



Routine Preventive Pediatric Health Care – Adolescence

The following guideline provides recommendations for routine preventive services for children 11 years to 20 years. Children at increased risk may warrant additional services.

Age	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs
HISTORY Initial/Interval	X	X	X	X	X	X	X	X	X	X
MEASUREMENTS										
Length/Height and Weight	X	X	X	X	X	X	X	X	X	X
Body Mass Index	X	X	X	X	X	X	X	X	X	X
Blood Pressure	X	X	X	X	X	X	X	X	X	X
SENSORY SCREENING										
Vision	*	X	*	*	X	*	*	*	*	*
Hearing Screen with audiometry including 6000 & 8000 Hz high frequencies once between 11 and 14 years, once between 15 and 17 years, and once between 18 and 21 years.	<	<	X	>	<	X	>	<	<	X
DEVELOPMENTAL/BEHAVIORAL ASSESSMENT										
Developmental Surveillance	X	X	X	X	X	X	X	X	X	X
Psychosocial/Behavioral Assessment Should be family centered; may include assessment of child social-emotional health, caregiver depression, and social determinants of health. http://pediatrics.aappublications.org/content/135/2/384 http://pediatrics.aappublications.org/content/137/4/e20160039	X	X	X	X	X	X	X	X	X	X
Tobacco, Alcohol, or Drug Use Assessment. A recommended screening tool is available at http://www.ceasar-boston.org/CRAFFT/index.php .	*	*	*	*	*	*	*	*	*	*
Depression Screening. Recommended screening using the Patient Health Questionnaire (PHQ)-2 or other tools available in the GLAD-PC toolkit and at http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/MH_ScreeningChart.pdf .		X	X	X	X	X	X	X	X	X
PHYSICAL EXAMINATION	X	X	X	X	X	X	X	X	X	X



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Procedures										
Immunization Every visit should be an opportunity to update and complete a child's immunizations. Schedules are available at http://aapredbook.aappublications.org/site/resources/izschedules.xhtml .	X	X	X	X	X	X	X	X	X	X
Anemia	*	*	*	*	*	*	*	*	*	*
Tuberculosis Testing. Tuberculosis testing per recommendations of the Committee on Infectious Diseases, published in the current edition of AAP Red Book: Report of the Committee on Infectious Diseases. Testing should be performed on recognition of high-risk factors.	*	*	*	*	*	*	*	*	*	*
Dyslipidemia Screening	>	*	*	*	*	*	<	<	<	X
Sexually Transmitted Infections	*	*	*	*	*	*	*	*	*	*
HIV Once between the ages of 15 & 18, making every effort to preserve confidentiality of the adolescent.	*	*	*	*	<	<	X	>	*	*
Fluoride Supplementation	*	*	*	*	*	*				
ANTICIPATORY GUIDANCE	X	X	X	X	X	X	X	X	X	X
<i>This guideline is based on the Bright Futures and the American Academy of Pediatrics Recommendations for Preventive Pediatric Health Care. Individual patient considerations and advances in medical science may supersede or modify these recommendations.</i>										
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KEY X = to be performed * = risk assessment to be performed with appropriate action to follow, if positive <<<X>>> = range during which a service may be provided										