



QTIP

Quality through
Technology and Innovation in Pediatrics

THE FORGOTTEN YEARS



Physical changes

- **Get taller at a steady pace- growing about 2-2.5 inches each year and gain about 4-7lbs weight per year until puberty**
- **They have feelings about how they look and how they're growing.**
- **Puberty in girls – typically between 8-13 but even younger in black and Hispanic girls.**

What is happening?

Mental skills

- Can concentrate for longer periods of time
- Increased problem solving ability
- Can think of simple plans before acting
- Improved short and long term memory
- Can better understand moral rules of behavior
- Are able to better empathize with other people

Social skills

- More independent
- Continue to develop social skills like empathy and compassion
- Feel that belonging and acceptance by peers is very important
- Play rules- based games and winning the game is the objective
- Able to view themselves based on their physical appearance, capacity to make friends and school performance.

What Parents can do

- Help them develop a sense of competence
- Reinforce normal physical development
- Gradually share control
- Reinforce the understanding of right and wrong and consequences
- Teach problem solving
- Reinforce prosocial skills like empathy, co-operation.
- Provide opportunities to develop an understanding of rules

AAP Periodicity

- Interval history
- Measurements-BMI, Blood Pressure
- Vision and hearing screen- 8 and 10 y/o
- Developmental surveillance
- Behavior/emotional/social screening
- Physical Exam
- Dyslipidemia screening- 9-11 y/o
- Anticipatory guidance

USPTF

- “The USPSTF recommends screening for anxiety in children and adolescents aged 8 to 18 years”.
- Moderate Net benefit
- The 2018-2019 National Survey of Children’s Health (NSCH) found that 7.8% of children and adolescents aged 3 to 17 years had a current anxiety disorder
- Broader screening tools like GAD, SCARED
- No recommendations of appropriate interval of screenings.

Mental health

- At any given time 11-20% of the Children in US have an emotional or behavior disorder
- ADHD and Anxiety disorder are often diagnosed in the early school age years
- A 2–4-year interval between symptom appearance and disorder has been demonstrated.
- Only about 50% of the Children with Behavior and Emotional disorders get diagnosed in Primary care practices.

Immunization

- Must have had the vaccines required for 5K, which includes 2 doses of Hepatitis A
- Annual Influenza vaccines
- COVID Vaccines
- HPV vaccine- for 9-year-old and up.

Puberty

- Average age of Puberty onset has decreased significantly
- Studies have shown relationship between early onset of puberty with anxiety, depression, increased substance use, eating disorders etc.
- Risk can be mitigated with proper coping skills, supportive family .

Sleep

- AASM recommends an average of 9-10 hours of sleep for school age Children.
- Sleep is related to healthier immune system, better school performance, behavior, memory and mental health
- Talk to Parents and kids about Sleep Hygiene and the importance of sleep.

School/Learning

- Poor school performance or a lack of Progress – could involve neurologic, emotional, or behavior functioning abnormalities alone or in various combinations .
- Pediatrician's role
 - Prevention
 - Early recognition
 - Diagnosis
 - Referral
 - Treatment

Social media and Screens

- No set screen time limit that applies to all Children-2016 , AAP media use recommendations.
- 32% of kids ages 7-9 use social media- even though social media use is not recommended for this age group.
- Anxiety, eating disorder- correlation especially for young girls
- Can be beneficial for certain groups
- Educate & encourage families to use the AAP's Family Media Plan.

Bullying

- 50% of 9–12-year-old said they had been bullied at school and 15% had been cyber bullied
- Bullying increases risk of depression, anxiety, lower academic achievement and dropping out of school.
- Youth who bully others are at increased risk for substance use and academic problems.
- Pediatrician's role
 - Talking to patients/parents about bullying
 - Defining bullying for parents/kids
 - Warning signs of bullying
 - Advising parents with bullying concerns
 - Resources(AAP, stopbullying.gov, [safekids](http://safekids.org))

Eating disorder/body image

- EDs are increasingly being recognized in Children as young as 5 to 12 years.
- Pediatrician's role
 - Encourage family meals, avoid dieting, avoid weight talk
 - Promote healthy body image
 - MI is useful for addressing weight related issues
 - Act if ED suspected

Obesity

- Obesity prevalence was 19.3% among children ages 6-11(2015-2018).
- Pandemic influence
- New AAP guidelines – Feb 2023.
- Lifestyle medicine approach.

Summary

- Think HPV vaccines for 9 and older
- Lipid screening for 9 and older
- Screen for Anxiety (8 and older)
- Promote sleep hygiene
- Assess school performance and social/emotional development
- Anticipatory guidance on Puberty, positive body image, bullying and electronic/social media usage
- Lifestyle medicine approach to healthy weight.

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