

16 to 20 YEAR VISIT

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Date _____

Tennessee Chapter

Form revised 11/16

Name _____ Birth Date _____ Age _____

Historian _____ Allergies _____ Medications _____

Weight _____ lbs. _____ oz. Height _____ in. BMI _____ %tile Temp. _____ AX Oral

B/P: _____ / _____

NUTRITION

- Low fat milk? Yes No
- Variety of fruits, vegetables? Yes No
- Eats breakfast? Yes No
- Eats supper with family? Yes No

INTERVAL HISTORY/NEW PROBLEMS

- Change in family history? Yes No
- Change in social history? Yes No
- If Yes, what? _____

- Are there new problems or illnesses since the last visit? Yes No
- If Yes, what? _____

DYSLIPIDEMIA RISK ASSESSMENT — +

FH CVD heart disease <55 M _____

- Yes _____
- No _____

FH CVD heart disease <65 F _____

- Yes _____
- No _____

FH cholesterol Yes No

BP > 90% _____ DM _____ inactive _____

passive smoke _____ Chronic illness _____

BMI > 95% _____

DYSLIPIDEMIA SCREEN _____

(Once between 18-21 years)

HEARING RISK ASSESSMENT (16 - 21 years) — +

VISION RISK ASSESSMENT (16 - 21 years) — +

- Wears glasses, sees eye specialist

ANEMIA RISK ASSESSMENT* — +

poverty _____ poor diet _____ chronic illness _____

menorrhagia _____

ALCOHOL/DRUG USE — +

ASSESSMENT* (11-21 years)

Etho, drug or substance to get high — +

TB RISK ASSESSMENT — +

STI/HIV RISK ASSESSMENT (11-21 YEARS)

Hx of sexual activity — +

Hx of IV drug use — +

HIV SCREEN _____

(Once between 16-18 years)

DEPRESSION SCREENING* (11-21 YEARS)

- Normal Abnormal

Developmental Surveillance

- Yes No Concerns? _____

Psychosocial/Behavioral Surveillance

- Yes No Concerns? _____

School Grade _____

Problems? Yes No

If Yes, what? _____

PHYSICAL EXAM

Undressed: yes no

- General ----- nl abnl
- Head ----- nl abnl
- Neck ----- nl abnl
- Eyes ----- nl abnl
- Ears ----- nl abnl
- Nose ----- nl abnl
- Throat/Mouth/Teeth -- nl abnl
- Chest
- Breasts/Tanner Stage-- nl abnl
- Lungs----- nl abnl
- Heart ----- nl abnl
- Abdomen ----- nl abnl
- Femoral Pulses ----- nl abnl
- Extremities ----- nl abnl
- Genitalia/Tanner Stage
- Female Male

MUSCULOSKELETAL EXAM

- Shoulder/arm----- nl abnl
- Elbow/forearm----- nl abnl
- Wrist/hand/fingers ---- nl abnl
- Hips/thigh ----- nl abnl
- Knee ----- nl abnl
- Leg/ankle ----- nl abnl
- Foot/toes ----- nl abnl

SAFETY

- Driving and automobile safety
- Bike helmet, safety
- Smoke detectors in home
- Swimming, water safety
- Firearm safety
- Sunburn prevention, tanning beds

HEALTH

- Healthy food choices, Ca++ intake
- Concerns about weight, body image
- Periods (girls) LMP _____
- < 20-30% of calories from dietary fat
- < 10% of calories from saturated fat
- < 300 mg of cholesterol per day
- Adequate sleep
- Acne
- Encourage sports, exercise
- Sports form attached Yes No

SOCIAL/BEHAVIORAL

- School adjustment, performance
- Plans for work/further education
- Tobacco use
- Drug and alcohol use
- Dealing with stress, anger
- Limit TV, computer time <2 hrs/day
- Friends and fun
- Boy or girl friends /dating safety
- Abstinence, birth control
- STDs
- Family relationships

SOCIAL/BEHAVIORAL (continued)

- Social Media
- Sleep hygiene
- Eating disorder screen — +

IMPRESSION

- Well Adolescent
- Normal Growth
- Normal Development
- _____
- _____

PLAN/REFERRALS

- Immunizations current? Yes No
- Tdap, MCV4 Booster, Varicella, HPV, Hep B
- Influenza vaccine
- V.I.S./Counseling
- RTC at _____ years
- Handouts
- Cholesterol – Non-fasting Lipid Profile if at risk 16-17 years. Non-Fasting Lipid Profile once between 18-21 years
- Hgb (if + menarche or high risk every year) _____
- Pap - 21 years
- STD screening
- HIV Screen (once between 16 and 18)
- PPD if at risk
- Review transition plan
- Parent declination of treatment _____
- Referrals _____
- _____
- _____

_____ M.D. / P.N.P. / DO / PA

PROV# _____

- See back for additional documentation

* see separate form

Note: Bright Futures recommends screenings through age 21. TennCare Kids provides coverage for children birth until age 20 and ends when a member turns age 21. Any recommendation that mentions "21 years" as an end-date is not a TennCare Kids covered service.