



Arlington Pediatric Center Services

APC provides comprehensive outpatient medical care to children, ages 0 through 18, whose family income is at or below 200% of the Federal Poverty Level, currently \$49,200 for a family of four. Care is provided regardless of the family's ability to pay for services.

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PREVENTIVE AND WELL-CHILD CARE

The timely assessments of physical and mental development, immunizations, lab tests, hearing and vision testing, oral health assessments, and anticipatory guidance are the foundation for optimal pediatric care. Each year approximately one third of APC visits are for well child care including school physicals and sports exams.

APC follows the American Academy of Pediatrics guidelines for well child care. APC recognizes that specific preventive and health-promoting interventions lead to increased parental effectiveness, injury prevention, good health habits, prevention of secondary disability and dysfunction, reduced high-risk behavior, increased self-esteem for children.

Nothing has been shown to be more effective in protecting the health of children than proper immunization. APC administers more than 9,000 vaccines each year to protect children – and the community – against life-threatening, preventable diseases.

ACUTE CARE

Each year nearly 75% of APC's 16,000 patient visits are related to illness, injury, or the management of chronic disease. APC pediatricians and nurse practitioners treat children with all the common childhood injuries and illnesses: from sprains and strains to lacerations and fractures; from diaper rash and ear pain, to strep throat and conjunctivitis. By treating highly communicable diseases, APC is not only keeping its patients well, but it is protecting the health of other children throughout our community in day care centers and schools.

APC also treats children with complicated chronic diseases such as diabetes and congenital heart defects, and rare diseases necessitating coordinated efforts amongst specialists and therapists. ([See Care Coordination for Special Healthcare Needs.](#))

PHYSICIANS ON CALL 24/7

24/7 on-call access to APC pediatricians distinguishes APC from many clinics serving disadvantaged children. Concerned parents can receive advice from APC pediatricians at any time of day or night.

NON-MEDICAL CASE MANAGEMENT

APC works closely with many public and private health and human service agencies. These include Arlington County Public Health Nurses, School Nurses, Parent Infant Education, Chest Clinic, STD Clinic, WIC, Child Health Clinic, Child Protective Services and After Hours Mental Health Services. Other agencies such as AMEN, AFAC, Victoria Transcultural Center, Northern Virginia Family Services, and various homeless shelters may all be contacted on behalf of APC families.

CARE COORDINATION FOR SPECIAL HEALTHCARE NEEDS

APC is a valued community resource for hundreds of Children with Special Healthcare Needs (CSHCN). Many of the CSHCN APC cares for are profoundly affected by conditions such as cerebral palsy, developmental delay, extreme prematurity, and severe asthma. They require higher levels of care, significant parent education, and care coordination with multiple pediatric specialists.

APC has two full time Care Coordinators for CSHCN. With a caseload of some 350 CSHCN, the Care Coordinators work to 1) assure patients receive the full range of services needed, including medications, equipment, transportation, specialty care and specialized therapies; 2) optimize utilization of community services; 3) ensure compliance with treatment plans; 4) provide education to build parental competence and confidence; 5) advocate for patients and families; and 6) identify and report unmet needs to the Medical Director.

LAB AND RADIOLOGY SERVICES

APC ensures that children receive the lab tests needed for proper diagnosis and treatment by obtaining necessary specimens on site. There is rarely a need to take the child to a separate location for testing. Virginia Hospital Center performs laboratory tests for all uninsured children at no cost to the family.

Most radiology exams are referred to Virginia Hospital Center, only a few miles away from APC. Virginia Hospital Center provides radiology services at no cost to uninsured children referred by APC. Each year Virginia Hospital Center provides thousands in free lab and radiology services for APC's uninsured children.

PHARMACY ASSISTANCE

Thanks to generous donations from individuals and organizations such as the Marjorie Hughes Fund, APC is able to purchase medications at discounted rates at CVS Pharmacy, and through NovaScripts Central. These are provided free to uninsured children.

REFERRALS TO PEDIATRIC SPECIALISTS

Many children require evaluation and treatment by pediatric specialists including cardiology, dermatology, gastroenterology, neurology, ophthalmology, orthopedics, etc. APC coordinates the referrals and follow up to ensure that specialist reports are received and treatment plans are completed. APC works closely with CareConnection to obtain medical specialty services for eligible children.

MENTAL HEALTH THERAPY

APC is a leader in the integration of mental health services in the primary care setting. The American Academy of Pediatrics Bright Futures in Practice: Mental Health notes: “Approximately 12% of all children and adolescents in primary care pediatric setting have substantial psychological difficulties. Risk factors such as poverty and chronic illness may increase the prevalence rate to more than 20 percent (Wolraich, 1996).”

APC has a full time Licensed Marriage and Family Therapist on staff. She counsels children who are referred for developmental conditions and psychosocial problems, such as chronic health conditions, ADHD, behavioral problems, eating disorders, anxiety and depression. Parents may need assistance with basic parenting skills, or may themselves suffer from PTSD, or depression associated with acculturation. Children and parents learn life skills and coping skills that help them make better choices for a lifetime.

The LMFT also responds to families in crisis and assists in cases involving Child Protective Services or police when necessary. She provides an important link with schools and other social service agencies.

LANGUAGE ASSISTANCE FOR LIMITED ENGLISH PROFICIENCY (LEP)

Many APC parents are recent immigrants. English is their second language and their command of English may be quite limited. Nearly all APC staff are fluent in Spanish and English. For other languages (ranging from Mongolian to Urdu), APC accesses interpreters by telephone ensuring that critical information is communicated and understood by pediatrician, parents and patients.

ASSISTANCE WITH MEDICAID/FAMIS ENROLLMENT

APC is committed to serving the healthcare needs of Arlington County’s most vulnerable children – regardless of the family’s ability to pay for services and without regard to their legal status in this country.

Thanks to a grant from Arlington County, APC’s full time Eligibility Coordinator assists approximately 400 eligible children with applications for Medicaid, FAMIS+, and FAMIS, ensuring them greater access to pediatric specialists, prescription medications, and hospitalization coverage. Some children, however, remain uninsured because their immigration status makes them ineligible for assistance.

LITERACY PROGRAMS

APC encourages every patient to take a book home after every appointment to promote school readiness and help create activities for parents and children to spend time together. APC is grateful to individuals and organizations who donate new or gently used books to make this program possible.

APC also participates in the national Reach Out & Read literacy campaign. APC physicians teach parents about the importance of reading aloud with their children, strengthening bonds between parents and their children and promoting healthy cognitive development. Brand new, age appropriate ROR books are given to children ages 6 months to 5 years at each well-child visit.