

CHILD PREVENTIVE HEALTH LIFE CYCLE SUMMARY

PATIENT NAME

DATE OF BIRTH

= population based preventive activity

DATE

ACTIVITY/TOPIC	FREQUENCY	NOTES	Page no	Newborn	2 mths	4 mths	6 mths	9 mths	12 mths	18 mths	24 mths	2–5 yrs	6–14 yrs	14–19 yrs
Developmental assessment	By 9 mths	For those with risk factors (eg. prematurity, fits, microcephaly, heavy maternal alcohol intake in pregnancy)	40											
Anaemia	By 6–9 mths, then repeat at 18 mths	For those with high risk factors (eg. low birth weight infants, twins, and those with recurrent infections and failure to thrive)	39											
Eye health – trachoma	Annually	For those in endemically affected communities	18											
Hearing assessment	During immunisation and well-baby checks Audiometry before school entry 2–5 yrs	For those at high risk†	41											
Dental health	Annually	From school age	15											
Immunisation	Refer to Australian Standard Vaccination Schedule		42											
RACGP 'RED BOOK' RECOMMENDATIONS														
Newborn														
Blood screening	Birth	Hypothyroidism, phenylketonuria, and cystic fibrosis												
Physical examination	Birth and 6 wks	Cardiac, hip, genitalia, and weight												
Infant														
Growth	2, 4, 6, 12, and 24 mths	Height and weight												
Vision and speech	Opportunistic													
Sudden infant death syndrome risk reduction	Opportunistic													
Preschool														
Growth	Every 6–12 mths	Height and weight												
Vision	Every 6–12 mths													
School age														
Growth (see <i>Overweight and obesity</i>)	1–2 yearly													
Adolescence														
Health risk behaviours	Opportunistic													
Psychosocial development	Opportunistic													
Educational progress	Opportunistic													
Sexual development	Opportunistic													
Depression and suicide	Opportunistic													
Abuse	Opportunistic													
Preventive counselling and advice														
Accident and injury prevention	Every visit	Include home, car, and water safety												
Sun protection advice	Every visit	Include sunscreen, shade, protective gear												
Physical activity advice	Every visit	60 minutes or more of moderate to vigorous activity every day (see <i>National physical activity guidelines</i>)												
Nutrition advice	Every visit	Support breastfeeding. Recommend wide variety of nutritious foods > 6 months												
Overweight and obesity														
Height, weight, waist circumference, and pubertal stage	1–2 yearly	See <i>Overweight and obesity in children and adolescents guidelines</i>												

† Otoscopy including simplified parental questionnaires, as well as pneumatic otoscopy or tympanometry in children aged 7 months or more can be used with audiometry over 3 years, in children from socioeconomically deprived communities and regions with a high prevalence of otitis media. Subsequent detection of chronic otitis media or hearing deficits must be followed through with disease management protocols (see *Hearing loss* section)