## Preventive Care Visits: Ages 10, 11, 12, 13
### The Greig Health Record
(visits in this age group are recommended every one to two years)

<table>
<thead>
<tr>
<th>Date</th>
<th>Measurements (use WHO growth charts)</th>
<th>Age 10</th>
<th>Age 11</th>
<th>Age12</th>
<th>Age 13</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Wt, BMI</td>
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<td>Ht, BMI percentile</td>
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</tbody>
</table>

### Psychosocial History/Development (HEADSSS)
- School & Activities
- Peer relationships
- Family relationships
- Mental Health
- Substance & Addictions
- Abuse
- Body changes
- Sexual health & Relationships
- Menstrual issues ♀

### Nutrition*
- Healthy choices / snacks / junk-food
- Supplements / CAM
- Body Image / Dieting

### Education & Advice: Behaviour and Family Issues
- Physical Activity
- Electronic Media – TV / Internet / Hearing Protection
- Sleep Issues
- Effective Discipline
- Helmet safety
- Vehicle Safety & Seatbelts
- Violence & Firearms
- Trampoline Safety
- Sun Safety
- Environmental Hazards – incl. Second Hand Smoke
- Smoke Detectors
- Other Safety Topics
- Dental care, fluoride

### Injury Prevention & Safety

### Other

### Specific Concerns

### Examination
- Blood Pressure
- Head & Neck
- Visual Acuity (L) (R)
- CVS
- Chest
- Back
- Abd
- GU
- Sexual Maturity Rating
- Skin

### Assessment Immunization Medications
- Up-date immunizations:
  - Men C or ACYW135 around age 12
  - Hep B, HPV (ages 9 and older)
  - Varicella vaccine-2 doses (12mos to 12 years & susceptible adolescents)
- Discuss influenza vaccination
- Consider TB test
- Signature

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Selected Guidelines and Resources are found on accompanying pages.