

Adolescent Preventive Care Flow Sheet: 11-18 Years of Age

Name: _____ DOB: _____

Date of exam or screening:

Age of Adolescent at Exam	11	12	13	14	15	16	17	18	18
• History									
Initial/Interim									
Diet/nutrition/eating disorders									
Exercise									
Tobacco Use									
Alcohol/drug use, including pill sharing									
Developmental/behavioral assessment									
Depression screen/suicide risk									
• Physical Assessment									
Comprehensive physical exam									
Height									
Weight/BMI									
Blood pressure									
Signs of abuse or neglect									
• Procedures									
Hearing screen									
Vision screen									
Dental assessment									
Hemoglobin/Hematocrit (<i>once < age 18; annual for those at risk, at physician's discretion, or if menstruating</i>)									
Urinalysis (<i>once between ages 11-18; annual dipstick for leukocytes for all sexually active adolescents</i>)									
Pelvic exam and Pap test (<i>annual beginning at age 18, or earlier if sexually active</i>)									
STD screen with Chlamydia and HIV (<i>if sexually active</i>)									
TB (<i>for those at risk</i>)									
Cholesterol (<i>high risk patients</i>)									
• Anticipatory Guidance/Counseling									
Injury prevention									
Violence prevention									
Nutrition and exercise counseling									
Skin cancer protection									
Tobacco use									
Alcohol/drug use, including pill sharing									
Sexual activity and preventive actions/HIV									
• Immunizations									
Tdap (<i>11-12 if no Td booster; 13-18 if no 11-12 year booster dose</i>)									
MMR (<i>11-12 if 2nd MMR dose not given earlier</i>)									
Hepatitis B (<i>if childhood series was missed</i>)									
HPV (<i>all young women age 11-19</i>)									
Varicella (<i>if missed and no hx of chickenpox; give 2 doses if >age 13</i>). If had disease, date:									
Hepatitis A (<i>if not given previously</i>)									
Pneumococcal vaccine (<i>high risk groups</i>)									
Influenza vaccine (<i>high risk groups</i>)									
Meningococcal vaccine (<i>age 11-12, high school entry or age 15, college freshman living in a dorm if missed earlier</i>)									

Additional screening tools and guidelines may be found in **MVP Health Care's Physician Quality Improvement Manual**, available on CD or via www.mvphealthcare.com and in the **CDPHP Provider Manual** via On-Line Health at www.cdphp.com.

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