

2010 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 September 1, 2008).
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>