

Preventative Worksheet for Those 7 - 18-years-old

Physical Exam		Date	Date	Date	Date
Exam	Annually				
Dental exam	Every 6-12 months				
Vision exam	8, 10, 12, 15, 18 years				
Screenings					
Height, weight, BMI	Annually				
Blood pressure	Annually				
Hearing screen	8, 10, 12, 15, 18 years				
Depression screen	Annually after 12; maybe between 7-11 years-old				
Urinalysis	One time between 11-21; annually on sexually active males and females				
Tuberculin skin test	High risk				
Hemoglobin/hematocrit	Annually in menstruating females, adolescent males in their peak growth period - once				
Pelvic exam/PAP smear/Cervical cancer (women)	Annually – starting within three years of the start of sexual activity				
HIV screening	High risk				
Sexually transmitted disease screen	All sexually active adolescents				
Cholesterol screen	High risk				
Immunizations					
Tetanus, diphtheria, pertussis (Tdap); Tetanus/diphtheria (Td)	Give at age 11-12 and then every 10 years (one dose of Tdap and then the booster should be Td)				
Hepatitis A	If not previously received, give two doses 6 months apart				
Hepatitis B	Three dose series if not previously received				
Human Papillomavirus (HPV)	Three dose series in females starting at age 11-12; second dose given 2 months after the first and third dose given 6 months after the first				
Influenza	Every year after 6 months, the first year will require 2 doses 30 days apart if under 9 years old				
Meningococcal	Give one dose at age 11-12 or up to 18 if not previously vaccinated; unvaccinated college freshmen living in the dorm; Revaccination may occur in some people after 5 years				
MMR	If not previously received, give two doses 28 days apart; give a second dose to those who only had one dose				
Pneumococcal	High risk patients				
Varicella (Chickenpox)	Two doses if not immune (or one if the patient already had one dose)				