Family History, Risk Factors, Allergies

Preventive Care Visits: Ages 6,7,8,9
The Greig Health Record
(visits in this age group are recommended every one to two years)

Name:
Date of Birth:

			Age 6		Age 7		Age 8		Age 9	
Date										
Measurements (use WHO growth charts)	Wt	BMI								
	Ht	BMI percentile								
Psychosocial history and Development	• School & Activities									
	• Peer relationships									
	• Family relationships									
	• Body changes									
	• 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									
Injury Prevention & Safety	• **Helmet safety**									
	• **Vehicle Safety – Seatbelts, Booster Seats**									
	• *Violence &* **Firearms**									
	• Trampoline Safety									
	• Water Safety									
	• *Sun Safety*									
	• Environmental Hazards – incl. **Second Hand Smoke**									
Other	• *Smoke Detectors*									
	• Other Safety Topics									
	• Substances & Addictions									
	• Abuse									
	• **Dental care, fluoride**									
Specific Concerns										
Examination	Blood Pressure									
	Head & Neck									
	Visual Acuity (L) (R)									
	CVS									
	Chest									
	Back									
	Abd									
	GU									
	Sexual Maturity Rating									
	Skin									
Assessment **Immunization** **Medications** ©A.Greig 2016	Update immunizations: **DTaP-IPV (age 4-6)** **MMR (2nd dose by age 6)** **HPV (ages 9 and older)** **Varicella vaccine-2 doses (12mos to 12 years)** Discuss influenza vaccination Consider TB test Signature									

Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.

Canadian Paediatric Society / Société canadienne de pédiatrie

THE COLLEGE OF FAMILY PHYSICIANS OF CANADA / LE COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA

Selected Guidelines and Resources are found on accompanying pages