

detailed discussion of a newborn assessment). Because the physical examination is a vital part of preventive pediatric care, Fig. 4-7 gives a schedule for periodic health visits.

Recommendations for Preventive Pediatric Health Care																														
	AGE	INFANCY							EARLY CHILDHOOD							MIDDLE CHILDHOOD					ADOLESCENCE									
		Prenatal	Newborn	3-5 d	1 mo	2 mo	4 mo	6 mo	9 mo	12 mo	15 mo	18 mo	24 mo	30 mo	3 y	4 y	5 y	6 y	7 y	8 y	9 y	10 y	11 y	12 y	13 y	14 y	15 y	16 y	17 y	18 y
HISTORY																														
Initial/Interval		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
MEASUREMENTS																														
Length/Height and Weight		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Head Circumference		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Weight for Length		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Body Mass Index																*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Blood Pressure		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
SENSORY SCREENING																														
Vision		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Hearing		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
DEVELOPMENTAL/BEHAVIORAL ASSESSMENT																														
Developmental Screening								*			*																			
Autism Screening											*	*																		
Developmental Surveillance		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Psychosocial/Behavioral Assessment		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Alcohol and Drug Use Assessment																					*	*	*	*	*	*	*	*	*	*
Depression Screening																					*	*	*	*	*	*	*	*	*	*
PHYSICAL EXAMINATION		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
PROCEDURES																														
Newborn Blood Screening		←	*	→																										
Critical Congenital Heart Defect Screening		*																												
Immunization		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Hematoctrit or Hemoglobin					*			*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Lead Screening						*	*	OR *	*		*	OR *	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Tuberculosis Testing			*		*		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Dyslipidemia Screening												*	*	*	*	*	*	*	*	*	*	←	*	→	*	*	*	*	*	*
STI/HIV Screening																							*	*	*	*	*	*	*	*
Cervical Dysplasia Screening																							*	*	*	*	*	*	*	*
ORAL HEALTH							*	*	*	*	OR *	*	OR *	OR *	OR *	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Fluoride Varnish							←	*	→	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
ANTICIPATORY GUIDANCE		*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

KEY

\* = to be performed

\* = risk assessment to be performed with appropriate action to follow, if positive

← \* → = range during which a service may be provided

**FIG 4-7** Preventive pediatric health care chart. (Adapted from American Academy of Pediatrics Committee on Practice and Ambulatory Medicine, Bright Futures Periodicity Schedule Workgroup: 2015 Recommendations for pediatric preventive pediatric health care, 2015, [https://www.aap.org/en-us/professional-resources/practice-support/Periodicity/Periodicity%20Schedule\\_FINAL.pdf](https://www.aap.org/en-us/professional-resources/practice-support/Periodicity/Periodicity%20Schedule_FINAL.pdf).)

## Growth Measurements

Measurement of physical growth in children is a key element in evaluating their health status. Physical growth parameters include weight, height (length), skinfold thickness, arm circumference, and head circumference. Values for these growth parameters are plotted on percentile charts, and the child's measurements in percentiles are compared with those of the general population.

## Growth Charts

Growth charts use a series of percentile curves to demonstrate the distribution of body measurements in children. The Centers for Disease Control and Prevention recommend that the World Health