

EL PASO HEALTH

ROUTINE PREVENTIVE SERVICES FOR CHILDREN AND ADOLESCENTS (30 MONTHS - 11 YEARS)										
The following guideline provides recommendations for routine preventive services for children 30 months to 12 years. Children at increased risk may warrant additional services.										
Recommendation	30 mo	3 years	4 years	5 years	6 years	7 years	8 years	9 years	10 years	11 years
Complete Unclothed Physical Examination	x	x	x	x	x	x	x	x	x	x
Length/Height: Requires documentation of measurements and percentiles as appropriate	x	x	x	x	x	x	x	x	x	x
Weight: Requires documentation of measurements and percentiles as appropriate	x	x	x	x	x	x	x	x	x	x
BMI: Requires documentation of measurements and percentiles as appropriate	x	x	x	x	x	x	x	x	x	x
Blood Pressure		x	x	x	x	x	x	x	x	x
Texas Health Steps recommends that health care providers: •Use the World Health Organization (WHO) growth charts http://www.cdc.gov/growthcharts/who_charts.htm for infants and children birth to 2 years of age. •Use the Centers for Disease Control and Prevention (CDC) growth charts http://www.cdc.gov/growthcharts/cdc_charts.htm for children who are 2 years of age or older.										
Vision: Visual Acuity results		x	x	x	x		x		x	
Subjective vision	x					x		x		x
Hearing: Audiometric Screening results			x	x	x		x		x	
Subjective hearing	x	x				x		x		x
Age Appropriate Anticipatory Guidance & Health Education: Health education is designed to help parents and caregivers understand what to expect in terms of the child's development and to provide information for all ages about the benefits of healthy lifestyles and practices, as well as accident and disease prevention. Diet and Exercise are topics that are strongly encouraged. http://www.dshs.state.tx.us/thsteps/Anticipatory-Guidance.shtm	x	x	x	x	x	x	x	x	x	x
Dental: Limited oral screening for caries and general health of the teeth and oral mucosa is part of the physical examination. In addition to the federal requirements, Texas Health Steps policy requires referral to a dentist at six months of age and every six months thereafter until the dental home has been established.	x	x	x	x	x	x	x	x	x	x
Follow up Instructions to Return for Next Preventive Visit:	x	x	x	x	x	x	x	x	x	x
This guideline is based on the Texas Health Steps Periodicity Schedule and the Texas Health Steps Checkup Components. http://www.dshs.state.tx.us/thsteps/providers.shtm Individual patient considerations and advances in medical science may supersede or modify these recommendations. Revised October 26, 2017										