

# WELL CHILD EXAM - Adolescence: 15 - 20 Year

DATE

PATIENT NAME		DOB		SEX		PARENT NAME			
Allergies					Current Medications				
Prenatal/Family History of Illness and Disease					Chief Complaint(s)				
Weight	Percentile	Length	Percentile	BMI	Percentile	Temp.	Pulse	Resp.	BP
	%		%		%				

**Interval History:**  
(Include injury/illness, visits to other health care providers, changes in family or home)

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- Nutrition**
- Grains \_\_\_\_\_ servings per day
  - Fruit/Vegetables \_\_\_\_\_ servings per day
  - Whole Milk \_\_\_\_\_ servings per day
  - Meat/Beans \_\_\_\_\_ servings per day
  - City water  Well water  Bottled water
- Elimination**  Normal  Abnormal
- Exercise Assessment**  
Physical Activity: \_\_\_\_\_ minutes per day
- Sleep**  Normal  Abnormal
- Reproductive**  
Menstrual  
 Premenarchal  Normal  Abnormal
- Breast Exam/Palpation  
 Normal  Abnormal
- Sexual Activity  Yes  No  
Contraceptive Method used \_\_\_\_\_

- Screening and Procedures:**
- Hearing**  Screening audiometry  
 Parental observation/concerns
- Vision**  Visual acuity  
\_\_\_\_R \_\_\_\_L \_\_\_\_Both  
 Parental observation/concerns
- Dental**  Oral Health Risk Assessment

- Developmental Surveillance**
- Social-Emotional  Communicative
  - Cognitive  Physical Development
- Screening for Abuse**  Y  N  
If Risk:  IPPD \_\_\_\_\_ (result)  
 Hct or Hgb \_\_\_\_\_ (result)  
 Dyslipidemia \_\_\_\_\_ (result) (to be done once between 18 and 20 years old)  
 STI Screening \_\_\_\_\_ (result)  
 Cervical Dysplasia \_\_\_\_\_ (result)  
 Sickle Cell (if not previously tested) \_\_\_\_\_ (result)

- Immunizations:**
- Immunizations Reviewed, Given & Charted (according to AAP.org guidelines)  
*If needed but not given, document rationale*
  - Impactsis (OH registry) updated

Patient Unclothed  Y  N

Review of Systems		Physical Exam		Systems
N	A	N	A	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	General Appearance
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Skin/nodes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Head
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eyes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ears
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nose
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Oropharynx
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gums/palate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neck
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lungs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heart/pulses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Abdomen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Genitalia
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spine
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extremities/hips
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neurological

- Normal Growth and Development
  - Tanner Stage \_\_\_\_\_
- Psychosocial/Behavioral Assessment**  
 Y  N
- Alcohol & Drug Use (risk assessment)**  
 Y  N
- Abnormal Findings and Comments

( see additional note area on next page)  
Results of visit discussed with child/parent  
 Y  N

- Plan**
- History/Problem List/Meds Updated
  - Referrals
    - Children Special Health Care Needs
    - Dental  Transportation
  - Other \_\_\_\_\_

**Anticipatory Guidance/Health Education**  
(√ if discussed)

- Safety**
- Avoid alcohol, tobacco, drugs, inhalants
  - Make a plan if in unsafe situation
  - Seat belt use for self and passengers
  - Responsible Driving/follow speed limits
  - Swimming/Water Safety
  - Use bike helmet/protective sporting gear
  - Gun and weapon safety
  - Learn to protect self from abuse
  - Limit time in sun-use sunscreen
- Nutrition/physical activity**
- Healthy Weight/body image/dieting
  - Limit TV, video, and computer games
  - Physical activity & adequate sleep
  - Eat meals as a family
- Oral Health**
- Schedule dental appointment
  - Brush and floss teeth
  - No smoking/chewing tobacco
- Development and Behavior**
- Increased responsibility for own health care
  - Self Breast/Testicular Exam
  - Handling stress & disappointment
  - Discuss development
  - Normal sexual feelings
  - Preventing pregnancy and STIs
  - Avoid risky or violent situations
  - Healthy dating relationships
  - Feeling sad/angry/fearful
  - Handling depression/suicide
- Family Support and Relationships**
- Substance Abuse, Child Abuse, Domestic Violence Prevention, Depression
  - Know who your teen spends time with
  - Spend family time together
  - Home, school, community rules
  - Respect others
  - Discuss future plans/College/Career
  - School frustrations/dropping out
  - Encourage to volunteer/participate with religious, school or community activities

Next Well Check: \_\_\_\_\_ years of age

Developmental Questions and Observations on Page 2

Provider Signature: \_\_\_\_\_

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DATE	PATIENT NAME	DOB
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## Developmental Questions and Observations

You may use the following screening list, or an age appropriate standardized developmental instrument or screening tool.

Ask the patient to respond to the following statements:

Yes      No

           Please tell me any questions or concerns you have today:

- 
- I eat breakfast everyday.
  - I am happy with how I am doing in school and/or at work.
  - I have one or more close friends.
  - I feel rested when I wake up.
  - I participate in at least one activity and/or interest other than school and work.
  - I do things with my family.
  - I feel good about my friends and school.
  - I know what to do when I feel angry, stressed or frustrated.
  - I have someone I can talk to.
  - I have questions about sexuality.
  - I get some physical activity every day.
  - I sometimes feel really down and depressed.
  - I sometimes feel very nervous.

If the parent is present, ask the parent to respond to the following statements:

- I am proud of my child.
- I talk to my child about alcohol, drugs, and smoking.
- My child's school work matches his/her future goals.
- My child's school work matches my future goals for him/her.
- I talk to my child about sexuality and our family's values regarding sex.
- I monitor my child's activities and social life.

Please note: Formal developmental examinations are recommended when surveillance suggests a delay or abnormality, especially when the opportunity for continuing observation is not anticipated. (*Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*)

**Additional Notes from pages 1 and 2:**

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Staff Signature: \_\_\_\_\_ Provider Signature: \_\_\_\_\_

## **My Health at 15 - 20 Years**

### Milestones

*Your development between 15 and 20 years of age.*

- You will keep making more decisions for yourself, plan for your life after high school, and discover new skills and talents.
- This can be an exciting time for you but also can be very emotional. This is part of the growing process. You can learn to manage stress or anger by taking a class with a friend or your parents.
- Teens face many tough choices and may feel more pressures to make the wrong choice. This is an important time to talk to friends, parents, family members and trusted teachers to help you learn to make the right choices.

### For Help or More Information:

#### **Firearm safety:**

Call 1-202-662-0600 or go to [www.safekids.org](http://www.safekids.org)

#### **Crisis Intervention/Suicide Prevention Information:**

- The National Crisis 24/7 Helpline at 1-800-999-9999 or visit [www.nineline.org](http://www.nineline.org)
- Girls & Boys Town 24/7 Suicide and Crisis Line: 800-448-3000 or visit [www.girlsandboystown.org/hotline](http://www.girlsandboystown.org/hotline)

**Social Support Services:** Contact the local county Department of Job and Family Services Healthchek Coordinator

#### **Sexuality Information for teens:**

(Planned Parenthood® Federation of America)  
[www.teenwire.com](http://www.teenwire.com)

#### **Gambling:**

- Gamblers Anonymous Michigan Hotline Number: (888) 844-2891 or online at [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

#### **AIDS Hotlines:**

- AIDS.GOV website online at [www.aids.gov](http://www.aids.gov)
- National AIDS Hotline: 1-800-CDC-INFO (1-800-232-4636) or online at [www.cdc.gov](http://www.cdc.gov)
- 24-Hour Hotline (Public Health Service): 1-800-342-2437

#### **Eating Disorders:**

Call the Eating Disorder Hotline 1-800-931-2237 or visit [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

#### **Domestic Violence hotline:**

- National Domestic Violence Hotline - (800) 799-SAFE (7233) or online at [www.ndvh.org](http://www.ndvh.org)
- Rape, Abuse, and Incest National Network at 1-800-656-HOPE (4673)
- State of Ohio Child Protection: 866-635-3748

#### **Information for teens and their parents:**

Provides information for teens and parents of teen on many teen topics. <http://www.kidshealth.org/>

### Health Tips:

Talk with your doctor at each visit about your health and learn what to do when you have a cold, an earache, or the flu. You should have regular health, vision and dental check-ups.

You need at least 8 hours of sleep each night to do your best at school, work or when driving.

A healthy diet is important. You need certain foods to help you grow during your teen years. If you are worried about your weight, check with your doctor. Diet for weight loss should be done only with a doctor or nurse's help. Exercise, healthy foods and fewer snacks are the best way to lose weight. Make a goal to be physically active at least 60 minutes each day. It doesn't have to be all at once. Find activities that you enjoy.

Learn about sexuality, abstinence, sexually transmitted infections and birth control. Be sure you know how and why to say "NO" to sex. Talk to your parents, doctor, nurse or adult advisor about making sexual decisions.

Everyone feels depressed sometimes. It can be serious so see your doctor or find a counselor if you, or someone you know has several of the following signs for more than two weeks:

- Depressed/irritable mood most of the day, nearly every day
- Loss of interest or pleasure in usual activities
- Noticeable change in appetite or weight (when not dieting or trying to gain weight)
- Trouble sleeping or sleeping too much
- Speaking and/or moving with unusual speed or slowness
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive guilt
- Decreased ability to think or concentrate, or unable to make decisions, nearly every day
- Thoughts of death, suicide, wishes to be dead or suicide attempts
- Abusing drugs, alcohol or other substances

### Safety Tips

Use safety equipment, helmets, pads and seat belts.

Driving is most risky for teenagers when they have other teens in the car. You and your parents should agree on clear rules about driving, especially with your friends.

Never drive drunk or ride with anyone who has been drinking. Remember, "Friends don't let friends drive drunk." They also don't let friends ride with a drunk.

Learn gun safety. Never play around with guns. If there are guns or rifles in your home, make sure they are unloaded and locked up.