## 5 to 12 years Worksheet

<table>
<thead>
<tr>
<th>DATE:</th>
<th>AGE:</th>
<th>Reason for visit (well check):</th>
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### Interim History since last well child visit:

### Concerns to discuss today:
OLD CARTS, present history in logical, chronological order

### Review Past Medical History/Family Medical History (PMH/FMH):
Include appropriate information, including dates of hospitalizations/surgeries if possible, ages/illnesses of relatives

### Medications:
Include names, dosages, and frequencies of prescription, over-the-counter, and alternative therapies

### Allergies:
Include drug, food, and environmental allergies and patient’s reaction

### Social History:
Include who lives at home, who cares for the child/daycare, smoke exposure, pets

### Nutritional Assessment:
**Liquid intake:** (water/milk/other – such as juice/sugary drinks) 
**Food groups consumed:** 
Discuss portion sizes: 
**Snack choices:** 
**Urination:** 
**Stooling:** 
**Parent concerns regarding nutrition**

### Mental Health Assessment:
Include: Sleep, Family stresses, Parenting needs, Child abuse risk, Behavior challenges

### Developmental Assessment:
School performance/extra-curricular activities, communication effectiveness (verbal/written), interpersonal relationships

### Review of Systems:
**Physical Exam:**
**Vital signs**
Include Weight (%) , Length (%) , 
BMI (%) , Temperature , Pulse , 
Respiratory Rate , Blood Pressure 
**Oropharynx**
**Neck/Nodes**
**Respiratory**
**Cardiovascular**
**Abdominal**
**Genitalia**
**Musculoskeletal**
**Neurologic/Reflexes**
**Skin**
**Other**

### Screening:
Vision, Hearing, Hemoglobin, Tuberculosis questionnaire, Dental screening

### Health Education/Anticipatory Guidance:
**Nutrition:** Growth charts, Healthy diet 
**Safety:** Fire/smoke detectors, Car seats/booster seats, ingestions, Choking, Stranger safety, Internet safety, Firearm safety 
**Health Promotion:** immunizations, Tobacco exposure, Medical resources, Limit screen time, monitor screen content 
**Family:** siblings, address concerns

### Immunizations indicated today:

### Labs (hemoglobin/lipids/other) indicated today:
Based on screening and Texas Health Steps recommendations

### Next Well Check: