

## How Can Case Management Programs Help Me?

**C**ase managers work with families to complete a comprehensive needs assessment and service plan. They identify areas of concern, such as housing, lead abatement, parental education, and nutrition. Case managers link families with needed services, ensure service coordination and timely implementation, and follow up on delivery of service. A case manager uses the environment assessment to help drive service plan interventions.

Once a physician identifies and refers a child, a case manager contacts the family within 7 days of the referral. If the need is urgent, a case manager contacts the family within 2 working days.

The case manager:

- Visits the family in their home to complete a comprehensive assessment.
- Assesses factors that may affect the child's elevated blood lead level.
- Develops a written service plan.
- Coordinates the implementation of the service plan.
- Evaluates compliance and success of the service plan.
- Re-evaluates to determine if additional concerns require other interventions.

### Making a referral for case management?

1. Call Texas Health Steps at 1-877-THSTEPS if you have a Medicaid child.
2. Call the Texas Health Steps Regional Manager in your area if the child is not on Medicaid.
3. If the case is urgent, please state so when you call.

## Why Is an Exposure History So Important?

**O**btaining an exposure history for the child can provide valuable information to assist the physician in determining the source of lead. The exposure history begins by obtaining information specific to the child's living environment and ethnic group, and the caregiver's hobbies and occupation. Taking this history in the child's home is ideal as it will allow for direct observation. Because the child can be exposed to lead from more than one source, continuous history taking is key.

Knowledge of lead sources in a community and the prevalence of elevated blood lead levels (EBLL's) in the community can be useful in determining sources of lead exposure. Case managers can assist in these outlined tasks. They can be very useful in fostering a multi-disciplinary approach and can coordinate communication of health officials, physicians and caregivers.

### The Exposure History should include:

- Information on the child's age, habits, ethnic group, caregivers occupation and hobbies, and local hazards
- Information from a person who regularly observes the child
- All places the child spends time
- Information taken in both the office and home setting by one of the child's medical management team

## Educational Interventions

**E**ducation is an essential part of medical treatment for a child with an elevated blood lead level. It is much easier to prevent than to treat lead poisoning. Because even small amounts of lead can harm a child, it is important for parents to take prompt action.

Parents may not be aware of how lead affects the body. It is important that parents understand what health problems may occur and how to protect their child from lead exposure.

**Health Problems.** Small amounts of lead can damage a child's brain, kidneys and stomach. Lead in the child's body can slow their development and cause learning and behavioral problems. All children are different; therefore, they may experience none of these health problems, or they may experience the problems at different levels. The figure below illustrates the type of health affects that have been associated with various blood lead levels.

**Prevention.** Parents and children need to be aware of ways to prevent lead from entering the body. It only takes a small amount of lead for a child to become lead poisoned.

Unfortunately, there are many sources of lead. Identifying one source may not be sufficient to eliminate lead exposure. If a child's blood lead level remains elevated in spite of lead hazard reduction, consider less common sources.

Keep in mind that the child may come in contact with lead sources at home, school or daycare; at a relative's or friend's home; or in parks or playgrounds.

### *Steps parents can take to reduce lead exposure include:*

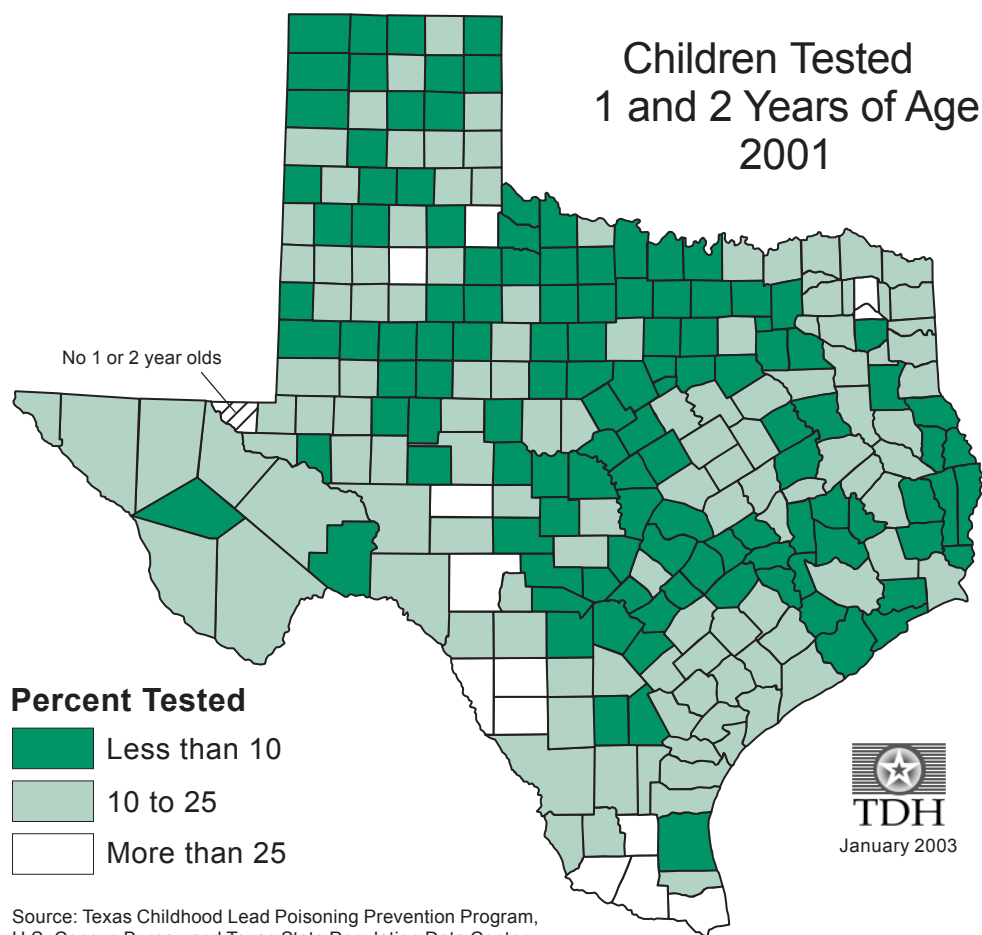
- 1. Provide proper hygiene for their child and environment.**
  - a. Wash a child's face and hands before the child eats, drinks or sleeps.
  - b. Wash toys often.
  - c. Clean the house properly to eliminate lead dust and peeling paint.
- 2. Permanently remove the source of lead.**

The Texas Department of Health Childhood Lead Poisoning Prevention Program offers diverse educational materials on these and many other topics associated with lead poisoning prevention. To receive an order form, call the Texas Childhood Lead Poisoning Prevention Program at **1-800-588-1248** or visit our website at [www.tdh.state.tx.us/lead](http://www.tdh.state.tx.us/lead).

### Blood Lead Levels\*

Blood Lead Levels*	Possible Health Problems
10-15	Learning and developmental problems
25	Lower IQ
30	Slower reflexes
40	Fewer red blood cells
70	Nerve problems, anemia, colic
90	Kidney and stomach problems
100	Brain problems
100 +	Death

\*measurements in µg/dL



120 counties tested less than 10 percent of the 1 and 2 year old population.

120 counties tested 10 to 25 percent of the 1 and 2 year old population.

13 counties tested more than 25 percent of the 1 and 2 year old population.

(1 county did not have any 1 and 2 year old children)

## Recommended Blood Lead Screening Guidelines for Texas Children

**T**he Texas Department of Health (TDH) established a recommended blood lead testing guideline for health care providers. An Advisory Group reviewed data from the Child Lead Registry, held public hearings and received comments from interested parties. We implemented that recommendations were implemented in 2001. The Advisory Group continues to review data monthly toward a targeted screening plan.

RECOMMENDED BLOOD LEAD SCREENING  
GUIDELINES FOR CHILDREN

A blood lead test for all children at 12 and 24 months

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1100 W. 49th St.  
Austin, TX 78756  
or call 1-800-588-1248

## Local Health Department CLPPP phone numbers and addresses

Austin/Travis County  
211 Comal St.  
Austin, TX 78702  
**512-972-6652**

City of Dallas  
11500 Marilla  
Suite 7AN  
Dallas, TX 75210  
**214-670-7663**

City of Houston  
8000 N. Stadium Dr.  
Houston, TX 77054  
**713-794-9349**

El Paso City/County  
222 S. Campbell #207  
El Paso, TX 79901  
**915-543-3525**

Harris County  
2223 W. Loop South  
Houston, TX 77027  
**713-439-6369**

San Antonio/Bexar County  
332 W. Commerce  
Suite 101  
San Antonio, TX 78205  
**210-207-8853**

## Look for our next newsletter to contain information on:

- confirming a blood lead level
- nutrition
- testing for iron deficiency
- 2001 testing data by county

## To order educational materials:

- call 1-800-588-1248
- or visit our website:  
[www.tdh.state.tx.us/lead](http://www.tdh.state.tx.us/lead)