

# Pediatric Wellness



## Early Childhood

Birth to 4 years

### Measurements

- Head: birth to 24 months
- Length/Weight
- Blood Pressure: 2 years

### Sensory Screening

- Hearing: birth and 4 years
- Vision Screening

### Developmental/Behavioral Screening

- Developmental: 9, 18 months
- Autism: 18, 24 months
- Developmental/Psychological and Behavioral surveillance: birth to 4 years

### Physical Examination

- Performed during each Well Child Visit at birth, 1, 2, 4, 6, 9, 12, 15, 18 and 24 months, 3 and 4 years

### Oral Health

- Screen at 12, 18, 24 months and 3 years

### Immunizations

- Birth, 2, 4, 6, 12, 15, 18 months, 4 years

### Blood Work

- Hemoglobin/Hematocrit: 12 months
- Lead level: 12 and 24 months

### Health and Safety Education

- Age specific information at each visit



## Middle Childhood

5 to 10 years

### Measurements

- Length/Weight with BMI yearly
- Blood Pressure yearly

### Sensory Screening

- Hearing: 5, 6, 8 and 10 years
- Vision Screening: 5, 6, 8 and 10 years

### Developmental/Behavioral Screening

- Developmental/Psychological and Behavioral surveillance yearly

### Physical Examination

- Performed during each Well Child Visit at 5, 6, 7, 8, 9 and 10 years

### Oral Health

- Screen at 6 years

### Immunizations

- Updated during Well Child visits
- Adolescent vaccines at age 11-12 years

### Blood Work

- Cholesterol screening at 10 years

### Health and Safety Education

- Age specific information at each visit



## Adolescence

11 to 21 years

### Measurements

- Length/Weight with BMI yearly
- Blood Pressure yearly

### Sensory Screening

- Vision Screening: 12, 15 and 18 years

### Developmental/Behavioral Screening

- Developmental/Psychological and Behavioral surveillance yearly
- Depression screening yearly
- Drug/alcohol risk assessment yearly
- Sexually Transmitted Disease Counseling at 16-18 years

### Physical Examination

- Performed during each Wellness Visit between ages 11 and 21
- Cervical Cancer Screening for sexually active females beginning at 21 years

### Immunizations

- Updated during Wellness visits
- Tetanus, Diphtheria, Meningitis and Pertussis
- HPV
- Influenza

### Blood Work

- Cholesterol screening: 18-21 years

### Health and Safety Education

- Age specific information at each visit

## Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
<b>Chickenpox</b>	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
<b>Diphtheria</b>	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
<b>Hib</b>	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
<b>Hepatitis A</b>	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
<b>Hepatitis B</b>	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
<b>Flu</b>	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
<b>Measles</b>	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
<b>Mumps</b>	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
<b>Pertussis</b>	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
<b>Polio</b>	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
<b>Pneumococcal</b>	PCV vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
<b>Rotavirus</b>	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
<b>Rubella</b>	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
<b>Tetanus</b>	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

\* DTaP combines protection against diphtheria, tetanus, and pertussis.

\*\* MMR combines protection against measles, mumps, and rubella.