



2018 Adolescent Preventive Care Guidelines

Maintenance Flow Sheet

Health Partners Plans

Patient Name:	Date of Birth: ___ / ___ / ____	Sex: M / F
Allergies:		Date of Initial Visit: ___ / ___ / ___

AGE	11	12	13	14	15	16	17	18	19	20	21
HISTORY Initial/Interval	■	■	■	■	■	■	■	■	■	■	■
MEASUREMENTS											
Height	■	■	■	■	■	■	■	■	■	■	■
Weight	■	■	■	■	■	■	■	■	■	■	■
Weight for Length	■	■	■	■	■	■	■	■	■	■	■
Body Mass Index	■	■	■	■	■	■	■	■	■	■	■
Blood Pressure	■	■	■	■	■	■	■	■	■	■	■
SENSORY SCREENING											
Vision	x	■	x	x	■	x	x	■	x	x	x
Hearing ¹	←-----→			←-----→			←-----→				
DEVELOPMENTAL/BEHAVIORAL ASSESSMENT											
Developmental Surveillance	■	■	■	■	■	■	■	■	■	■	■
Psychosocial/Behavioral Assessment	■	■	■	■	■	■	■	■	■	■	■
Tobacco, Alcohol, or Drug Use Assessment	x	x	x	x	x	x	x	x	x	x	x
Depression Screening		■	■	■	■	■	■	■	■	■	■
TESTS/PROCEDURES											
Physical Examination	■	■	■	■	■	■	■	■	■	■	■
Immunization	■	■	■	■	■	■	■	■	■	■	■
Anemia	x	x	x	x	x	x	x	x	x	x	x
Tuberculosis	x	x	x	x	x	x	x	x	x	x	x
Dyslipidemia Screening / Blood Test (Age 18)		x	x	x	x	x	←-----→				
Sexually Transmitted Diseases	x	x	x	x	x	x	x	x	x	x	x
HIV	x	x	x	x			■		x	x	x
Cervical Dysplasia											■
IMMUNIZATION	See Immunization Guidelines										
ORAL HEALTH											
Fluoride Supplementation	x	x	x	x	x	x					
ANTICIPATORY GUIDANCE	■	■	■	■	■	■	■	■	■	■	■

KEY: ■ = To be performed x = Risk assessment to be performed with appropriate action to follow, if positive ←-→ = Range during which a service may be provided

Guidelines adapted from:

PA Department of Human Services, Revisions to the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program, Periodicity Schedule, August 7, 2017, http://www.dhs.pa.gov/cs/groups/webcontent/documents/bulletin_admin/c_264244.pdf and Recommendations for Preventive Pediatric Health Care, Bright Futures/American Academy of Pediatrics, April 2017, https://www.aap.org/en-us/Documents/periodicity_schedule.pdf

Footnote:

¹ Screen with audiometry including 6,000 and 8,000 Hz high frequencies once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years. See "The Sensitivity of Adolescent Hearing Screens Significantly Improves by Adding High Frequencies" ([http://www.jahonline.org/article/S1054-139X\(16\)00048-3/fulltext](http://www.jahonline.org/article/S1054-139X(16)00048-3/fulltext)).



To make sure your adolescent stays safe and healthy, your doctor should discuss these topics with you and your child throughout adolescence:

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 F
- 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 Promoting Safety and Injury Prevention
<https://brightfutures.aap.org/Bright%20Futures%20Documents/Safety.pdf>

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

3. Violence Prevention

- Physical and Sexual

4. Substance Abuse

- 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. Bright Futures, Guidelines for Health Supervision of Infants, Children and Adolescents.
https://www.aap.org/en-us/documents/periodicity_schedule.pdf