

Preventive Care Visits: Ages 10,11,12,13 The Greig Health Record

Name: _____
Date of Birth: _____

(visits in this age group are recommended every one to two years)

		Age 10	Age 11	Age 12	Age 13
Date					
Measurements <small>(use WHO growth charts)</small>	Wt	BMI			
	Ht	BMI percentile			
Psychosocial history/ Development (HEADSSS)	• School & Activities				
	• Peer relationships				
	• Family relationships				
	• Mental Health				
	• Substance & Addictions				
	• Abuse				
	• Body changes				
	• Sexual health & Relationships				
	• Menstrual issues ♀				
Nutrition*	• Healthy choices / snacks / junk-food				
	• Supplements / CAM				
	• Body Image / Dieting				
Education & Advice:	• Physical Activity				
	• Electronic Media – TV / Internet /Hearing Protection				
Behaviour and Family Issues	• Sleep Issues				
	• Effective Discipline				
	• Helmet safety				
Injury Prevention & Safety	• Vehicle Safety & Seatbelts				
	• Violence & Firearms				
	• Trampoline Safety				
	• <i>Sun Safety</i>				
	• Environmental Hazards – incl. Second Hand Smoke				
Other	• <i>Smoke Detectors</i>				
	• Other Safety Topics				
	• Dental care, fluoride				
Specific Concerns					
Examination	Blood Pressure				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating				
	Skin				
Assessment Immunization Medications	Up-date immunizations: Men C or ACYW135 around age 12 Hep B, HPV (ages 9 and older) Varicella vaccine-2 doses (12mos to 12 years & susceptible adolescents) Discuss influenza vaccination Consider TB test Signature				
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Strength of Recommendations
Bold = Good
Italics = Fair
 Plain Text = consensus or inconclusive evidence

Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.



Selected Guidelines and Resources are found on accompanying pages.