

2011 PEDIATRIC PREVENTIVE CARE GUIDELINES – Maintenance Flow Sheet

Patient Name:	DOB: ___/___/___	Sex : F/M	Allergies:	Date of Initial Visit:																
CRITERIA	MONTHS										YEARS									
AGE AT OFFICE VISIT:	New Born ¹	By 1 st Month	2	4	6	9	12	15	18	2	2.5	3	4	5	6	7	8	9	10	
Date of Visit (fill in date)																				
HISTORY INITIAL/INTERVAL ⁸																				
PHYSICAL EXAM ⁸																				
Height																				
Weight																				
Head Circumference																				
Blood Pressure	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡									
Body Mass Index-calculated (BMI) ⁹																				
Dental Assessment						‡	‡	• ‡			• ‡									
DEVELOPMENTAL/BEHAVIORAL ASSESSMENT ⁹																				
Developmental Screening																				
Autism Screening									•	•										
Developmental Assessment/ Developmental Surveillance:																				
Mental, Physical, Sexual																				
Psychosocial/Behavioral Assessment																				
Behavioral Health Coordination of Care – if applicable*																				
<i>Date indicates present/completed during the visit</i>																				
<i>Coordination of Care Documentation:</i>																				
• Communication with BH Provider																				
• Patient Compliance with BH medications																				
• Review of side effects of the BH medications with patient																				
• Patient education on BH meds																				
TESTS/PROCEDURES																				
Vision ³	‡	‡	‡	‡	‡	‡	‡	‡	‡	‡										
Hearing ⁴	•	‡	‡	‡	‡	‡	‡	‡	‡	‡										
Hereditary/Metabolic Screening	←	•	→																	
Lead Screening**						‡				‡	‡	‡	‡	‡	‡					
Hematocrit/Hemoglobin ⁵				‡							‡	‡	‡	‡	‡	‡	‡	‡	‡	
Tuberculin ⁶ based on high risk factors			‡		‡		‡				‡	‡	‡	‡	‡	‡	‡	‡	‡	
Cholesterol/Dyslipidemia Screening ⁷																				
Sickle Cell Disease – If indicated by history and /or symptoms																				
Sexually Transmitted Diseases – If indicated by history and /or symptoms																				
COUNSELING/ANTICIPATORY GUIDANCE ²																				
Injury Prevention																				
Diet & Nutrition																				
Exercise & Physical Activity																				
Violence Prevention																				
Substance Use																				
Alcohol/Drugs																				
Oral/Dental Health – Fluoride Varnishing																				
IMMUNIZATION																				
<i>See Recommended Childhood Immunization Schedule</i>																				
<input type="checkbox"/> = Provide at this time ‡ = Risk Assessment through observation or history/physical										• = Objective, provide by a standard testing method ←•→ = range during which a service may be provided										

Footnotes

- * - If patient is receiving any behavioral health medications - this section should be completed.
- 1. Within the first two weeks of life, 2-4 Days if discharge <48 hours. Breast Feeding encouraged, instructed and support offered.
- 2. See Counseling/Anticipatory Guidance attached on the back
- 3. If patient is uncooperative re-screen within 6 months
- 4. AAP task force recommends all newborns should be screened.
- 5. AAP recommends a screening hemoglobin/hematocrit once at 9 months of age only
- 6. Testing should be done upon recognition of high risk factors
- 7. AAP recommends cholesterol is obtained once in childhood if family history is positive for early cardiovascular disease or parental hyperlipidemia
If family history cannot be ascertained and other risk factors are present, screening should be done at the discretion of the physician.
- 8. A minimum of seven well child visits are recommended from ages 0-15 months
- 9. AAP recommends screening all children and adolescents for overweight and obesity by annually calculating Body Mass Index (BMI)
- ** - CDC recommendation includes lead screening for ALL children on medical assistance.

2011 PEDIATRIC PREVENTIVE CARE GUIDELINE

Counseling/Anticipatory Guidance

The following topics should be discussed and reinforced at age appropriate intervals throughout childhood:

1. Injury Prevention

- Child safety car seats (age 0-3) and child booster seats (ages 4-7), including air bag warning; Pennsylvania's child passenger protection law
- Sleep positioning – place healthy infants on back when putting to sleep and discuss "Back to Sleep" Recommendations from American Academy of Pediatrics related to SIDS risk reduction."
- Flame retardant sleepwear
- Hot water heater temperature <120-1300F
- Window/stair guards, pool fence for young children
- Safe storage of drugs, toxic substances, firearms, and matches
- Poison control phone number; syrup of Ipecac
- Protection from UV light; infants < 6 months should be kept out of direct sunlight
- Lap-shoulder belts (age ≥5 years)
- Bicycle helmet
- Avoid bicycling near traffic
- Smoke detector
- CPR training for parents/caretakers
- See AAP injury prevention program (TIPP®) as described in "A Guide to Safety Counseling in Office Practice" (1994)

2. Diet and Exercise

- Breastfeeding; Iron enriched formula and foods (infants and toddlers)
- Review of exercise or physical activity; Counseling
- Limit fat and cholesterol; review physical activity age 2 years & up
- Maintain caloric balance, emphasize grains, fruits, vegetables, regular physical activity
- See the AAP Handbook of Nutrition, 5th Edition

3. Violence Prevention

- Physical and Sexual
- See AAP Statement "The Role of the Pediatrician in Youth Violence Prevention in Clinical Practice and at the Community Level" (1999)

4. Substance Use

- Effects of passive smoking and anti-tobacco message

5. Dental Health

- Advice about baby bottle tooth decay
- Parents instructed on gum and teeth care
- Regular visits to dental care provider beginning at 1 year old
- Floss, brush with fluoride toothpaste daily

Adapted From:

1. Institute for Clinical Systems Improvement, Preventive Services for Children and Adolescents, October 2008
2. Bright Futures, "Recommendations for Preventive Pediatric Health Care," 2008 American Academy of Pediatrics; <http://brightfutures.aap.org/pdfs/AAP%20Bright%20Futures%20Periodicity%20Sched%20101107.pdf>
3. American Academy of Pediatrics, Prevention of Pediatric Overweight and Obesity, August 2003.
4. American Academy of Pediatrics, "Recommendations of Pediatric Preventive Health," PEDIATRICS Vol. 120 No. 6, December 2007, p. 1376 (doi:10.1542/peds.2007-2901), http://brightfutures.aap.org/clinical_practice.html.
5. American Academy of Family Physicians, "Summary of Recommendations for Clinical Preventive Services," revision 6.3, March 2007.
6. Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, "Recommended Childhood and Adolescent Immunization Schedule," United States, 2008.
7. Pennsylvania Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program Periodicity Schedule and Coding Matrix (Effective June 14,2010).
8. "Identifying Infants and Young Children With Developmental Disorders in the Medical Home: An Algorithm for Developmental Surveillance and Screening" may be found on-line at: <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;118/1/405.pdf>