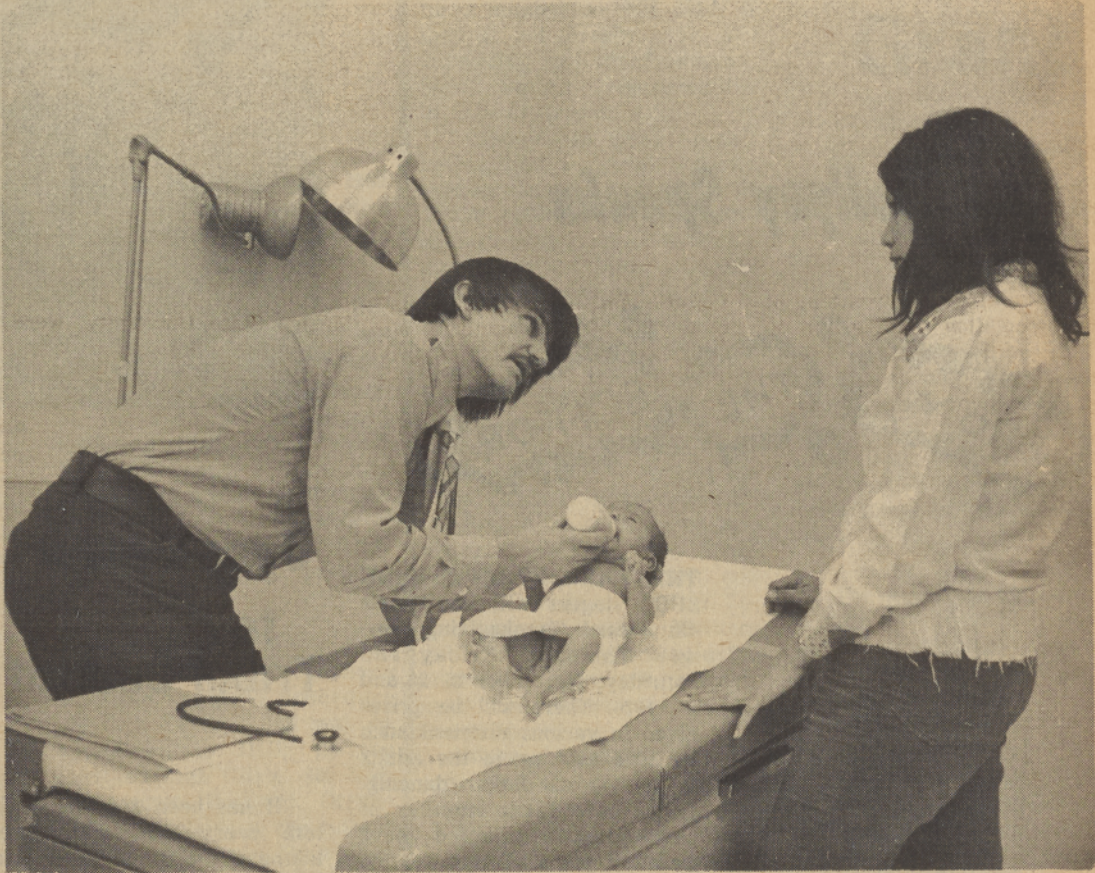


Well-Child Clinic Reaches out to Families



MATERNAL AND CHILD HEALTH AIDE Kathleen Moses weighs a baby, the first stage of the Well-Child Clinic. After being weighed and measured, the baby moves on with its mother to the Public Health Nurse and then to the doctor for an examination.

Photo by Cynthia Stowell



PEDIATRIC RESIDENT Berkley Powell talks with Lillian Frank about her baby Cecelia at a recent Well-Child Clinic. Dr. Powell is in the third year of his residency at the University

Hospital in Portland and has assisted at the Well-Child Clinic three times this year.

Photo by Cynthia Stowell

The lively atmosphere that reigns at the twice-monthly Well-Child Clinic at the Indian Health Service appears to be dominated by the babies and toddlers who fill the waiting room, corridor and doctors' offices. But the clinic is equally intended for the parent. It is a place where mothers can bring questions about the feeding and development of their babies and share other parental concerns with the health service staff.

As Public Health Nurse Virginia Forseth says, "The child is there, but the parent is going to mold the child." The Maternal and Child Health Program of which the Well-Child Clinic is a part, has been built around this thought (see Spilyay Tymoo, No. 8, June 25, 1976).

Spearheaded by Maternal and Child Health Aide Kathleen Moses, the Well-Child Clinic is the natural extension of the IHS pre-natal program. Pregnancies are followed through home visits and monthly clinics where education is a focus. When the baby is born, Mrs. Moses makes a hospital visit and the post-delivery phase of the program begins.

Mothers are encouraged to bring their babies to the bi-weekly clinics on a regular basis: at 2 weeks of age, every month for four months, at 8 months, 1 year, 18 months and 2 years. A schedule of immunizations is followed and a baby's development is watched closely.

A visit to the Well-Child Clinic might go like this: Mrs. Moses, and participation in the pointment for the clinic which is held during the hours of 12:30 and 3:30. The baby is first weighed and measured and his-her chart updated by

Mrs. Moses or a clinic nurse. The mother then visits with Mrs. Forseth who counsels on matters such as diet and development and makes educational materials available to the mother. An appointment might be set up with Mrs. Lee, the Nutritionist, at this time.

One of the doctors then examines the child with the parent present. If any medication or treatment is indicated, the doctor makes appropriate arrangements.

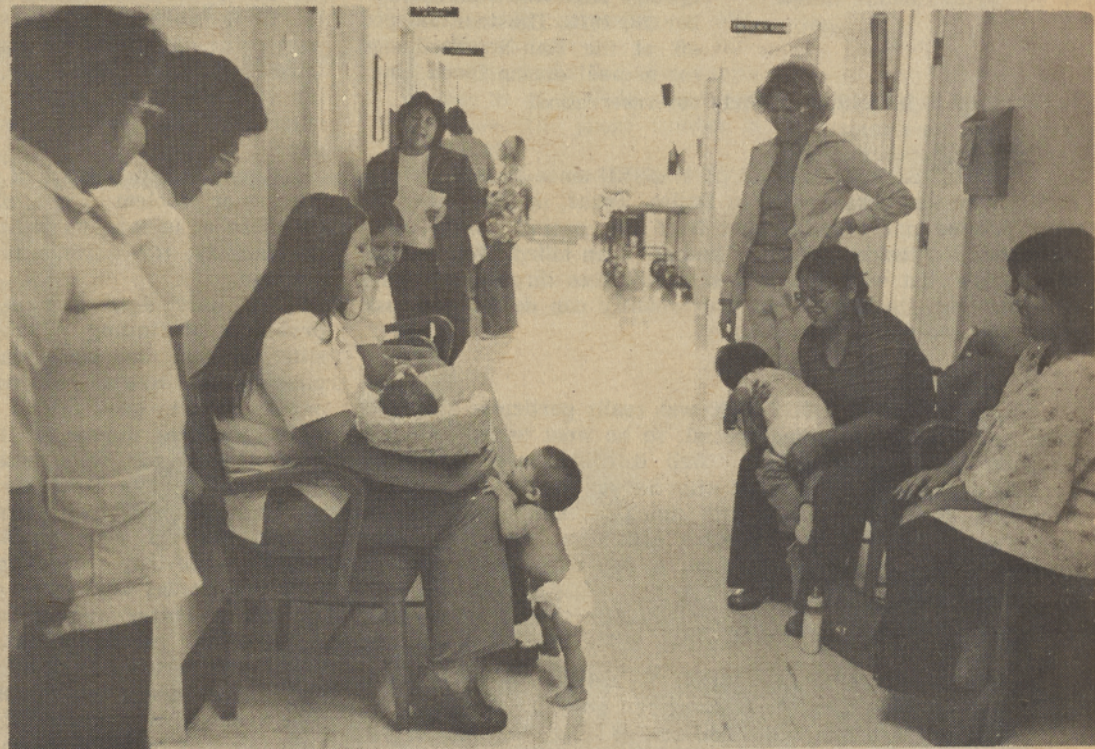
A pediatric resident, provided through the IHS Portland Area Office, is on hand once a month to offer special expertise.

It is practically a full-time job for Mrs. Moses to set up the clinics and follow-up on those who missed their appointments. Home visits might reveal a transportation problem or reluctance to attend the clinics. Children who miss several clinics are considered by Mrs. Moses to be "high risk," requiring special efforts and encouragement on her part.

Mrs. Moses stresses prevention as the key to the pre-natal and well-child program. "Every baby is different," she says, and a mother should be just as cautious with her tenth child as with her first.

Although sick children are discouraged from attending the Well-Child Clinic, they are never refused attention. Parents are urged to seek early treatment for their sick kids but the MCH program attempts to avert potentially serious problems through early detection and preventative education.

In operation since 1971, the Well-Child Clinic has successfully reached out to the Warm Springs community. "The baby lists are growing," says Mrs. Moses, the participation in the program grows proportionately.



Parents and kids all looked as if they were enjoying themselves even while waiting their turn at the Well-Child Clinic last week. The program has been in operation since 1971 and the program is growing more successful every year. photo by CDS



One indicator of the success of the Well-Child Clinics is the increased discovery and treatment of the ear infection called Otitis Media. Mothers are also benefiting from related aspects of the MCH Program as evidenced by more ideal spacing of pregnancies and more successful deliveries.

As part of post-delivery care, new mothers are asked to come to the IHS Clinic for a check-up six weeks after the birth of their babies. Mrs. Moses also counsels them in the area of family planning and birth control.

The Well-Child Clinics are carried out through the co-

operation of a number of IHS staff people, but it is Mrs. Moses, a retired LPN and tribal member, who has reached out to the families and brought them into the program. Through her efforts babies and mothers in Warm Springs have the opportunity to enjoy better health than ever before.