

June 7, 2017 [\[FOR MORE EVANS ARTICLES, CLICK HERE\]](#)

KIDS - it' Summertime... PARENTS - it's get ready for BACK to SCHOOL!!



By Lori Burrell, Population Health Nurse

As we plan our summer adventures, let's not forget that the new 2017-2018 School Year is just 2 months away. Yes, it's true, for many School Districts within Colorado Springs and surrounding areas, the first week of August kicks off the new school year cycle for your children. So, Parents - Are you ready?

We have some tips to assist you in ensuring all the forms and paperwork are completed **PRIOR** to school starting. Evans Army Community Hospital and the Primary Care Department have made getting an appointment for your children easier – we have opened access to allow all our patients to book an appointment up to 12 weeks out, some of our clinics have appointments up to six months out! Sounds like a crazy idea, but we want to ensure that you and your children are seen so we can provide quality preventive health exams, ensure their immunizations are reviewed and updated, and all those school specific forms are filled out for their new school year adventure.

We offer some last minute "catch-up" availability to complete your "Back to School" – Sports/Physical Exams. Once again this year, we are offering two weekend days, both Saturdays, July 22 and August 5. Warrior Family Medicine Clinic, which is located on the second floor of Evans, is hosting these exams for the 5th year in a row. The most convenient place to park is on the west side of the hospital in Parking Lot A.

We provide this service primarily to aid in our new Fort Carson families PCS'ing into new school districts but the appointment (which booking becomes available at the end of June) are open to all Evans' families! It is a fun time for us, as it is run solely by EACH nursing staff and provider volunteers – we usually see over 580 families during these Saturday appointments. Our facility has appointments open up to six months out, so we ask that you book with your PCM first but we are glad to support you no matter what day you come in!

These tips will make it all happen without the last minute crunch!

1. Call the TRICARE Patient Appointment Line: (719) 524-2273 (CARE) or 526-2273 – they are open from 6 a.m. to 4 p.m., Monday through Friday.
2. Request a School Physical /Annual Child Exam (ages 4 ½ to 18yrs).

3. Points to Remember: Ask for ANY availability within your clinic or ask to see if another clinic is appropriate.
4. We can manage all your child's healthcare needs, whether for special needs or routine care at all of these clinics on Fort Carson:

Robinson Family Medical Clinic, approximately 400 yards east of Evans Army Community Hospital. Bldg # 7490, Sutherland Circle.

Within Hospital Complex:

Warrior Family Medical Clinic, 2nd floor of Main Hospital, Bldg #7500, 1650 Cochrane Circle,. Most convenient place to park is on the west side of the hospital, parking lot A.

Pediatric Clinic, 2nd floor, Soldier-Family Care Clinic, Bldg. 7503 on the east side of the main hospital. Parking on the east side of the SFCC is most convenient (Parking lot G or F).

Iron Horse Family Med. Clinic, 2nd floor, Soldier Family Care Clinic, Bldg. 7503, on the east side of the main hospital. Parking on the east side of the SFCC is most convenient (Parking Lot G or F).

Off- base locations:

Premier Army Health Clinic, 3920 N Union Blvd (SW corner of Union and Austin Bluffs), check in on 1st Floor, Suite #100.

Mountain Post Medical Home Clinic, 565 Space Center Drive (Intersection of East Platte and North Powers).

As your Health Care Team, we want to stress some very important items. If your child has a special health need or needs a special medical care plan – for example: dietary restrictions due to food sensitivities/allergies, life threatening allergies that require an EPI-pen or needing any medications to manage, asthma inhalers needed or seizure precautions – you need to schedule an appointment with your child's **Primary Care Provider/or the provider that has seen your child most often.** This will enable the correct information and care plan to be disseminated to your school.

Also, while we adhere to the Center for Disease Control and Prevention's school age vaccination schedule and recommendations, the Colorado State Board of Education has requirements that those participating in school managed sports programs need to have an annual physical exam dated not more than six months prior to start of new school year and those entering into 8th-12th grade need to have completed the 2nd Varicella vaccination dosing prior to starting these grades or other requirements that are regionally different. Each school district may have additional guidelines and specific forms to submit – please go to your school's/district's website and confirm forms needed prior to your child's healthcare appointment.