

11-16-YEAR-OLD WELL VISIT**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 treatment. 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.

WT: _____ **% HT:** _____ **% BMI:** _____ **%**

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

NUTRITIONAL/ EXERCISE COUNSELING:

1. Teach your child/teen healthy eating habits now to avoid health problems in the future- see our web site
2. Your child /teen needs **32 oz of low fat/ nonfat cow's milk daily** get the necessary calcium (1300mg) and vitamin D (1000IU). Plant-based milks generally are not recommended for children unless they have cow milk allergy or intolerance. See our web site for more details
3. **NO JUICE EVER! Water and milk only.** Sports drinks only during sports, or when treating vomiting / diarrhea.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. Everyone should have **60 minutes of exercise** per day, encourage family exercise. Be a healthy role model.
6. **Limit non educational media** to less than 2 hours per day.

VACCINES: Tdap Men A Men B HPV FLU OTHER: _____

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.

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 needs to be checked – we will schedule a visit (in person or telehealth) – see above
- **DENTAL:** Twice yearly dental exams, twice daily brushing by a parent

FAMILY: “Directed towards the parent”

1. Continue **discussions of the tough stuff:** cigarettes, drugs (prescription and illegal) alcohol, guns, and sex. Kids hear and listen even if it appears, they do not care to hear your words. Teach them that TV reality shows do not show an acceptable way of behavior- watch with them if you can, see their exposure and discuss it.
2. **Set reasonable limits** and rules and have consequences for infractions determined **before** the infraction occurs. It is appropriate and good parenting for teens to lose privileges of computer, video games, texting, going out with friends if they do not follow and respect household and society rules. We are responsible for raising our children to be good and productive members in society. Be your teen's parent – not his/ her friend.
3. **Monitor school performance** thereby showing interest in education. Monitor home chore responsibilities. Hold your child accountable, for maintaining both school performance and home responsibilities – just like in real life!
4. Consider providing an allowance to **teach money management** skills. Teach and practice financial responsibility.
5. **Praise, encourage, and show affection.** Continue to build up family time. Make it clear that you are always available if they have concerns or need someone to talk to and then **BE THAT PERSON!**