

# Adolescent Preventive Care Flow Sheet: Ages 11-18



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Visits recommended **every year** and should include the following:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Date of Exam or Screening: \_\_\_\_\_

Age of Adolescent at Exam	11	12	13	14	15	16	17	18
<b>History</b>								
Initial/Interim								
Diet/nutrition/eating disorders								
Exercise								
Tobacco use								
Alcohol/drug use, including pill sharing								
Developmental/behavioral assessment								
Depression screen/suicide risk								
<b>Physical Assessment</b>								
Comprehensive physical exam								
Height								
Weight/BMI								
Blood pressure								
Signs of abuse or neglect								
<b>Procedures</b>								
Hearing screen								
Vision screen								
Dental assessment								
Hemoglobin/Hematocrit (once < age 18; annual for those at risk, at physician's discretion, or if menstruating)								
STD screen with Chlamydia and HIV (if sexually active)								
TB (for those at risk)								
Cholesterol (high risk patients)								
<b>Anticipatory Guidance/Counseling</b>								
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								
<b>Routine Immunizations*</b>								
Influenza vaccine (annually)								
Tdap (age 11-12)								
Meningococcal vaccine (age 11-12, with booster at 16)								
HPV vaccine (age 11-12)								

\*Please refer to the CDC Immunization schedules for high-risk patients or those who need to catch up on their immunizations at: <http://www.cdc.gov/vaccines/schedules/index.html>

Additional screening tools and guidelines may be found in MVP Health Care's Physician Quality Improvement Manual, available at [www.mvphealthcare.com](http://www.mvphealthcare.com). Additionally, many useful tools are available on the AAP website, including the Bright futures guideline, located at <https://brightfutures.aap.org/Pages/default.aspx>