

TODAY'S VISIT: 4-YEAR-OLD WELL TB CHECK: _____ NEXT VISIT: _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____ % HT: _____ % BMI: _____ %
BMI over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight _____ to _____

NUTRITIONAL/ EXERCISE COUNSELING:

1. Teach your child healthy eating habits now to avoid health problems in the future- see our web site
2. Your child needs **32 oz of low fat/ nonfat cow's milk daily** get the necessary calcium (1000mg) and vitamin D (600IU). Plant-based milks generally are not recommended for children <5 years of age unless they have cow milk allergy or intolerance. See our web site for more details
3. Encourage your child to drink water. **NO JUICE EVER! Water and milk only.** Sports drinks are only to be consumed during sports or to treat vomiting and diarrhea. Avoid sugary drinks- capris sun etc.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. Children should have **60 minutes of exercise** per day, encourage family exercise to do things together and teach healthy habits. Be a healthy role model.
6. **Limit media** to less than 2 hours per day. That includes educational media.

VACCINES: MMR VARICELLA FLU OTHER: _____

- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. MMR may cause fever and rash 7-14 days after the injection. These mild reactions may be treated with either acetaminophen or ibuprofen. See the VIS statements for complete list of reactions.

GENERAL MEDICAL

- **Medications: Acetaminophen** 160/5ml () ml every 4 hours or **ibuprofen** 100mg/5ml () ml every 6 hours as needed for fever > 101 degrees or significant pain
- **MEDICAL TESTING DONE:** hemoglobin_____, urinalysis_____, hearing_____, vision_____, PPD/TB screen The PPD screen needs a follow up office visit /telehealth visit. See above.
- **DENTAL:** Twice yearly dental exams, twice daily brushing by a parent. Children should go to sleep with clean teeth.

ANTIPATORY GUIDANCE DISCUSSION TOPICS

1. **Firearms:** If you keep a gun, keep it in a locked gun safe. Teach gun safety and/or what to do if he or she sees a gun.
2. **Burns:** Test the batteries in your smoke alarm. The water temperature in your home should be about 120 degrees. Also, be careful with pots on the stove and make sure to turn handles so that your child cannot reach them.
3. **Sun protection:** Make sure to use SPF 30 or more when your child is outdoors.
4. **Drowning:** Never leave your child around any water, even for a moment, even if the child can swim. Teach your child to swim and make sure you can swim.
6. **Poisoning:** Post the poison control number on all phones, including your cell phones – **1-800-222-1222.**
7. **Car:** Car crashes are the greatest danger to your child's life. Children should only ride in the rear seat of the car and only in an approved car seat until 4'9 inches tall and/ or 13 years of age!
8. **Street:** Until a child is 10 years old, they cannot determine the speed of an approaching car. If they are playing in the street, an adult must always be with them. In a parking lot, hold their hand.
9. **Strangers:** Teach your child about "good" and "bad" touching. Also, teach them about strangers. Teach them how to protect themselves if in abduction situation by screaming and fighting. Take them to a park and practice screaming.
10. Help your child to make supervised choices **and develop their independence.**