

Preventive Medicine

	Newborn	2-4 days	By 1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	24 months	3 years	4 years	5 years	6 years	8 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years
Physical Exam¹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Height and Weight²	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Body Mass Index (BMI)³											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Head Circumference⁴	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													

1. Physical Exam: Newborn, 2-4 days, by 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 3 years, 4 years, 5 years, 6 years, and 8 years of age, then yearly at 10-17 years of age.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

2. Height and Weight: Newborn, 2-4 days, by 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 3 years, 4 years, 5 years, 6 years, and 8 years of age, then yearly at 10-17 years of age.

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3. Body Mass Index (BMI): At each visit, calculate and plot BMI for all children and adolescents. Use change in BMI to identify rate of excessive weight gain relative to linear growth. BMI between 85th and 95th percentile is considered overweight or obese. (See <http://www.cdc.gov/growthcharts> for information regarding BMI for children and adolescents.) Identify and track patients at risk by virtue of family history, birth weight, or socioeconomic, ethnic, cultural, or environmental factors. Calculate and plot BMI once a year in all children and adolescents.

CDC — http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm

4. Head Circumference: Newborn, 2-4 days, by 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, and 24 months of age.

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Ocular Prophylaxis⁵	✓																							
Hereditary/Metabolic Screening⁶	■																							
Accident/Injury Prevention⁷	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hct./Hgb.⁸							■		■						■									
Initial Dental Exam⁹								■																

5. Ocular Prophylaxis: Newborn.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

6. Hereditary/Metabolic Screening: The blood specimen is to be obtained after 24 hours of age and before 48 hours of age. If newborn is discharged before this criteria is met, obtain specimen immediately prior to discharge; second specimen between 1 and 2 weeks of age.

Texas Department of State Health Services — [http://info.sos.state.tx.us/pls/pub/readtac\\$ext.TacPage?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=25&pt=1&ch=37&rl=56](http://info.sos.state.tx.us/pls/pub/readtac$ext.TacPage?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=25&pt=1&ch=37&rl=56)

7. Accident/Injury Prevention: Newborn, 2-4 days, by 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 3 years, 4 years, 5 years, 6 years, and 8 years of age then yearly at 10-17 years of age.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

8. Hematocrit/Hemoglobin: Between 9-12 months of age, 15 months to 5 years of age, and yearly for all menstruating females.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>.

9. Initial Dental Exam: 12 months - 3 years of age.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>



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Vision & Hearing Screening ¹⁰	Hearing Only											Vision Only	✓	✓	✓	✓	✓		✓				✓	
Blood Pressure ¹¹												✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Urine Testing ¹²														✓				[Redacted]						
Scoliosis Screening ¹³																	5th and 8th grade or 6th and 9th grade; 3 years between screenings							
Teach Testicular Exam ¹⁴																								[Redacted]

10. Vision and Hearing: Newborn (hearing only), 3 years (vision only), 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, and 15 years of age.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

11. Blood Pressure: 3 years, 4 years, 5 years, 6 years, and 8 years of age, then yearly at 10-17 years of age.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

12. Urine Testing: 5 years of age and ≥11 years of age. Conduct dipstick urinalysis for leukocytes yearly for sexually active male and female adolescents.

AAP — <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/645>

13. Scoliosis Screening: Spinal screening of children 10 to 15 years of age.

TDSHS — <http://www.dshs.state.tx.us/spinal/spinalguide.shtm>; <http://www.dshs.state.tx.us/spinal/pdf/spscrnprggd.pdf>

14. Teach Testicular Exam: Promote awareness of testicular cancer during physical examinations.

ACS — http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_Testicular_Cancer_Be_Found_Early_41.asp



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