

Well-Child Examination



Promoting Health, Preventing Injury, Detecting Disease

DHC is excited about the upcoming school year and wants to provide parents/students with health information. The following topics may come up during a well child-exam. Here are some goals we're encouraging so you may promote good health, injury prevention and disease/health problem detection.

What's the History?

It is necessary to address the following areas in each child's examination:

Diet and healthy lifestyle, dental hygiene, daily screen time, sleep hygiene (I.e. hours of sleep per night), safety habits, school performance

Vision Screenings

Visual assessments should be completed at ages 5, 6, 8, 10 and 12.



What's in a Physical Exam?

It is necessary to receive a physical exam by a qualified professional. The areas examined include:

Obesity Screening

- Obesity screening with Body Mass Index (BMI) measurement.
- Comprehensive intensive behavioral therapy if BMI is at/above the 95th percentile.

Annual Psychosocial/ Behavioral Assessment

- Referral to psychiatrist/psychologist if any evidence of psychosocial issues (i.e. depression).

Dyslipidemia

- Risk assessment at 6 and 8 years old, and yearly after 10 years.

Hypertension

- Annual assessment beginning at 3 years old.

Hearing Screenings

Hearing assessments should be made as a newborn, then at ages 5, 6, 8 and 10.

Referral to an otolaryngologist or audiologist is made if a child fails their hearing screening.



Supplements

- Make sure children are receiving enough Vitamin D throughout the day (at least 4,000 international units)
- Fluoride supplement is encouraged for children in areas with inadequate water fluoride content (<0.6 ppm)

Immunizations

- Children should be up to date on all relevant vaccines.
- Assist your providers by ensuring compliance with immunizations for better child wellness.