

Preventive Care Visits: Ages 6,7,8,9

The Greig Health Record

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

Name:

Date of Birth:

			Age 6	Age 7	Age 8	Age 9
Date						
Measurements (use WHO growth charts)	Wt	BMI				
	Ht	BMI percentile				
Psychosocial history and Development	• School & Activities					
	• Peer relationships					
	• Family relationships					
	• Body changes					
	• Menstrual issues ♀					
Nutrition *	• Healthy choices / snacks / junk-food					
	• Supplements / CAM					
	• Body Image / Dieting					
Education & Advice: Behaviour and Family Issues Injury Prevention & Safety Other	• Physical Activity					
	• Electronic Media – TV / Internet /Hearing Protection					
	• Sleep Issues					
	• Effective Discipline					
	• Helmet safety					
	• Vehicle Safety – Seatbelts, Booster Seats					
	• Violence & Firearms					
	• Trampoline Safety					
	• Water Safety					
	• <i>Sun Safety</i>					
	• Environmental Hazards – incl. Second Hand Smoke					
	• <i>Smoke Detectors</i>					
	• Other Safety Topics					
	• Substances & Addictions					
	• Abuse					
	• Dental care, fluoride					
Specific Concerns						
Examination	Blood Pressure					
	Head & Neck					
	Visual Acuity (L) (R)					
	CVS					
	Chest					
	Back					
	Abd					
	GU					
	Sexual Maturity Rating					
Assessment Immunization Medications ©A.Greig 2016	Update immunizations: DTaP-IPV (age 4-6) MMR (2nd dose by age 6) HPV (ages 9 and older) Varicella vaccine-2 doses (12mos to 12 years) Discuss influenza vaccination Consider TB test					
	Signature					

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.

Preventive Care Visits: Ages 10,11,12,13

The Greig Health Record

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

Name:

Date of Birth:

			Age 10	Age 11	Age 12	Age 13
Date						
Measurements (use WHO growth charts)	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					
Injury Prevention & Safety	• Sleep Issues					
	• Effective Discipline					
	• Helmet safety					
Other	• Vehicle Safety & Seatbelts					
	• Violence & Firearms					
	• Trampoline Safety					
Specific Concerns	• <i>Sun Safety</i>					
	• Environmental Hazards – incl. Second Hand Smoke					
	• <i>Smoke Detectors</i>					
Examination	• Other Safety Topics					
	• Dental care, fluoride					
	Blood Pressure					
	Head & Neck					
	Visual Acuity (L) (R)					
	CVS					
	Chest					
	Back					
	Abd					
Assessment Immunization Medications	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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