



# WELL CHILD VISIT

## 15-17 Year

Name \_\_\_\_\_ Age in Years \_\_\_\_\_ Date of Visit \_\_\_\_\_

### Concerns/Discussion

(from parent and adolescent)

- Family concerns
- Parent/Adolescent relationship
- Behavior/Discipline
- School issues
- Other concerns
- Observe parent/Adolescent interaction

### Nutrition Guidance

- Stress 3 healthy meals/day
- Limit high fat & low nutrient foods and drinks
- Discuss healthy weight & "diets"

### Developmental/School Performance

- Student to be responsible for attendance, homework, course selection and extracurricular activities
- Discuss problems with a trusted adult
- Identify talents and interests
- Start thinking about plans after high school

### Physical Exam

- General
- Wt \_\_\_\_\_ % \_\_\_\_\_
- Ht \_\_\_\_\_ % \_\_\_\_\_
- Monitor growth chart
- Blood pressure \_\_\_\_\_
- Temp \_\_\_\_\_
- Skin (acne)
- Nodes
- Head

- Eyes
- Ears
- Nose
- Oropharynx (teeth malocclusion)
- Neck
- Chest/Breast
- Lungs
- Cardiovascular
- Abdomen
- Genitalia (Tanner stage)
- Back & Extremities (scoliosis exam)
- Neuro
- Evidence of Neglect/Abuse
- Evidence of eating disorder

### Screening/Immunizations

#### Immunizations

- Per ACIP schedule (Record below)
- Review record

#### Screening

- Hearing—Hx (screen if abnormal)
  - Objective screen at 15 years
- Vision—Hx (screen if abnormal)
  - Objective screen at 15 years
- Anemia
  - Screen menstruating females annually
  - Screen all high risk
- Hyperlipidemia—Screen high risk
- Blood pressure—Annually
- Urinalysis—Minimum one time during adolescence
- Tuberculosis—PPD if high risk
- Pap smear—Annually for sexually active females

- STD's—Screen sexually active adolescents annually
- Dental
  - Recommend dental visit
  - Discuss care and fluoride
  - Sealants for molars

### Sexuality Education (use handouts if possible)

- Identify supportive adult for teen to talk to
- If sexually active, discuss contraception and STD prevention
- Having sex should be a well thought out decision
- Abstinence as safest way to prevent pregnancy & STD's
- Ways to resist pressure
- Avoiding rape situations

### Anticipatory Guidance

- Importance of adequate sleep
- Moderate to vigorous physical activity
- TV and Computer/Internet
- Discuss drugs, alcohol, cigarettes and inhalants
- Safety—High risk behavior
- Mental Health issues—refer if concerns
  - Improve self confidence
  - Signs of depression
  - Who to talk to for help

Immunizations given:

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Record all abnormal findings on separate sheet.

Assessment and Plan: \_\_\_\_\_

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PHN Referral (if indicated) \_\_\_\_\_ WIC Referral (if indicated) \_\_\_\_\_

Physician Signature: \_\_\_\_\_