



Children's National.

**Welcome to Children's National
Primary Care**

We offer primary care for children and adolescents

- Well child check-ups; annual physicals
- School, sports and camp physicals
- Immunizations
- Developmental, emotional and behavioral screenings
- Care for minor injuries and illness (urgent care)
- 24-hour medical advice by phone
- Follow-up care for chronic and ongoing health conditions
- Care for children with special health care needs
- Comprehensive care for adolescents including reproductive health care

Children's National Primary Care is your patient-centered medical home

Children's National Primary Care is:

- A group of 5 primary care health centers in NW and SE Washington, DC
- The primary care division of Children's National Hospital
- NCQA Level III Patient-Centered Medical Home



Our 5 locations:

Columbia Heights

3336 14th Street NW Washington, DC 20010

Phone: 202-476-5580

Shaw Metro

641 S Street NW Washington, DC 20001

Phone: 202-476-2123

Shepherd Park

7125 13th Place NW Washington, DC 20012

Phone: 202-545-2900

Anacostia

2101 MLK Jr. Avenue SE Washington, DC 20020

Phone: 202-476-6900

THEARC

1801 Mississippi Avenue SE Washington, DC 20032

Phone: 202-436-3060

Meet your care team: Our front desk and call center staff

Our front desk staff or clinical operations representatives will greet you at every appointment and:

- Schedule future appointments in-person
- Check patients in and out
- Provide screening forms, school notes and health forms for school or day care

Our call center staff will answer your calls and:

- Schedule all well and urgent appointments by phone
- View schedules for all sites and offer you urgent appointments at other locations if needed

Meet your care team: Nursing & patient care technicians

Our nursing and patient care technicians will:

- Take vital signs
- Take medical history
- Help with screening forms
- Take blood or urine samples for tests when needed



Meet your care team: Nurses

Our nursing team consists of Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) who will:

- Administer medications and immunizations
- Provide health education
- Answer any questions about your child's health care
- Help complete medical forms



Meet your care team: Health care providers

Our health care team consists of Medical Doctors (MDs) and Nurse Practitioners who will:

- Review your concerns for your child at well and sick appointments
- Perform check-ups
- Recommend immunizations and treatment
- Work with you to develop a care plan for your child
- Answer your healthcare questions



Meet your care team: Medical students and residents

Children's National Hospital is a teaching institution, which means:

- We are responsible for teaching medical students and pediatric residents; they will be the next generation of doctors
- You may see a medical student or resident at your sick or well appointment. They will always be supervised by one of our health care providers and you can always ask to see an attending doctor, if you wish



Connect with us using our patient portal

- Our online patient portal allows you to access your medical information securely anytime, anywhere
- You can send us non-urgent messages, request refills, view upcoming and past appointments, view your child's health records and much more
- The Healow app allows you to access your child's patient portal on your smart phone
- We can sign you up for the patient portal at your child's first appointment

Please only use the patient portal for non-urgent communication.
If your child is sick, or you have an urgent concern, please call our office.

Well child check-ups: What to expect

Your child's well child visits or check-ups are an important part of keeping your baby healthy.

At these visits we will:

- Track your baby's physical growth and take vitals
- Ask questions about baby's development, emotional and behavioral growth
- Administer immunizations and do blood tests
- Address your healthcare concerns and answer any questions you have



Well child check-ups: How often will your child need a check up?

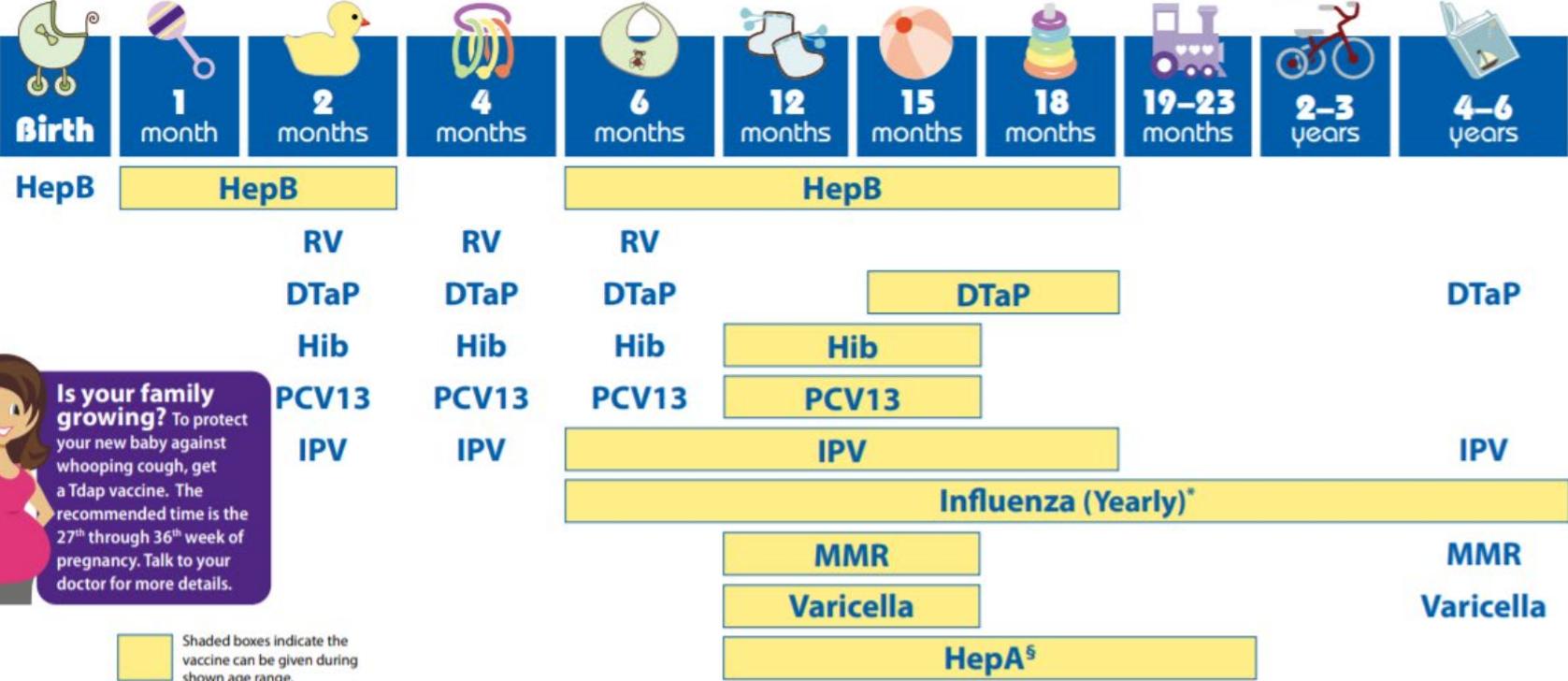
We want to see you 2-3 days after you and the baby are discharged from the birth hospital, ideally before the baby turns 7 days old, then at ages:

- 2 weeks
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2 ½ years
- 3 years
- Every year after age 3

Staying up-to-date on your well child visits will ensure your child gets the vaccines they need. You can request well visits through our patient portal.

Well child check-ups: Immunizations

2021 Recommended Immunizations for Children from Birth Through 6 Years Old



Well child check-ups: Immunizations

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

<https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>

* DTaP combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.

Sick and urgent care

What should I do if my child is sick or hurt?

- When your child is sick or hurt, give us a call, the fastest way to reach us for advice or to schedule an appointment is by phone.
- We have 24-hour medical advice at no additional charge for our patients
- If your child is experiencing a life-threatening emergency, you should call 911 or go to the nearest emergency room.
- We have same-day sick appointments at all our health centers. When you call our medical advice team, they can schedule an appointment for you to be seen same-day. Calling ahead for an appointment is better than walking-in because it reduces your wait time.

Breastfeeding

Breastfeeding is one of the best ways to keep your baby healthy. Some of the benefits of breastfeeding include:

- Less diarrhea and constipation
- Fewer colds, ear infections and bladder infections, such as UTIs
- Decreased risk of allergies, asthma or eczema

Breastfeeding support available for patients:

- On-site lactation support at Children's National Hospital and Children's National Anacostia
- Breastfeeding Center: <http://breastfeedingcenter.org/>
- Women, Infants and Children (WIC)

Many insurance companies will pay for an electric breast pump. Call your insurance company today to get one.

Circumcision

- Circumcision usually happens at the birth hospital
- If you want to get your child circumcised, talk to your OBGYN or Midwife before you deliver
- If your baby is not able to get circumcised at the birth hospital and you would like him to be, please let us know at your first visit. We will help you get an appointment with a urologist for circumcision.

Insurance considerations

Insurance coverage and billing can be complicated, we want to make sure you have information about how we bill for services we provide to help you understand any bills you may receive.

- Your insurance may ask you to select a pediatrician for the baby. Please select a name from the location you plan to attend. This will not tie you to one specific healthcare provider, it is just for insurance
- Whenever your child has an appointment during extended hours an additional fee is billed to your insurance. Your insurance company may cover the fee and they may bill you. Extended Hours are for any appointments scheduled outside of Monday – Friday, 8 a.m. - 5 p.m.
- We bill your insurance company a facility fee at every visit. You want to make sure your insurance company will cover this fee. It is also called a hospital technical fee

Insurance considerations

- Ask your insurance company if they cover the full cost of a visit billed as:

UB04 REV 515 CPT Code 99391

UB04 REV 515 CPT Code 99212

- If you have additional insurance questions, please email:
Tremell Tucker at ttucker@childrensnational.org.

Your first appointment with us

- We want to see you 1-3 days after discharge
- If you have a hospital birth, call us when you know your discharge date
- If you plan to deliver at a birthing center or at home, call us when your baby is born

What to bring to the first appointment:

- All paperwork from the hospital or birthing center
- Parent ID and insurance card
- Any questions or concerns you have
- Your new baby

Helpful resources

- DC Breastfeeding Coalition: <http://dcbfc.org/>
- Women, Infants and Children (WIC): www.doh.gc.gov
- Immunization Information:
<https://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>
- Pediatric Health Information: www.healthychildren.org

Thank You!



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