

Well Child Visit Resource Guide for Family Navigators

This document describes the actions recommended by the American Academy of Pediatrics for every well visit

All Well Visits: these components occur at all well visits, no matter the age, and should always be emphasized.

1. Assessment of how well the child is developing (including social, emotional, and behavioral assessment)
2. Measurements (such as weight and height) to determine if child is growing appropriately
3. Complete physical exam
4. Assessment of immunization needs (refer to immunization schedule for recommended vaccines by age)
 - a. *Note: for most visits from ages 2 – 24 months most children will be due for at least one vaccine*
5. Health education and guidance (anticipatory guidance)

Age Specific Well Visits: this table describes additional specific recommended actions based on the age of the child

<u>AGE</u>	<u>ADDITIONAL ACTIONS SPECIFIC FOR EACH VISIT</u>
Newborn – 1 Month	<ul style="list-style-type: none"> Hearing Screen – test that is usually done at hospital, but if not, should be done in clinic by 1 month <ul style="list-style-type: none"> Those who do not pass need referral to a hearing specialist by 3 months old and possible early intervention (PCP can help with both of these) Newborn Screen* – blood test that is usually done before leaving hospital, but if not, should be done before 3 months old Postpartum Depression Screening
2 Months	<ul style="list-style-type: none"> Postpartum Depression Screening
4 Months	<ul style="list-style-type: none"> Postpartum Depression Screening
6 Months	<ul style="list-style-type: none"> Postpartum Depression Screening Oral Health Assessment** + Fluoride Varnish***
9 Months	<ul style="list-style-type: none"> Oral Health Assessment** + Fluoride Varnish***
12 Months (1 Year)	<ul style="list-style-type: none"> Oral Health Assessment** + Fluoride Varnish*** Anemia Screening – blood test to screen for anemia (low hemoglobin) which can sometimes indicate low iron Lead Screening –test that detects lead in blood

*Newborn screen – tests for medical conditions that may not be obvious with a history and exam, but if caught early, baby can receive treatment that improves quality of life

**Oral health assessment - education on how to care for teeth and assistance with finding a dental home

***Fluoride varnish – a paste containing fluoride (natural occurring mineral often added to water and toothpaste) that is applied to teeth to help prevent cavities

15 Months	<ul style="list-style-type: none"> • Oral Health Assessment** + Fluoride Varnish***
18 Months (1.5 Years)	<ul style="list-style-type: none"> • Oral Health Assessment** + Fluoride Varnish*** • Autism Spectrum Disorder Screening
24 Months (2 Years)	<ul style="list-style-type: none"> • Oral Health Assessment** + Fluoride Varnish*** • Anemia Screening – blood test to screen for anemia (low hemoglobin) which can sometimes indicate low iron • Lead Screening –test that detects lead in blood • Autism Spectrum Disorder Screening
30 Months (2.5 Years)	<ul style="list-style-type: none"> • Oral Health Assessment** + Fluoride Varnish***
3 Years	<ul style="list-style-type: none"> • Oral Health Assessment** + Fluoride Varnish*** • Vision Screening • Blood Pressure Screening
4-8 Years (well visit should occur every year)	<ul style="list-style-type: none"> • Oral Health Assessment** • Vision Screening • Hearing Screening • Blood Pressure Screening
9-11 Years (well visit should occur every year)	<ul style="list-style-type: none"> • Vision Screening • Hearing Screening • Blood Pressure Screening • Dyslipidemia Screening – blood test to screen for lipids (fats, like cholesterol)

*Newborn screen – tests for medical conditions that may not be obvious with a history and exam, but if caught early, baby can receive treatment that improves quality of life

**Oral health assessment - education on how to care for teeth and assistance with finding a dental home

***Fluoride varnish – a paste containing fluoride (natural occurring mineral often added to water and toothpaste) that is applied to teeth to help prevent cavities

12-14 Years (well visit should occur every year)	<ul style="list-style-type: none"> • Vision Screening • Hearing Screening • Blood Pressure Screening • Depression Screening • Reproductive Health Assessment and Education
15-17 Years (well visit should occur every year)	<ul style="list-style-type: none"> • Vision Screening • Hearing Screening • Blood Pressure Screening • Depression Screening • Reproductive Health Assessment and Education <ul style="list-style-type: none"> ○ HIV Screening – blood test recommended at least once during adolescence to screen for human immunodeficiency virus (HIV)
18+ Years (well visit should occur every year)	<ul style="list-style-type: none"> • Vision Screening • Hearing Screening • Blood Pressure Screening • Depression Screening • Reproductive Health Assessment and Education • Dyslipidemia Screening – blood test to screen for lipids (fats, like cholesterol) • Hepatitis C Screening – blood test to screen for hepatitis C virus

^o*Please note that patients may have additional, individual needs to be addressed during well child visits that are not accounted for in the above recommendations. Given clinic time constraints, actions may be prioritized based on patients', which may require some of the recommended actions above to be rescheduled for a future visit.*

*Newborn screen – tests for medical conditions that may not be obvious with a history and exam, but if caught early, baby can receive treatment that improves quality of life

**Oral health assessment - education on how to care for teeth and assistance with finding a dental home

***Fluoride varnish – a paste containing fluoride (natural occurring mineral often added to water and toothpaste) that is applied to teeth to help prevent cavities