

# Capital Health

P L A N<sup>SM</sup>



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## PEDIATRIC HEALTH ASSESSMENT

**Learn the Signs. Act Early. (2017, October 16). Retrieved April 10, 2018, from**  
<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

**2014 Recommendations for Pediatric Preventive Health Care. (2014, March 01). Retrieved April 12, 2018, from**  
<http://pediatrics.aappublications.org/content/133/3/568>

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## PEDIATRIC HEALTH ASSESSMENT

AGE	NURSING	DEVELOPMENT (History and Exam)	ANTICIPATORY GUIDANCE (Counseling and Education)	HANDOUTS	IMMUNIZATIONS, COMMENTS
2-3 days post hospital discharge (if needed)	Weight, length, head circumference (HC), temperature, plot growth chart	MD evaluation for jaundice, weight gain	Feeding, firm mattress, do not lie prone, no co-sleeping		Ascertain that Hepatitis B dose #1 was given in the hospital
2 weeks	Weight, length, HC, temp, plot growth chart	Startle to noises, raises head when prone, fixes face on object and follows movement	Car seat rear facing, no smoking, do not lie prone, CPR training, cord care, circumcision care (as applies)	0-6 month development/ educational material	<p>CDC recommended childhood immunization schedule may be accessed at:  <a href="http://www.cdc.gov/vaccines/recs/schedules">http://www.cdc.gov/vaccines/recs/schedules</a>            Flu and Pneumovax should be given per current CDC recommendations. Synagis for prevention of Respiratory Syncytial Virus (RSV) per CHP guidelines.</p>
2 months	Weight, length, HC, temp, growth chart	Coos, social smile, briefly holds rattle, eyes follow face in line of vision	Car seat, no smoking, do not lie prone, CPR, no solids until 4 months		
4 months	Weight, length, HC, temp, growth chart	Trying to roll over, no head lag, holds a rattle	Car seat, no smoking, CPR, safety (rolling, more active). Start solids – diet progression, what not to feed, teething.  Perform health risk screening for lead, cholesterol and sickle cell.	4-7 months feeding handout or alternative educational material	
6 months	Weight, length, HC, temp, growth chart	Rolling over, hand to hand transfer, sitting with assistance	Car seat - Safety proof house, poison control number. Feeding progression – introduce cup, table foods. Sunscreen, insect repellent, fluoride if needed.	6-12 months feeding handout, development/ educational material	
9 months	Weight, length, HC, temp, growth chart	Get to sitting position, pull to stand, cruising around furniture	Car seat, no smoking, CPR, fluoride, safety-proof house, lower crib mattress, sleeping through night	<b>Poison control phone 1-800-222-1222</b>	HGB/HCT, Lead level if indicated

AGE	NURSING	DEVELOPMENT (History and Exam)	ANTICIPATORY GUIDANCE (Counseling and Education)	HANDOUTS	IMMUNIZATIONS, COMMENTS
12 months	Weight, length, HC, temp, growth chart hemoglobin or hematocrit, pediatric health risk screen for lead	Independent steps, climbing, words (mama, dada, specific) drink from cup, whole cow's milk	Car seat, no smoking, CPR, fluoride, safety-proof house, wean bottle	1-2 years development/ educational material	
15 months	Weight, length, HC, temp, growth chart	Walking well, 3-6 word vocabulary, finger foods, uses cup	Car seat, no smoking, CPR, fluoride, lock doors or use secure gates		
18 months	Weight, length, HC, temp, growth chart Autism screen (M-CHAT) if indicated	Running, walks backward, vocabulary 4-10 words, may begin 2 word combinations	Discuss discipline, toilet training readiness, and tantrums. Safety-proof house, no smoking, fluoride. Car seat may face forward if outgrowing 2 <sup>nd</sup> seat. Do not offer foods such as nuts, popcorn, gum, raisins, hard candy, and raw carrots.	1-2 years development/ educational material	PPD for high-risk patient
2 years	Weight, length or height, HC, temp, growth chart, pediatric health risks, screen for lead Autism screen (M-CHAT) if indicated	Climbs and descends steps alone, 20 word vocabulary, 2 word combinations	Car seat may face forward. Discuss nutrition and physical activity, discipline, sleeping, toilet training, fluoride. No <del>peanuts</del> .	2-4 years development/ educational material	
3 & 4 years	Weight, height, BMI percentile, growth chart, UA, HGB/HCT at 4 or 5 years, temp, visual acuity, pediatric health risk screen for lead	Evaluate speech progress, hearing screening if positive for speech delay.	Car seat or booster seat. Discuss nutrition and physical activity, dental care, fluoride, limiting screen time to no more than 2 hours daily. 1 hour of physical activity daily.		PPD for high-risk patient May have 4-6 ounces fruit juice / day

AGE	NURSING	DEVELOPMENT (History and Exam)	ANTICIPATORY GUIDANCE (Counseling and Education)	HANDOUTS	IMMUNIZATIONS, COMMENTS
5 years	Weight, height, BMI percentile, growth chart, BP, UA, temp, visual acuity, HGB or HCT if not done at 4 years	Evaluate kindergarten readiness, assess hearing	Booster seat, bike helmet, safety with chores, dental, nutrition and physical activity, fluoride, sleeping 8 hours daily and limiting screen time to no more than 2 hours daily. 1 hour of physical activity daily.	5 years development/ educational material	PPD for high-risk patient
6-11 years	Weight, height, BMI percentile, growth chart, UA, temp, vision, hemogram as needed, BP, cholesterol and sickle screen as needed. Diabetes screening of overweight and at risk (family history, ethnicity, insulin resistance)	School performance, family relationships, physical development as needed, discipline	Booster seat until 80 lbs. or 57 inches tall, then seat belt. Safety with chores, bike helmet, dental, nutrition and physical activity, fluoride sleeping 8 hours daily and limiting screen time to no more than 2 hours daily. 1 hour of physical activity daily.	6, 8 & 10 years development/ educational material	PPD for high-risk patient
12- 19 years	Weight, height, BMI percentile, growth chart, UA, temp, vision, hemogram as needed. BP, cholesterol and sickle screen as needed.	School performance, family relationships, friends, discipline, tobacco and substance abuse	Drug use, sexual activity, birth control, STDs. Nutrition/dieting, physical activity. Seatbelts and NO texting when driving. Sleeping 8 hours daily and limiting screen time to no more than 2 hours daily. 1 hour of physical activity daily.		STI screening if sexually active

**Annual Measurement for Effectiveness of Pediatric Preventive Guideline:**

- HEDIS® Childhood Immunization, Combination #2/#10 (DTaP, IPV, MMR, HiB, Hep B, VZV, Hep A, PCV, ROV, Influenza), Commercial population
- HEDIS® Weight Assessment and Counseling for Nutrition and Physical Activity for Children, Adolescents, Ages 3-17 years
  - BMI percentile
  - Counseling for nutrition
  - Counseling for physical activity