

**Pediatric Environmental Home Assessment Form**

**ACTION PLAN**

*After completing the assessment, use this as a guide for patient education and recommending corrective action.*

General Housing Characteristics		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Age of home</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If built before 1978, educate as follows:                             <ul style="list-style-type: none"> <li>o Home is likely to have lead paint.</li> <li>o Lead hazards can be harmful to young children's health and development.</li> <li>o If family has a child less than six years old then it is important to test for lead hazards.</li> </ul> </li> <li><input type="checkbox"/> Get more information about lead testing at <a href="http://www.epa.gov/lead/">www.epa.gov/lead/</a> and provide to family.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If your child is less than six years old, contact the childhood lead poisoning prevention program (CLPPP) at your state and local departments of health.</li> <li><input type="checkbox"/> Consider getting a lead paint inspection or risk assessment to determine whether there are lead hazards in your home.</li> <li><input type="checkbox"/> If there are hazards, repair them based on state and local regulations and requirements. Consult with state CLPPP.</li> </ul>
<b>Heating source - Other: Kerosene heaters, space heaters, fireplaces, wood stoves</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel family about the dangers of such heating sources in terms of fire safety and indoor air quality.</li> <li><input type="checkbox"/> Get more information about indoor air quality and combustion sources in the home at <a href="http://www.epa.gov/iaq/combust.html">http://www.epa.gov/iaq/combust.html</a> and provide to family.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure kerosene heaters are vented to the outdoors or not used.</li> <li><input type="checkbox"/> Make sure space heaters are at least 3 feet from anything flammable.</li> <li><input type="checkbox"/> When necessary, use only 12 or 14 gauge extension cords (the lower the better).</li> <li><input type="checkbox"/> Ensure that there is a good seal on fireplace screen or woodstove doors.</li> </ul>
<b>Filters</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel family to do proper filter maintenance.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Change filters twice a year.</li> <li><input type="checkbox"/> Use filters which are rated MERV 9.</li> </ul>
Indoor Pollutants		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Vaporizers/Humidifiers</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel the family about the importance of proper vaporizer/humidifier maintenance and impact of mold growth on patient health.</li> <li><input type="checkbox"/> Get more information about humidifier maintenance at <a href="http://www.epa.gov/iaq/pubs/humidif.html">http://www.epa.gov/iaq/pubs/humidif.html</a> and provide to family.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Change the water daily with clean cold water.</li> <li><input type="checkbox"/> Use distilled or demineralized water.</li> <li><input type="checkbox"/> Clean humidifier every 3 days. Follow manufacturer's instructions.</li> <li><input type="checkbox"/> Change filter regularly. Follow manufacturer's instructions. Change more often if dirty.</li> <li><input type="checkbox"/> Keep surrounding area dry.</li> <li><input type="checkbox"/> Drain and clean humidifier before storing.</li> <li><input type="checkbox"/> Only run humidifier a few hours a day to avoid mold growth.</li> </ul>
<b>Mold/Musty odor</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Educate family about the importance of keeping things dry and the impact of mold on family health.</li> <li><input type="checkbox"/> Get more information at <a href="http://www.epa.gov/mold/moldguide.html">http://www.epa.gov/mold/moldguide.html</a> and provide to family.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Any mold or musty odor must be investigated for a source of water. Examine plumbing, roofing, or other possible leaks.</li> <li><input type="checkbox"/> If homeowner, then make necessary repairs.</li> <li><input type="checkbox"/> If renter, then talk with your landlord about needed repairs. Consider calling the local board of health for possible code violations.</li> </ul>

Indoor Pollutants (continued)		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Pets</b>	<input type="checkbox"/> If patient is allergic to pets, educate as follows: <ul style="list-style-type: none"> <li>○ Pets should not be allowed in bedrooms.</li> <li>○ If possible, pets should be given away.</li> <li>○ If pets cannot be given away, wash pet weekly to reduce allergens.</li> </ul> <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> If symptomatic, get allergen testing to determine if you are allergic to pets.
<b>Infestations (mice, rats, cockroaches)</b>	<input type="checkbox"/> Educate family about pest management and behavior change. <input type="checkbox"/> Get more information and order print materials at <a href="http://www.epa.gov/pesticides/catalogue">www.epa.gov/pesticides/catalogue</a> and provide to family. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Eliminate water and food sources. Seal garbage and all foodstuffs. Look for water leaks. <input type="checkbox"/> Call local board of health for inspection <input type="checkbox"/> AVOID “bombs” of pesticides. <input type="checkbox"/> Hire, or talk to your landlord about hiring, an exterminator for “Integrated Pest Management” which does NOT include spraying pesticides.
<b>Lead paint hazards</b>	<input type="checkbox"/> See “Age of Home” above. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> See “Age of Home” above.
<b>Radon</b>	<input type="checkbox"/> Educate family about impact of radon on health. <input type="checkbox"/> Get more information about radon and radon testing at <a href="http://www.epa.gov/radon/">www.epa.gov/radon/</a> and provide to family. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Consider purchasing a radon home test kit. <input type="checkbox"/> Consult with your state and local departments of health about radon.
<b>Asbestos</b>	<input type="checkbox"/> Educate family about impact of asbestos on health. <input type="checkbox"/> Get more information about asbestos testing at <a href="http://www.epa.gov/asbestos/">www.epa.gov/asbestos/</a> and provide to family. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Do not disturb any surfaces which might contain asbestos. <input type="checkbox"/> Consult with your state and local departments of health about asbestos.
<b>Smoke alarm/CO alarm</b>	<input type="checkbox"/> If no smoke alarms, educate about risks and local laws regarding the presence of smoke alarms. <input type="checkbox"/> Counsel family to : <ul style="list-style-type: none"> <li>○ Install smoke alarms in home on every level and in every sleeping area.</li> <li>○ Test them once a month.</li> <li>○ Replace the batteries at least twice a year.</li> <li>○ Replace alarms every 10 years.</li> </ul> <input type="checkbox"/> If no CO alarms, educate about risks and local laws regarding the presence of CO alarms. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> If no smoke alarms, then: <ul style="list-style-type: none"> <li>○ Purchase smoke alarms. Ensure that there is an operational smoke alarm on every floor of the home and in every sleeping area.</li> <li>○ Call local board of health for local smoke alarm requirements. Some states have laws regarding presence of smoke alarms.</li> </ul> <input type="checkbox"/> If no CO alarms, then: <ul style="list-style-type: none"> <li>○ Make sure to purchase CO alarms which log peak levels. Ensure that there is an operational CO alarm on every floor of the home.</li> <li>○ Call local board of health for local CO alarm requirements. Some states now have laws regarding presence of CO alarms.</li> </ul>
<b>Tobacco Smoke Exposure</b>	<input type="checkbox"/> Educate about risks of environmental tobacco smoke (ETS) to children. <input type="checkbox"/> Get more information about ETS at <a href="http://www.epa.gov/smokefree/index.html">http://www.epa.gov/smokefree/index.html</a> and provide to family. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Choose not to smoke in your home and car and do not allow family and visitors to do so. Infants and toddlers are especially vulnerable to the health risks from secondhand smoke. <input type="checkbox"/> Do not allow childcare providers or others who work in your home to smoke. <input type="checkbox"/> Until you can quit, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children. <input type="checkbox"/> Get help to stop smoking. Refer to EPA Smokefree Home pledge website <a href="http://www.epa.gov/smokefree">www.epa.gov/smokefree</a> and contact local smoking cessation services.

Home Environment		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Other Irritants (scents, potpourri)</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If air fresheners present, educate as follows:               <ul style="list-style-type: none"> <li>o Many air fresheners have volatile organic compounds (VOC) which trigger asthma. Avoid these products whenever possible.</li> </ul> </li> <li><input type="checkbox"/> Get more information about VOCs at <a href="http://www.epa.gov/iaq/voc.html">http://www.epa.gov/iaq/voc.html</a> and provide to family.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Remove air fresheners from home.</li> </ul>
<b>Cleaning</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Educate about benefits of wet mopping.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid dry mopping or sweeping which makes dust airborne and may trigger an asthma exacerbation. Use wet mopping instead</li> </ul>
<b>Drinking Water Source – Public water supply</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Get more information about water testing at <a href="http://www.epa.gov/safewater/labs">www.epa.gov/safewater/labs</a></li> <li><input type="checkbox"/> Review items in "Family To Do" column with family</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Test water for lead. Contact local or state department of health for water testing information.</li> <li><input type="checkbox"/> Find out if the public water supplier has notified consumers of any violations of health-based standards in the last year.</li> </ul>

**Home Environment (continued)**

CONCERN	NURSE TO DO	FAMILY TO DO
<p><b>Drinking Water Source – Household well water</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask these additional questions:                             <ul style="list-style-type: none"> <li>○ Is the wellhead protected and well constructed according to state or other requirements/specification?</li> <li>○ Is water tested annually for bacteria and, if pregnant woman or infants in household, nitrates, and okay?</li> <li>○ Is water tested annually, contaminants detected and alternate source used (appropriate filter or bottled water)?</li> <li>○ Is water tested annually, contaminants detected, but alternate source not used?</li> <li>○ Has the water been tested within the last year?</li> <li>○ Are there noticeable changes in water taste, odor, color or clarity? (In this case, especially if pregnant woman or infant is in the household, recommend testing more than once a year).</li> <li>○ Has there been a chemical or fuel spill leak near water supply? (If yes, recommend testing for chemical contaminants, such as volatile organic compounds).</li> </ul> </li> <li><input type="checkbox"/> Get more information about water testing at <a href="http://www.epa.gov/safewater/labs">www.epa.gov/safewater/labs</a></li> <li><input type="checkbox"/> Review items in “Family To Do” column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Test water for lead. Contact local or state department of health for water testing information.</li> </ul>
<p><b>Mold</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> See “Mold and Musty Odor” recommendations above.</li> <li><input type="checkbox"/> Make sure fans in bathroom and kitchen vent to the outside, not just in to walls. The goal is to take moisture out of home.</li> <li><input type="checkbox"/> Review items in “Family To Do” column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> See “Mold and Musty Odor” recommendations above.</li> </ul>
<p><b>Damage</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Educate about mold risks as they relate to damage.</li> <li><input type="checkbox"/> If family owns home, then counsel to change behaviors.</li> <li><input type="checkbox"/> If family rents home, then counsel them to talk with their landlord.</li> <li><input type="checkbox"/> Review items in “Family To Do” column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If homeowner, then make necessary repairs.</li> <li><input type="checkbox"/> If renter, then talk with your landlord about needed repairs. Consider calling the local board of health for possible code violations.</li> </ul>

<b>Sleeping Area</b>		
<b>CONCERN</b>	<b>NURSE TO DO</b>	<b>FAMILY TO DO</b>
<b>Mattress covers</b>	<input type="checkbox"/> If patient is allergic to dust mites, educate as follows: <ul style="list-style-type: none"> <li>○ Use allergen impermeable mattress covers with zippers on beds and pillows.</li> </ul> <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> If symptomatic, get allergen testing to determine if you are allergic to dust mites.
<b>Carpet</b>	<input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Clean wall to wall carpet with vacuum weekly. <input type="checkbox"/> Shake area rugs outside weekly. <input type="checkbox"/> If carpet is more than 8 years old, consider replacing it with smooth wipeable flooring to reduce dust exposure. (8 year number came from Megan Sandel. Need to determine if that is number used by others too.)
<b>Dust catchers</b>	<input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Reduce dust with less clutter. <input type="checkbox"/> Seal clutter in bags or boxes.
<b>Windows</b>	<input type="checkbox"/> If patient is allergic to dust mites, review items in “Family To Do” column with family.	<input type="checkbox"/> If symptomatic, get allergen testing to determine if you are allergic to dust. <input type="checkbox"/> Use window treatments that are wipeable. <input type="checkbox"/> Avoid curtains and drapes to reduce excessive dust exposure.
<b>Home Safety</b>		
<b>General Safety</b>		
<b>CONCERN</b>	<b>NURSE TO DO</b>	<b>FAMILY TO DO</b>
<b>Renovation/remodeling</b>	<input type="checkbox"/> See “Age of Home” above. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> See “Age of Home” above. <input type="checkbox"/> If the home was built pre-1978 and there is a child less than six years old: <ul style="list-style-type: none"> <li>○ get a lead paint inspection or risk assessment.</li> <li>○ repair any lead hazards based on state and local regulations and requirements. Consult with state CLPPP.</li> </ul> <input type="checkbox"/> If the home was built pre-1978 and there is no child less than six years old: <ul style="list-style-type: none"> <li>○ consult with the CLPPP at your state and local departments of health about lead-safe renovation.</li> <li>○ Change behaviors, such as modifying dust generating techniques and containing the work area.</li> </ul>
<b>Stairs, walls, railings, porches, lighting</b>	<input type="checkbox"/> If family owns home, then counsel to change behaviors, such as making minor repairs to fix loose railings. <input type="checkbox"/> If family rents home, then counsel them to talk with their landlord. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> If homeowner, then make necessary repairs. <input type="checkbox"/> If renter, then talk with your landlord about needed repairs. Consider calling the local board of health for possible code violations.
<b>Poison control</b>	<input type="checkbox"/> Provide national poison control number 1-800-222-1222 to family. <input type="checkbox"/> Review items in “Family To Do” column with family.	<input type="checkbox"/> Post the national poison control number 1-800-222-1222 near telephone.

General Safety (continued)		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Family fire escape plan</b>	<input type="checkbox"/> Counsel to change behaviors, such as develop a family safety plan. <input type="checkbox"/> Get more fire safety information at <a href="http://www.usa.safekids.org/content_documents/fire_checklist.pdf">http://www.usa.safekids.org/content_documents/fire_checklist.pdf</a> <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Develop a family safety plan. <input type="checkbox"/> Need to know two ways out of the house. <input type="checkbox"/> Need to have a place to meet after you are outside the house. <input type="checkbox"/> Teach children the family safety plan for escaping your home in a fire and practice it
<b>Electrical appliance</b>	<input type="checkbox"/> Counsel to change behavior. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Do not use electrical appliances near water.
<b>Matches and lighters</b>	<input type="checkbox"/> Counsel to change behavior. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Do not store matches and lighters where children can reach them.
<b>Exterior environment</b>	<input type="checkbox"/> If abundant trash and debris, counsel family about waste management. <input type="checkbox"/> If waste containment is the problem, counsel family to talk with landlord. <input type="checkbox"/> See "Infestations" above. <input type="checkbox"/> If the home was built pre-1978, contact the childhood lead poisoning prevention program (CLPPP) at your state and local departments of health for information about chipping, peeling paint. See "Age of Home" above. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> See "Infestations" above. <input type="checkbox"/> See "Age of Home" above.
Young Children		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Hot liquids/cleaning supplies/medicines</b>	<input type="checkbox"/> Counsel to change behaviors. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Do not have hot liquids, cleaning supplies, or medicines within a child's reach.
<b>Lead testing for children less than 6 years old</b>	<input type="checkbox"/> If the home was built pre-1978, counsel the family to have the child's blood tested for lead. <input type="checkbox"/> See "Age of Home" above. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Contact the childhood lead poisoning prevention program (CLPPP) at your state and local departments of health about lead testing resources. <input type="checkbox"/> See "Age of Home" above.
<b>Child watched by an adult while in tub</b>	<input type="checkbox"/> Counsel to change behavior. <input type="checkbox"/> Educate family about importance of not leaving children unattended in the tub. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Do not leave children unattended in the tub.
<b>Hot water temperature</b>	<input type="checkbox"/> Educate family about dangers of scalding. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Set hot water temperature to <120 F
<b>Toddler gates</b>	<input type="checkbox"/> Counsel family to install non-accordion toddler gates at the top and bottom of stairways. <input type="checkbox"/> Review items in "Family To Do" column with family.	<input type="checkbox"/> Contact local injury prevention program to determine whether there are toddler gate resources available. <input type="checkbox"/> Install non-accordion toddler gates at the top and bottom of stairways.

Young Children		
CONCERN	NURSE TO DO	FAMILY TO DO
<b>Crib mattress</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel family that crib mattress should fit snugly next to the crib so that there is no gap.</li> <li><input type="checkbox"/> If two adult fingers can be placed between the mattress and the crib, then counsel the family to immediately replace the mattress.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put your baby to sleep in a crib with a firm, flat mattress and no soft bedding underneath.</li> <li><input type="checkbox"/> Ensure that your crib mattress fits snugly next to the crib so that there is no gap.</li> </ul>
<b>Window guards</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel family about window safety.</li> <li><input type="checkbox"/> Contact local injury prevention program to determine whether there are window guard resources available.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Contact local injury prevention program to determine whether there are window guard resources available.</li> <li><input type="checkbox"/> Install window guards.</li> </ul>
<b>Window blind cords</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Counsel family to keep window blind cords out of children's reach and to purchase childproofing items for cord safety.</li> <li><input type="checkbox"/> Review items in "Family To Do" column with family.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep window blind cords out of children's reach</li> <li><input type="checkbox"/> Purchase childproofing items for cord safety.</li> </ul>