



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Actual Age: \_\_\_\_\_

Language Spoken \_\_\_\_\_ Interpreter Name \_\_\_\_\_

Date: \_\_\_\_\_

9 - 10 - 11 - 12 YEARS

NURSING INTAKE

Height: Weight: BMI: BMI%: BP: Temp.: Pulse: Resp.:
Allergies: Growth Charts Completed [ ]
Abuse: Witness or victim: Notes:
Alternate health care provider: MA Signature
INTERVAL HISTORY (indicate alone or with parent)
Diet: Illnesses, stomach, headache:
Appetite: Meds/Vits.: LMP:
Physical Activity: Weight loss/gain:
Exposure to tobacco smoke: Fatigue, nightmares, enuresis, depression:
Tobacco/alcohol/drug use: Accidents: Seeing dentist: Yes / No
Sexual activity: Family history: HTN, heart disease, high cholesterol, DM, asthma
Menarche: TB risk: Yes / No

GROWTH/SCHOOL PROGRESS: Physical activity: \_\_\_\_\_ Risk questions for 12 year olds need to be asked.
Achievement, sports, peer relationships (a best friend?), school vision or hearing problem, attendance:

PATIENT/PARENTAL CONCERNS;

PHYSICAL EXAMINATION

General Appearance [ ] Well nourished and developed Breast (female) [ ] No masses, Tanner stage I II III IV V
[ ] No abuse/neglect evident Lungs [ ] Clear to auscultation bilaterally
Head [ ] No lesions Abdomen [ ] Soft, no masses, liver & spleen normal
Eyes [ ] PERRL, conjunctivae & sclerae clear Genitalia [ ] Grossly nl, Tanner stage I II III IV V
[ ] Vision grossly normal Male [ ] Circ./uncirc. [ ] Testes in scrotum
Ears [ ] Canals Clear, TMs normal Female [ ] No lesions, nl external appearances
[ ] Hearing grossly normal Femoral pulses [ ] Normal
Nose [ ] Passages clear, MM pink, no lesions Extremities [ ] No deformities, full ROM
Teeth [ ] Grossly normal, no cavities Lymph nodes [ ] Not enlarged
Neck [ ] Supple, no masses, thyroid not enlarged Back [ ] No scoliosis
Chest [ ] Symmetrical Skin [ ] Clear, no significant lesions
Heart [ ] No organic murmurs, regular rhythm Neurologic [ ] Alert, no gross sensory or motor deficit

ASSESSMENT:

PLAN:

ORDERS:

[ ] Vaccine reactions, risks and follow-up explained / VIS sheet given.
[ ] Hep B (if not up to date) [ ] Hep A (if not up to date) [ ] Rx for fluoride .50/1.0 mg QD till age 14
[ ] MMR (if not up to date) [ ] HIV test (counsel if at risk) [ ] HCT (Yearly if menstruating)
[ ] Varicella (if not up to date or history date documented) [ ] Vision screening (objective 9,10,12 years)
[ ] Td/Tdap (if not up to date) [ ] MCV4 (11-12 years) [ ] Audiometry (Objective 9,10, 12 years)
[ ] Immunization Registry Entry [ ] GC, Chlamydia, VDRL (if sexually active)
[ ] UA (Once between 11-21) [ ] Influenza vaccine (check recommendations)
[ ] Rx. For Folic acid .4 mg qd. (if female) [ ] Lipid Profile (if high risk)
[ ] HPV [ ] Dental Referral given

ANTICIPATORY GUIDANCE: Circle if discussed

Diet: Limit sweets, sodium, and fat (esp. sat. & chol.), snacks, balanced meals, physical activity.
Injury & Violence prevention: bike helmet, water safety, car safety, smoke detector, storage of guns, drugs, toxic chemicals, matches.
Guidance: Bed time, discipline, smoking, drug and ETOH avoidance education, family life education, early sex education
puberty, abstinence, regular exercise - 3 times a week, health decisions, TV, school, fun, friends, UV light protection,
brushing teeth, dentist yearly, sexual abuse, and violence protection, seat belts, sun screen.

[ ] Refer to appropriate agency.
[ ] Refer to drug/ ETOH rehab, stop smoking class, OB/Gyn service, mental health or other \_\_\_\_\_

Next appointment: [X] 1 year or \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_