**Based on the age of the child**

|  |  |  |
| --- | --- | --- |
| **Age** | **Vaccine** | **Immunisation against** |
| **Birth** | * **BCG** * **Hepatitis B - 1st dose** | * **Tuberculosis** * **Hepatitis B** |
| **1 Month** | * **Hepatitis B - 2nd dose** | * **Hepatitis B** |
| **3 Months** | * **DTaP - 1st dose** * **IPV - 1st dose** * **Hib - 1st dose** * **Pneumococcal Conjugate - 1st dose** | * **Diphtheria, Pertussis & Tetanus** * **Poliomyelitis** * ***Haemophilus influenza* type b vaccine** * **Pneumococcal Disease** |
| **4 Months** | * **DTaP - 2nd dose** * **IPV - 2nd dose** * **Hib - 2nd dose** | * **Diphtheria, Pertussis & Tetanus** * **Poliomyelitis** * ***Haemophilus influenza* type b vaccine** |
| **5 Months** | * **Hepatitis B - 3rd dose\*** * **DTaP - 3rd dose** * **IPV - 3rd dose** * **Hib - 3rd dose** * **Pneumococcal Conjugate - 2nd dose** | * **Hepatitis B** * **Diphtheria, Pertussis & Tetanus** * **Poliomyelitis** * ***Haemophilus influenza* type b vaccine** * **Pneumococcal Disease** |
| **5-6 months** | * **Hepatitis B - 3rd dose\*** | * **Hepatitis B** |
| **12 months** | * **MMR - 1st dose** * **Pneumococcal Conjugate - 1st booster** | * **Measles, Mumps & Rubella** * **Pneumococcal Disease** |
| **15-18 months** | * **MMR - 2nd dose\*\*** | * **Measles, Mumps & Rubella** |
| **18 months** | * **DTaP - 1st booster** * **IPV - 1st booster** * **Hib - 1st booster** * **MMR - 2nd dose\*\*** | * **Diphtheria, Pertussis & Tetanus** * **Poliomyelitis** * ***Haemophilus influenza* type b vaccine** * **Measles, Mumps & Rubella** |
| **10-11 years^** | * **Tdap - 2nd booster** * **Oral Polio - 2nd booster** | * **Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis** * **Poliomyelitis** |

**Notes:**

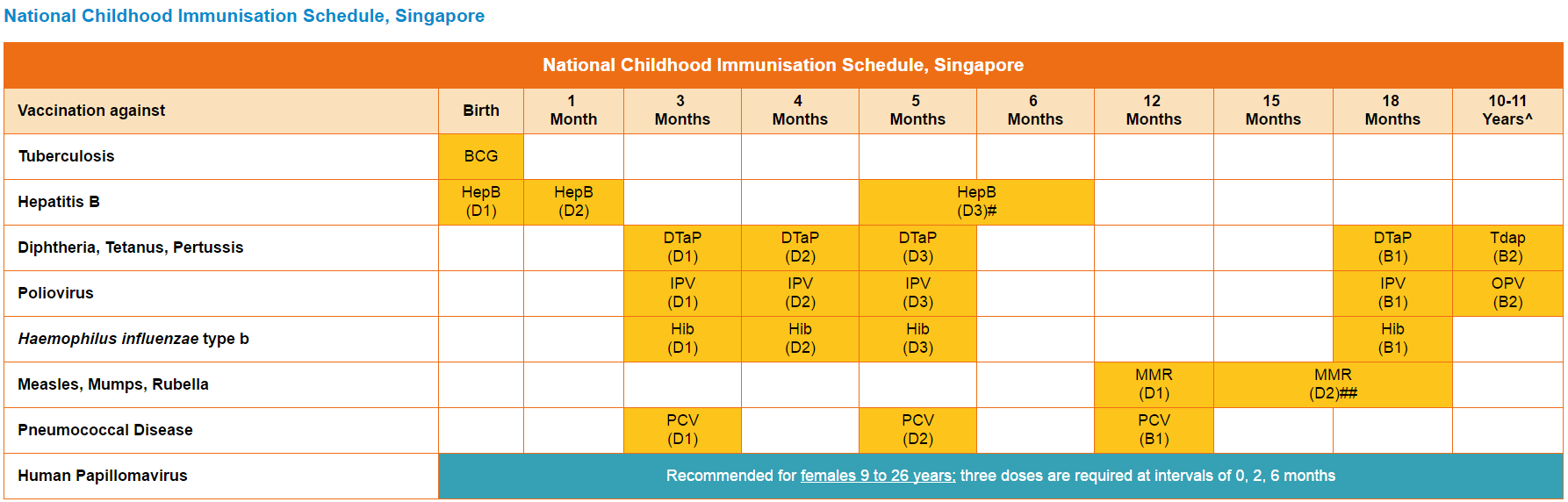
**Human Papillomavirus - *Recommended for females 9 to 26 years; three doses are required at intervals of 0, 2, 6 months***

* **BCG - Bacillus Calmette-Guérin vaccine**
* **HepB - Hepatitis B vaccine**
* **DTaP - Paediatric diphtheria and tetanus toxoid and acellular pertussis vaccine**
* **Tdap - Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine**
* **MMR - Measles, mumps, and rubella vaccine**
* **OPV - Oral polio vaccine**
* **IPV - Inactivated polio vaccine**
* **Hib - *Haemophilus influenza* type b vaccine**
* **PCV - Pneumococcal conjugate vaccine**
* **D1/D2/D3 - 1st dose, 2nd dose, 3rd dose**
* **B1/B2 - 1st booster, 2nd booster**
* **^ Primary 5**
* **\* The 3rd dose of Hepatitis B vaccination can be given with the 3rd dose of DTaP, IPV and Hib for the convenience of parents**
* **\*\* 2nd dose of MMR can be given between 15-18 months**
* **Diphtheria, Pertussis, Tetanus, Haemophilus Influenzae type b, Poliomyelitis (5 in 1), Measles, Mumps, Rubella (MMR), BCG and Hepatitis B vaccinations are free at polyclinics for preschoolers who are Singapore citizens.**
* **Diphtheria, Pertussis, Tetanus (Tdap), Poliomyelitis (Oral Polio), Measles, Mumps, Rubella (MMR) and BCG vaccinations are provided free in schools by the School Health Service, HPB.**

**Immunisations for Diphtheria and Measles are COMPULSORY by Law.**

**The National Immunisation Registry (NIR) maintains the immunisation records for all Singapore Residents aged 18 years and below.**

**Parents can view their child's immunisation records at the NIR website www.nir.hpb.gov.sg. NIR uses the SingPass password for authentication.**



## **Screening tests (https://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/#source)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Screening tests** | **Ages 18–39** | **Ages 40–49** | **Ages 50–64** | **Ages 65 and older** |
| **Blood pressure test** | **Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).Get tested once a year if you have blood pressure between 120/80 and 139/89.Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.** | **Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).**  **Get tested once a year if you have blood pressure between 120/80 and 139/89.**  **Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.** | **Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).**  **Get tested once a year if you have blood pressure between 120/80 and 139/89.**  **Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.** | **Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).**  **Get tested once a year if you have blood pressure between 120/80 and 139/89.**  **Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.** |
| **Bone mineral density test**  **(osteoporosis screening)** |  |  | **Discuss with your doctor or nurse if you are at** [**risk of osteoporosis**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/osteoporosis.html#e)**.** | **Get this test at least once at age 65 or older.**  **Talk to your doctor or nurse about repeat testing.** |
| **Breast cancer screening**  **(mammogram)** |  | **Discuss with your doctor or nurse.** | **Starting at age 50, get screened every 2 years.** | **Get screened every 2 years through age 74.**  **Age 75 and older, ask your doctor or nurse if you need to be screened.** |
| **Cervical cancer screening(Pap test)** | **Get a Pap test every 3 years if you are 21 or older and have a cervix.**  **If you are 30 or older, you can get a Pap test and HPV test together every 5 years.** | **Get a Pap test and HPV test together every 5 years if you have a cervix.** | **Get a Pap test and HPV test together every 5 years if you have a cervix.** | **Ask your doctor or nurse if you need to get a Pap test.** |
| **Chlamydia test** | **Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant.**  **Age 25 and older, get tested for chlamydia if you are at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/chlamydia.html#e)**, pregnant or not pregnant.** | **Get tested for chlamydia if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/chlamydia.html#e)**, pregnant or not pregnant.** | **Get tested for chlamydia if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/chlamydia.html#e)**.** | **Get tested for chlamydia if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/chlamydia.html#e)**.** |
| **Cholesterol test** | **Starting at age 20, get a cholesterol test regularly if you are at increased** [**risk for heart disease**](https://www.womenshealth.gov/heart-health-stroke/heart-disease-risk-factors/)**.**  **Ask your doctor or nurse how often you need your cholesterol tested.** | **Get a cholesterol test regularly if you are at increased** [**risk for heart disease**](https://www.womenshealth.gov/heart-health-stroke/heart-disease-risk-factors/)**.**  **Ask your doctor or nurse how often you need your cholesterol tested.** | **Get a cholesterol test regularly if you are at increased** [**risk for heart disease**](https://www.womenshealth.gov/heart-health-stroke/heart-disease-risk-factors/)**.**  **Ask your doctor or nurse how often you need your cholesterol tested.** | **Get a cholesterol test regularly if you are at increased** [**risk for heart disease**](https://www.womenshealth.gov/heart-health-stroke/heart-disease-risk-factors/)**.**  **Ask your doctor or nurse how often you need your cholesterol tested.** |
| **Colorectal cancer screening(using fecal occult blood testing, sigmoidoscopy, or colonoscopy)** |  |  | **Starting at age 50, get screened for colorectal cancer.**  **Talk to your doctor or nurse about which screening test is best for you and how often you need it.** | **Get screened for colorectal cancer through age 75.**  **Talk to your doctor or nurse about which screening test is best for you and how often you need it.** |
| **Diabetes screening** | **Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.** | **Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.** | **Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.** | **Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.** |
| **Gonorrhea test** | **Get tested for gonorrhea if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/gonorrhea.html#c)**, pregnant or not pregnant.** | **Get tested for gonorrhea if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/gonorrhea.html#c)**, pregnant or not pregnant.** | **Get tested for gonorrhea if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/gonorrhea.html#c)**.** | **Get tested for gonorrhea if you are sexually active and at** [**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/gonorrhea.html#c)**.** |
| **HIV test** | **Get tested for HIV at least once.**  [**Discuss your risk**](https://www.womenshealth.gov/hiv-aids/women-are-at-risk-of-hiv/)**with your doctor or nurse because you may need more frequent tests.**  **All pregnant women need to be tested for HIV.** | **Get tested for HIV at least once.**  [**Discuss your risk**](https://www.womenshealth.gov/hiv-aids/women-are-at-risk-of-hiv/)**with your doctor or nurse because you may need more frequent tests.**  **All pregnant women need to be tested for HIV.** | **Get tested for HIV at least once.**  [**Discuss your risk**](https://www.womenshealth.gov/hiv-aids/women-are-at-risk-of-hiv/)**with your doctor or nurse because you may need more frequent tests.** | **Get tested for HIV at least once if you are age 65 and have never been tested.**  **Get tested if you are at increased** [**risk for HIV**](https://www.womenshealth.gov/hiv-aids/women-are-at-risk-of-hiv/)**.**  **Discuss your risk with your doctor or nurse.** |
| **Syphilis test** | **Get tested for syphilis if you are at**[**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/syphilis.html#i) **or pregnant.** | **Get tested for syphilis if you are at**[**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/syphilis.html#i) **or pregnant.** | **Get tested for syphilis if you are at**[**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/syphilis.html#i)**.** | **Get tested for syphilis if you are at**[**increased risk**](https://www.womenshealth.gov/publications/our-publications/fact-sheet/syphilis.html#i)**.** |

**There are 3 types of screening tests1.**

**Type 1: Beneficial for everyone: These tests are listed in Table A.**

**Type 2: Beneficial for some but not others: Decision to be made on an 'individual' level, based on your individual risk factors e.g. self or family history of hereditary or chronic diseases, exposure to factors that can lead to disease e.g. smoking.**

**Type 3: Not recommended for screening: Currently, there is not enough information to support the use of these tests.**

**It is best to speak to your family doctor who will advise you to go for the relevant screening tests based on your individual health profile.**

**Click to find out more about** [**Type 2**](http://www.healthhub.sg/live-healthy/636/Type%202%20Screening%20tests) **and** [**Type 3​**](http://www.healthhub.sg/live-healthy/609/type_3_tests_not_recommended) **tests.**

**​​​**

**Click to view the report of the** [**Screening Test Review Committee**](http://ams.edu.sg/view-pdf.aspx?file=media%5c626_fi_842.pdf&ofile=str2011.pdf)

**Table A – General Screening Tests (Beneficial for everyone)​**

**Note: To find out the meaning of the terms used in the table below, just place your cursor over the underlined words.**

General Screening Tests for Adults

|  |  |  |  |
| --- | --- | --- | --- |
| **​Recommended for2** | **​To screen for** | **​Screening test** | **Screening frequency3** |
| **​Individuals aged 18 yrs and above** | **​Obesity** | **​Body Mass Index (BMI)**  **Waist circumference** | **​Once a year** |
| **​Individuals aged 18 yrs and above** | **Hypertension (High blood pressure)** | **​​Blood pressure measurement** | **​Once every two years or more frequently as advised by your doctor** |
| **​Individuals aged 40 yrs and above​** | **Diabetes mellitus​​**  **Hyperlipidaemia(High blood cholesterol)** | **​​Fasting blood glucose**  **​​​​**  **Fasting lipids** | **​Once every three years or more frequently as advised by your doctor** |
| **​Individuals aged 50 yrs and above** | **​Colorectal cancer​** | **​Faecal Immunochemical Test (to test for blood in stools)**  **OR​**  **Colonoscopy​​​** | **​Once a year**  **Once every ten years** |
| **Additional Tests for Women** | | | |
| **​Women aged 25-69 yrs, who have had sexual intercourse** | **​Cervical cancer** | **​** | **​Once every three years** |
| **​Women aged 50-69 yrs** | **​Breast cancer** | **​Mammogram​** | **​​Once every two years** |

## General Screening Tests for Newborns​

|  |  |  |  |
| --- | --- | --- | --- |
| **Recommended for** | **​To screen for** | **​Screening test** | **​Screening frequency** |
| **​Newborns aged 0-4 weeks old** | **​Hearing loss** | **​​Audiometry​** | **​Once** |
| **​** | **​​​​​​Glucose-6-Phosphate Dehydrogenase (G6PD) ​deficiency​** | **​Screen with umbilical cord blood** | **​Once** |
| **​** | **Inborn Errors of Metabolism (IEM)​​​** | **​Metabolic screen with**  **Tandem Mass Spectrometry (TMS)** | **​Once** |
| **​** | **Primary hypothyroidism​** | **Thyroid Function Test (TFT)​​** | **​Once** |

## 4. What should I do after health screening?

**If your screening results are normal, you should continue to go for regular screening at the recommended frequency because screening only detects health conditions that are present at the time of screening. If you develop signs or symptoms after your screening, please see your doctor – do not wait for your next screening appointment.**

**If your screening results are abnormal, you should follow-up with your doctor immediately even if you feel perfectly well. Early treatment and good control of disease can result in better outcomes and prevent or delay serious complications.**

## 5. Why do I need to go for regular screening at the recommended frequency?

**A one-off screening will only pick up health conditions that are present at the time of screening. Regular screening helps to detect conditions that may develop after the previous screening. Hence, it is important for you to go for regular screening tests at the recommended frequency.**

**Possible things to consider:**

SWOT Analysis

Competitor / Alternative Software thats already available

Why we want to introduce this CRM?

How will it benefit the company and user

Check with user which operating system their laptop/PC using

**Possible Readings:**

<http://www.healthcaresuccess.com/blog/medical-advertising-agency/swot.html>

Motivation for Clinic Management System:

* Web Based System
* No Installation
* 24/7 Accessibility
* Possible restricted access
* Centralized Records
* Provide Analysis & Decision Making
* Data can be used for Goal Setting

Possible Modules:

* Patients Management
  + Centralized Repository of Patients
  + Patients Records
  + Patients Details
  + Patient's Medical History
  + Patient Visit Details
* ~~Allergy warning Management~~
* ~~Vaccination pending reminders & Alerts~~
* ~~Drugs Management – Expiring drug Alerts~~
* Appointments & Scheduling Management
* Prescription Management
* Electronic Medical Report
* Patient Visit Details
* Medical Billing and Payment Management
* ~~Inventory Management~~
* Email Management – Reminders for Appointment
  + Automated Email Support
  + Auto Appointment Reminder Email
  + Email Alerts directly sent out from system
  + Pre-made Greetings (Birthday, Festivals )
* SMS Management – Reminders for Appointment
  + Send SMS direct from system
  + Auto Appointment Reminder SMS
  + SMS Alerts directly sent out from system
  + Pre-made Greetings (Birthday, Festivals )
* ~~Lead Management~~
* Tracking
* Reporting
* ~~Customer Service & Support~~
* Knowledge Base Management
* Business Intelligence & Analytics
* ~~Custom Reporting & Analytics~~
* Dashboard Reporting

Article below from:<https://medlineplus.gov/ency/article/007462.htm>

There are specific times when you should see your provider. Below are screening guidelines for women ages 18 to 39.

**BLOOD PRESSURE SCREENING**

* Have your blood pressure checked every 2 years. If the top number (systolic number) is between 120 to 139, or the bottom number (diastolic number) is between 80 to 89 mm Hg, you should have it checked every year.
* Watch for blood pressure screenings in your area. Ask your provider if you can stop in to have your blood pressure checked. Or check your blood pressure using the automated machines at local grocery stores and pharmacies.
* If the top number is greater than 140 or the bottom number is greater than 90, schedule an appointment with your provider.
* If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often.

**CHOLESTEROL SCREENING**

* If you are age 20 or older, you should be screened if you have a higher risk for heart disease. If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be monitored more closely.

**DIABETES SCREENING**

* If your blood pressure is above 135/80 mm Hg, your provider will test your blood sugar level for diabetes.
* If you have a body mass index (BMI) greater than 25 and have other risk factors for diabetes, you should be screened. Having a BMI over 25 means that you are overweight. Asian Americans should be screened if their BMI is greater than 23.

**DENTAL EXAM**

* Go to the dentist once or twice every year for an exam and cleaning. Your dentist will evaluate if you have a need for more frequent visits.

**EYE EXAM**

* If you have [vision problems](https://medlineplus.gov/ency/article/003029.htm), have an eye exam every2 years or more often if recommended by your provider.

**IMMUNIZATIONS**

* You should get a flu shot every year.
* After age 19, you should have one tetanus-diphtheria and acellular pertussis (TdAP) vaccine as one of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.
* You should receive 2 doses of varicella vaccine if you were born after 1980 and never had chickenpox or the varicella vaccine.
* If you were born after 1956 your doctor will determine if you should receive at least one dose of the measles, mumps, and rubella (MMR) vaccine.
* Your provider may recommend other immunizations if you are at high risk for certain conditions, such as pneumonia.

Ask your provider about the human papilloma virus (HPV) vaccine if you are between ages 18 to 26 and you have:

* Not received the HPV vaccine in the past (you will need all 3 shots)
* Not completed the full vaccine series (you should catch up on this shot)

**PHYSICAL EXAM**

* Your blood pressure should be checked at least every two years.
* Screening for cervical cancer should begin at age 21.
* Your height, weight, and BMI should be checked at every exam.

During your exam, your provider may ask you about:

* Depression
* Diet and exercise
* Alcohol and tobacco use
* Safety issues, such as using seat belts and smoke detectors

**BREAST SELF-EXAM AND MAMMOGRAM**

* Women may do a monthly breast self-exam. However, experts do not agree about the benefits of breast self-exams in finding breast cancer or saving lives. Talk to your provider about what is best for you.
* Screening mammogram is not recommended for most women under age 40.
* If you have a mother or sister who had breast cancer at a young age, or you have other risk factors for breast cancer, your provider may recommend a mammogram, breast ultrasound, or MRI scan.
* Contact your provider right away if you notice a change in your breasts, whether or not you do breast self-exams.
* If you are between ages 20 to 40, your provider may do a clinical breast exam.

**PELVIC EXAM AND PAP SMEAR**

* Beginning at age 21, women should have a pelvic exam and [Pap smear](https://medlineplus.gov/ency/article/003911.htm) every 3 years to check for cervical cancer.
* If you are over age 30 and your Pap smear and HPV test are normal, you only need a Pap smear every 5 years.
* If you have had your uterus and cervix removed (total hysterectomy) and you have not been diagnosed with cervical cancer you may not need to have Pap smears.
* Women who are sexually active should be screened for chlamydia and gonorrhea up until age 25. Women 25 years and older should be screened if at high risk.
* Your provider will tell you how to prevent infections spread through sexual contact. These are called sexually transmitted infections (STIs).
* Your provider will ask you questions about alcohol and tobacco and may ask you about depression.

**SKIN SELF-EXAM**

* The ACS recommends a skin exam as part of a periodic exam by your provider, if it is indicated.
* The USPSTF does not recommend for or against performing a skin self-exam.

**OTHER SCREENING**

* You should talk with your provider concerning colon cancer screening if you have a strong family history of colon cancer or polyps, or if you have had inflammatory bowel disease or polyps yourself.
* Routine bone density screening of women under 40 is not recommended.

Another link for men: http://www.healthline.com/health-slideshow/top-10-tests-men-should-get#5