

Adolescent Preventive Care Flow Sheet: Ages 11-18

Visits recommended every year and should include the following:

Name: _____

DOB: _____

Date of exam or screening:									
Age of Adolescent at Exam	11	12	13	14	15	16	17	18	
History									
Initial/Interim									
Diet/nutrition/eating disorders									
Exercise									
Tobacco Use									
Alcohol/drug use, including pill sharing									
Developmental/behavioral assessment									
Depression screen/suicide risk									
Physical Assessment									
Comprehensive physical exam									
Height									
Weight/BMI									
Blood pressure									
Signs of abuse or neglect									
Procedures									
Hearing screen									
Vision screen									
Dental assessment									
Hemoglobin/Hematocrit (once < age 18; annual for those at risk, at physician's discretion, or if menstruating)									
Urinalysis (once between ages 11-18; annual dipstick for leukocytes for all sexually active adolescents)									
Pelvic exam and Pap test (beginning at age 18, or earlier if sexually active)									
STD screen with Chlamydia and HIV (if sexually active)									
TB (for those at risk)									
Cholesterol (high risk patients)									
Anticipatory Guidance/Counseling									
Injury prevention									
Violence prevention									
Nutrition and exercise counseling									
Skin cancer protection									
Tobacco use									
Alcohol/drug use, including pill sharing									
Sexual activity and preventive actions/HIV									
Immunizations									
Tdap (11-12 if no Td booster; 13-18 if no 11-12 year booster) dose)									
MMR (11-12 if 2nd MMR dose not given earlier)									
Hepatitis B (if childhood series was missed)									
Varicella (if missed and no hx of chickenpox; give 2 doses) >age 13). If had disease, date:									
Hepatitis A (if not given previously)									
Pneumococcal vaccine (high risk groups)									
Influenza vaccine									
Meningococcal vaccine (age 11-12, high school entry or age 15, college freshman living in a dorm if missed earlier)									

Additional screening tools and guidelines may be found in MVP Health Care's Physician Quality Improvement Manual, available at www.mvphealthcare.com.