diseases. These risk screens are groups of questions that help a provider determine if additional testing (like lab work) needs to be done.

Examples of risk screens recommended at well-child visits include:

• Anemia

Anemia is a condition in which the body does not have enough healthy red blood cells. Red blood cells deliver oxygen throughout the body, and low amounts of them can lead to health related problems for your child. Iron-deficiency anemia is a decrease in the number of red blood cells in the blood due to a lack of iron.

Infants, especially those who were low birth weight or born prematurely, who don't get enough iron from breast milk or formula may be at risk of iron deficiency. Children need extra iron during growth spurts. If a child isn't eating a healthy, varied diet, he or she may be at risk of anemia. Your provider will ask questions to determine if your child needs additional blood testing (**hemoglobin / hematocrit**) to check for iron-deficiency anemia.

• Lead

Lead poisoning is a problem in children less than six years of age. Lead can cause learning difficulties, behavior problems and lower **IQ levels**. A lead risk screen is a series of questions used to determine if a child is at high-risk for lead exposure. Children who are high-risk or who have missed blood-lead screening tests (required at 12 and 24 months of age), may need additional or more frequent blood lead testing.

• Tuberculosis

Tuberculosis (TB) is a potentially serious infectious disease that primarily affects your lungs. Tuberculosis risk questions that focus on increased risk of TB exposure by contact with others diagnosed with TB, birth or travel to endemic areas, or regular contact with other high risk adults are very good at identifying children who need tuberculin skin testing. Only children with high risk of exposure should be considered for tuberculin skin testing.

• Dyslipidemia

Dyslipidemias are abnormalities of cholesterol and other lipids in the blood. Abnormal lipid levels have been strongly associated with an increased risk of coronary heart disease (CHD). A dyslipidemia risk screen helps a provider determine if a child needs additional lab testing (fasting lipid profile). Questions focus on family history of heart disease and/or family history of elevated blood cholesterol levels. Other dyslipidemia risk indicators include obesity, poor dietary habits or elevated blood pressure.

What To Expect At The 30 Month Visit

- Body Mass Index (BMI) will be calculated.
- Your provider will no longer measure your child's head circumference.
- Your provider will use a **standardized developmental screening tool** to evaluate your child's overall development.

West Virginia
HealthCheck Program

1-800-642-9704

www.dhhr.wv.gov/healthcheck

Transportation Assistance

Contact MTM to schedule a ride

1-844-549-8353

www.mtm-inc.net/west-virginia