

Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



At Happy and Healthy Pediatrics our ultimate goal is DOING GOOD MEDICINE AND TAKING EXCELLENT CARE OF YOUR CHILDREN!!!! We are very concerned about the misuse of the telemedicine and the over prescribing of unnecessary antibiotics and other medications. We plan to use the telemedicine platform for sick visits (colds, seasonal allergies, pink eye, etc.) to start with. If the physician who sees your child via telemedicine feels that your child needs to be seen in person by one of our physicians for a more complete physical exam or additional testing, then they will recommend you make an appointment with one of us who is in the office. If the physician who does the telemedicine visit does ask you to make an appointment in our office, YOU WILL NOT BE BILLED TWICE FOR THE VISIT.

Important tips to make the visit as productive as possible:

- Weigh your child if possible
- Check in 15 minutes before scheduled appointment
- Please make sure you are in an area that has good lighting
- Make sure your child be present for the visit (not napping or in the other room, etc)
- Make sure not to have other applications running on WIFI at the same time (streaming movies, etc.).
- Take videos ahead of time (especially if concerned about certain behaviors or movements)
- Attach additional photos- especially for rashes and injuries.
- Check your child's temperature
- [Check your child's heart rate](#) or pulse (there is an app called pulse oximeter that you can download for \$4.99 onto your phone that easily takes a pulse ox and heart rate)
- Check your child's respiratory rate (count the breaths per minute)
- Write down all of the medicines your child has been taking-and have them with you if possible.
- Write down all of your child's symptoms, including how long they have had them and if they are getting better or worse
- Write down how your child's symptoms are affecting their eating, sleeping, and other activities, for example, are they drinking fluids, playful, consolable, or are they just crying all of the time?
- Write down any questions you have, as you might forget them during the telemedicine visit!
- Make sure you have a flashlight handy in case your provider wants to take a look at your child's throat. Maybe even practice having them open wide before the visit
- Choose the right place and the right time (try not to pick the child's usual nap time or meal time if possible)
- Have some toys handy to distract and occupy your child
- Have a second set of hands available especially with younger children