

# PREVENTIVE CARE FOR AGES 13 to 18 YEARS OF AGE

## *Preventive Services for Adolescents*

Schedule of Visits:

\* Annually

Screening	Risk Assessment & Counseling	Immunizations
<ul style="list-style-type: none"> <li>◆ <b>Every Visit</b> <ul style="list-style-type: none"> <li>✓ Physical exam</li> <li>✓ Height, weight, BMI<sup>15</sup></li> <li>✓ Blood pressure</li> <li>✓ Developmental and behavioral assessment</li> <li>✓ Hearing/subjective</li> </ul> </li>   <li>◆ <b>Additional</b> <ul style="list-style-type: none"> <li>✓ Vision screen <i>Every other year.</i></li> <li>✓ PPD <i>If at risk<sup>2</sup></i></li> <li>✓ Dental referral <i>If not seen yet.</i></li> <li>✓ Cholesterol levels <i>Once if at risk<sup>16</sup></i></li> <li>✓ Screen for sexual activity; Pap and pelvic as needed <i>If sexually active, at and beyond 11 years of age.</i></li> <li>✓ CBC <i>Once, if menstruating</i></li> <li>✓ STD screening <i>Based on risk<sup>17</sup></i></li> <li>✓ Hepatitis C <i>if at risk<sup>3</sup></i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>Nutrition</b> <ul style="list-style-type: none"> <li>✓ Limit dietary fat</li> <li>✓ Body Image</li> <li>✓ Folate supplement</li> <li>✓ Calcium</li> </ul> </li>   <li>◆ <b>Physical Activity</b></li>   <li>◆ <b>Injury Prevention<sup>4</sup></b> <ul style="list-style-type: none"> <li>✓ Seat belt</li> <li>✓ Bicycle helmets</li> <li>✓ Fire safety</li> <li>✓ Firearms</li> </ul> </li>   <li>◆ <b>Dental Health</b></li>   <li>◆ <b>Substance Use/Abuse</b> <ul style="list-style-type: none"> <li>✓ Tobacco, alcohol, drugs</li> <li>✓ Motor vehicle operation</li> <li>✓ Age 16- discuss driving while under the influence</li> </ul> </li>   <li>◆ <b>Depression</b></li>   <li>◆ <b>Promotion of Nonviolent Problem Solving</b></li>   <li>◆ <b>Scholastic Performance</b></li>   <li>◆ <b>Family Violence or Sexual Abuse</b></li>   <li>◆ <b>Sexuality, Safe Sex Practice, Family Planning, Preconception Counseling</b></li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>All Adolescents</b> <ul style="list-style-type: none"> <li>✓ Hepatitis B <i>3-dose series at any age if not previously immunized<sup>5</sup></i></li> <li>✓ Td Booster <i>If at least 5 years since completion of primary series. Subsequent boosters every 10 years.</i></li> <li>✓ MMR <i>At any time if 2 doses not previously given after age 12 mos.<sup>9</sup></i></li> <li>✓ Varicella Vaccine <i>If no evidence of immunity<sup>10</sup></i></li> <li>✓ Influenza Vaccine <i>Annually<sup>12</sup></i></li> <li>✓ Meningococcal Vaccine <i>Adolescents at high school entry and college freshman living in dormitories<sup>14</sup>.</i></li> <li>✓ HPV Vaccine <i>If not previously vaccinated<sup>18</sup></i></li> <li>✓ Hepatitis A- <i>If at risk for children ages 2-18 years of age.<sup>21</sup></i></li> </ul> </li>   <li>◆ <b>High Risk Adolescents</b> <ul style="list-style-type: none"> <li>✓ Pneumococcal Vaccine <i>If at risk and not previously immunized.<sup>11</sup></i></li> </ul> </li> </ul>