





Texas Health Steps Program

- First step towards preventive health care under Texas Medicaid
- Implemented in 1972
- Texas' name for federally mandated EPSDT (Early and Periodic Screening, Diagnosis and Treatment)
- Renamed Texas Health Steps in 1996



THSteps Medical Check-ups

- Comprehensive assessment of the infant, child or adolescent
- To detect problems and address before medical/dental problems become more complex
- To provide anticipatory guidance to family to encourage healthy behaviors and enhance parenting knowledge of family



THSteps Medical Check-ups Providers

- Licensed physicians
- Rural Health Clinics and Federally qualified Health Centers
- Registered nurses (under supervision of a physician)
- Physician Assistants
- Family and pediatric nurse practitioners
- Certified nurse midwives
- Women's health care nurse practitioners
- Adult nurse practitioners



Periodicity Schedule

- **Based on American Academy of Pediatrics**
- **Modifications based on federal law or coordination with other programs and state regulations**
- **Exceptions** (based on medical need such as developmental delay, environmental risk, suspected abuse, or state and federal requirements for Head Start, day care, foster care or adoption, or for dental services under general anesthesia)



THSteps Eligibility

- Medicaid eligible under 21 years of age
- Medicaid Identification Form H3087
 - Must show eligible for current month and checkup due.
- Due for service based on periodicity or exception to periodicity.
- Temporary Form H1027



Components

Initial Health History

- Prenatal/Newborn
- Family
- Medical History
- Developmental/Mental Health

Interim History

- Appropriate for age, health or the problems since last visit



Physical Assessment

- Required for each visit
- Complete unclothed physical with older children and adolescents appropriately draped



Measurements

- Required each visit
- Length/Height
- Weight
- Calculation of Body Mass Index (BMI)
(2 years and older)
- Head Circumference (birth to 2 years)
- Blood Pressure (3 years and older)



Nutritional Assessment

- **Assessment of diet (appropriate food group and amounts)**
- **Dietary practices (identification of extended use of bottle, pica, etc.)**
- **Provide education on healthy eating habits**



Developmental Assessment

- Birth through age 6 must include a standardized developmental screen between ages 9-12 mo., 18-24 mo., & every other year, & if parent expresses concern
- Developmental screening at all other visits to include a review of milestones and mental health



Mental Health Assessment

- **Feelings**
- **Behaviors**
- **Social Interactions**
- **Thinking**
- **Physical Problems**
- **Other (substance abuse)**



Sensory Screening: Vision

Birth – 2 years

- Observations and history from caregiver
- Physical examination
- History of high risk conditions, such as congenital infections (rubella, herpes, and others) or family history of vision or eye problems

3 years and older

- Use of standardized vision charts
- Physical examination



Sensory Screening Hearing

Newborn Hearing

- Required in hospital
- Review of high risk conditions

Birth through 3 years

- Parent Checklist
- Refer high-risk children for further testing

4 years and older

- Combination of testing by audiometric screening and subjective screening (history/observation)



Tuberculosis Screening

- Screening yearly beginning at age 1 year
- Based on prevalence of TB in county
- Low prevalence: parent questionnaire
- High prevalence: combination of skin testing and parent questionnaire



Laboratory

- Test appropriate for age
 - *Newborn Screening (tests for 27 disorders)
 - *Hemoglobin (Hgb) and Hematocrit (Hct)
 - *Hemoglobin type
 - *Lead Screening
- | | | |
|------------|---------------|-----------------|
| Glucose** | Cholesterol** | STD screening** |
| Pap Smear* | Urinalysis** | HIV screening** |
- * Required at specific ages and based on risk factors
 - **Based on risk factors



Immunizations

- Update immunization status at each visit
- Administer according to Advisory Committee for Immunization Practices (ACIP) Immunization Schedule
- Administer unless contraindicated or if declined by parent for reasons of conscience, including a religious belief
- Do not refer to local health department
- Obtain vaccines from Texas Vaccines for Children Program at DSHS



Dental Referral

- Required yearly beginning age at age 6 months
- Patients eligible for dental check-ups every 6 months
- Patients eligible for necessary dental treatment at any time
- Parents may self refer



Oral Evaluation and Fluoride Varnish in the Medical Home

- New strategic initiative
- Children 6 months through 35 months of age
- Includes oral evaluation and application of fluoride varnish
- Allows physicians, advanced practice nurses and physicians assistants to provide service (must be trained and certified)



Health Education Anticipatory Guidance

- Face to face and Age Appropriate
Developmental expectations
Dental health Feeding and nutrition
Elimination Sleep
Lead poisoning risks Healthy lifestyle/practices
Accident/disease prevention

Additional Topics for Adolescents



Hotlines

- **THSteps** 1.877.847.8377
- **Medicaid** 1.800.252.8263 (Clients)
- **TMHP** 1.800.925.9126 (Providers)
- **CHIP** 1.877.543.7669
- **Transportation** 1.877.633.8747
- **Child Abuse** 1.800.252.5400

or local law enforcement

Websites

- Texas Department of State Health Services
www.dshs.state.tx.us
- THSteps home page
www.dshs.state.tx.us/thsteps
- THSteps publications
www.thstepsproducts.com
- Immunizations
www.dshs.state.tx.us/immunize/default.shtm

More websites

- **CHIP**

www.texcarepartnership.com

- **TMHP**

www.tmhp.com

- **THSteps adolescents**

www.dshs.state.tx.us/adolescent/default.shtm

- **THSteps Online Training Modules**

www.dshs.state.tx.us/thsteps/



Resources

- **2009 Texas Medicaid Provider Procedures Manual**
- **Bi-Monthly and Special Medicaid Bulletins**
- **Banner Messages on R & S statements**
- **TMHP Provider Relations Specialist**
- **DSHS THSteps Provider Relations Reps**
 - **Lubbock Office 806-783-6446**
 - **Canyon Sub-Office 806-477-1128**