



2018 Pediatric Preventive Care Guidelines

Maintenance Flow Sheet

Health Partners Plans

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

AGE	THROUGH 1 st MONTH				MONTHS										YEARS									
	Prenatal	Newborn	3-5 days	By 1 st Month	2	4	6	9	12	15	18	24	30	3	4	5	6	7	8	9	10			
HISTORY Initial/Interval	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
MEASUREMENTS																								
Length/Height and Weight		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Head Circumference		■	■	■	■	■	■	■	■	■	■	■												
Weight for Length		■	■	■	■	■	■	■	■	■														
Body Mass Index Calculated												■	■	■	■	■	■	■	■	■	■	■		
Blood Pressure		x	x	x		x	x	x	x	x	x	x	x	■	■	■	■	■	■	■	■	■		
SENSORY SCREENING																								
Vision		x	x	x	x	x	x	x	x	x	x	x	x	■	■	■	■	■	x	■	x	■		
Hearing		■	■			x	x	x	x	x	x	x	x	x	■	■	■	■	x	■	x	■		
DEVELOPMENTAL / BEHAVIORAL ASSESSMENT																								
Developmental Screening								■				■												
Autism Spectrum Disorder Screening													■	■										
Developmental Surveillance		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Psychosocial/Behavioral Assessment		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Maternal Depression Screening				■	■	■	■																	
TESTS / PROCEDURES																								
Physical Examination		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Newborn Blood		■	■																					
Newborn Bilirubin		■																						
Critical Congenital Heart Defect		■																						
Immunization		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Anemia						x			■	x	x	x	x	x	x	x	x	x	x	x	x	x		
Lead Screening							x	x	◇		x	◇		x	x	x	x							
Tuberculosis				x			x		x			x		x	x	x	x	x	x	x	x	x		
Dyslipidemia												x			x		x		x		■			
ORAL HEATH																								
Access for Dental Home							x	x	■		x	x	x	x	x	x	x							
Fluoride Varnish											■													
Fluoride Supplementation							x	x	x		x	x	x	x	x	x	x	x	x	x	x	x		
ANTICIPATORY GUIDANCE	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		
OTHER PROCEDURES																								

KEY: ■ = To be performed x = Risk assessment to be performed with appropriate action to follow, if positive.

◇ = At months 12 and 18, perform risk assessment or screenings as appropriate, based on universal screening requirements for patients with Medicaid or in high prevalence areas.

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.



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 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 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. Bright Futures, Guidelines for Health Supervision of Infants, Children and Adolescents.
https://brightfutures.aap.org/Bright%20Futures%20Documents/BF3%20pocket%20guide_final.pdf