

Pediatric Health Maintenance Clinical Practice Guideline

Population: Ages 3-17 years

History and Physical Exam	Recommended Ages	Comments
Well-child exam that should include: <ul style="list-style-type: none"> • Height • Weight • Blood pressure • BMI 	Ages 3 through 17 years annually. BMI should be calculated and charted with each annual visit.	Children with acute or chronic conditions may require additional visits. The well-child exam schedule applies to healthy children. BMI reading \geq 95 th percentile for age and gender is considered overweight. Consult the CDC for information (1) and growth charts (2).
Screenings	Recommended Ages	Comments
Vision <ul style="list-style-type: none"> • Objective 	Ages 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 15 years, and 18 years or as indicated.	If the child is uncooperative, rescreen within 6 months.
Hearing <ul style="list-style-type: none"> • Objective 	Ages 4 years, 5 years, 6 years, 8 years, and 10 years or as indicated.	Screening methods such as conditioned play audiometry (CPA) recommended when appropriate.
Tuberculosis <ul style="list-style-type: none"> • A Mantoux test should be done when high risk 	As indicated for high-risk individuals.	Refer to CDC recommendations for risk factors and questionnaire. (3)
Lead	As indicated for at-risk individuals.	Pennsylvania recommends screening children ages 3-6 years who have no record of a prior lead blood test. (4)(5)
Pelvic exam <ul style="list-style-type: none"> • STI screening (Chlamydia) • Cervical Cancer Screening 	Routinely for all sexually active females or as indicated for high-risk individuals. Screening should begin at age 21.	Women aged <21 should not be screened regardless of the age of sexual initiation or other risk factors.(6)
Labs <ul style="list-style-type: none"> • Hemoglobin and/or Hematocrit • Cholesterol 	As indicated. Universal lipid screen between the ages of 9 and 11 and again between the ages of 17 and 21 years. At age 3-8, evaluate family history for early CVD; if indicated as high risk, obtain lipid level.	CDC recommends screening those at risk for iron-deficiency anemia. Refer to the Journal of AAP Supplement, December 2011, Vol 128 "Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents". (7)

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Anticipatory Guidance/Safety	Recommended Ages	Comments
Developmental surveillance	All office visits.	The Bright Future/AAP guidelines state that when routine surveillance raises a concern about development in any child a standardized developmental testing tool should be used to evaluate development.
Psychological/behavioral assessment	All office visits.	Depression/suicide risk factors. (8&9)
Alcohol and drug use assessment	Risk assessment annually beginning at age 11 years.	Substance use: tobacco, alcohol, other drugs (primary prevention/cessation). Treatment for abuse/addiction.
Nutrition	All office visits.	Age-appropriate nutrition counseling: sweets, snacking between meals, sodium intake, cholesterol, folic acid for sexually active females. Assess for obesity, eating disorders.
Oral health	Ages 3 years and 6 years.	Regular dental visits beginning at age 3, regular brushing and fluoride.
Injury prevention		Educate face to face or by patient handout information on: <ul style="list-style-type: none"> - Car safety - Smoke detectors - Bicycle safety/helmets - Firearms - Pool fences - Warnings about strangers - Poison control phone number - Sports injury - Medication/chemical storage - Electrical cords/outlets - Sun exposure (tanning beds)
Violence/bullying		Victim or offender of violent/aggressive behaviors. Prevention and intervention strategies. (10)
Sexual/reproductive history		Age-appropriate discussion to include normal growth and development, birth control, safe sex and STI's.

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*Immunizations	Recommended Ages	Comments
Hepatitis B (HepB)	Birth, 1-2 months, 6-18 months	*Link to the CDC site listed below for the most current immunization schedule.
Rotavirus (RotaTeq) Rotarix	2months, 4 months, 6 months 2 months and 4 months	
Diphtheria/Tetanus/Pertussis (DTaP)	2 months, 4 months, 6 months, 15-18 months, 4-6 years, 11-12 year (Tdap)	
Hemophilus influenzae type b (Hib)	2 months, 4 months, 6 months, 12-15 months	
Pneumococcal (PCV)	2 months, 4 months, 6 months, 12-15 months	
Inactivated Poliovirus (IPV)	2 months, 4 months, 6-18 months, 4-6 years	
Influenza	6 months through 18 years annually during flu season	
Measles, Mumps, Rubella (MMR)	12-15 months, 4-6 years	
Varicella (Chickenpox)	12-18 months, 4-6 years	
Hepatitis A (HepA)	12-23 months	2 doses at least 6 months apart
Meningococcal (MCV4)	11-12 years Booster at age 16.	Adolescents who received their first dose at 13 through 15 years of age should receive a booster dose at 16 through 18 years of age.
Human Papillomavirus (HPV)	11-12 years, can be given as young as 9 for both males and females.	3 doses; 2 nd and 3 rd dose at 2 and 6 months after the 1st

*Link to the following CDC site for the most current Immunizations schedule:

<http://www.cdc.gov/vaccines/recs/schedules/default.htm>

*Link to the Recommendations for Preventive Pediatric Health Care
Bright Futures/American Academy of Pediatrics:

[http://pediatrics.aappublications.org/content/suppl/2007/12/03/120.6.1376.DC1/Preventive Health Care Chart.pdf](http://pediatrics.aappublications.org/content/suppl/2007/12/03/120.6.1376.DC1/Preventive_Health_Care_Chart.pdf)

REFERENCES

1. http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm
2. <http://www.cdc.gov/growthcharts/>
3. <http://www.cdc.gov/ncidod/eid/vol12no05/05-0980.htm>
4. <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;116/4/1036>
5. http://www.dsf.health.state.pa.us/health/CWP/view.asp?A=179&QUESTION_ID=240544
6. <http://www.cdc.gov/cancer/cervical/pdf/guidelines.pdf>
7. <http://pediatrics.aappublications.org/site/misc/2009-2107.pdf>
8. <http://www.aap.org/healthtopics/depression.cfm>
9. <http://www.aafp.org/afp/20070101/73.html>
10. http://www.cdc.gov/violenceprevention/pub/understanding_bullying.html

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Reference Sources:

American Academy of Pediatrics (AAP), American Academy of Family Physicians, Advisory Committee of Immunization Practices (ACIP), Centers for Disease Control and Prevention (CDC).

American Academy of Pediatrics, Recommendations for Preventive Pediatric Health Care, Bright Futures/American Academy of Pediatrics.

Recommendations on these charts should not be interpreted as benefits covered. Please refer to the member's contract regarding benefits and exclusions.

The American Academy of Pediatrics guidelines are to be followed for all Children's Health Insurance Program Members (CHIP).

Health and Wellness with Blue Health SolutionsSM

Blue Cross of Northeastern Pennsylvania is committed to the good health of our members, your patients. We encourage members to make the right choices to live a healthy life through Blue Health Solutions, our individualized health management and wellness program—designed to help each person improve his/her health or maintain a healthy lifestyle.

With Blue Health Solutions, your patients gain access to the many valuable resources. All of the following are available using the "Health & Wellness" tab on www.bcnepa.com. Some services will require your patients to register and then login to member Self-Service.

A confidential **health assessment** will help your patients better understand how their health history and lifestyle choices may impact their future health. If a patient's assessment shows health risks, a personal health coach can help him/her to develop a customized health improvement plan. Patients decide how little or how much help they want to receive.

Our **health coaches** are qualified health professionals—registered nurses and dietitians—who have the expertise to map out health solutions and help your patients make the right choices. To speak with a health coach, patients can call [1.866.262.4764](tel:1.866.262.4764) or (TTY) [1.877.720.7771](tel:1.877.720.7771), weekdays, between 8 a.m. and 8 p.m. ET.

MyHealth Solution, our online health and wellness resource, makes it easier than ever for your patients to make positive changes to help improve their health. Features include online programs and action plans, interactive health articles and videos, user-friendly health trackers, personal health records and much more.

Your patients can learn more about the following resources by visiting www.bcnepa.com. Or, they can call [1.866.262.4764](tel:1.866.262.4764) and speak with a health coach.

Wellness and Lifestyle Management—Resources are available to help your patients lose weight, manage stress or quit smoking. And, for expectant mothers, we offer maternity care resources before, during and after the big event. Health coaches can also help your patients who are dealing with chronic back pain, high cholesterol, high blood pressure and much more.

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Health Management—Health coaches can also help your patients manage chronic conditions like asthma, cardiovascular disease, chronic obstructive pulmonary disease (COPD), depression, diabetes and heart failure.

Care Management—Resources are available to help patients who need complex care in the hospital or help transitioning care before and after surgeries. We also provide education, follow-up and support for other chronic long-term conditions.

24/7 Nurse Now—Patients can speak with registered nurses about anything from chronic conditions to common health concerns, anytime day or night. To learn more, patients can call [1.866.442.2583](tel:1.866.442.2583). Or, if they prefer, your patients can register/login to Self-Service and chat with a nurse online.

Blue Health Solutions also offers a **Life-Balance Resource** with experienced counselors who are on call 24/7 to help your patients cope with everyday stress, family issues, drugs, alcohol, threats of violence and more.

Our **Discount Program** will help your patients save money on health-related products and services. Discounts are available on aromatherapy, massage therapy, hearing and vision services, nutritional counseling, weight management programs, at fitness centers and much more.

Discounts from national vendors are also available with **Blue365**[®]. Your patients can find local participating businesses and national vendors on our website using the “Discount Program” tab.

Please Note: Patients enrolled in BlueCare Security and BlueCare Senior are eligible only for the health-related discounts available with the Discount Program.

APPLICATION OF PRACTICE GUIDELINE:

This practice guideline applies to the following companies:

First Priority Life Insurance Company[®]
HMO of Northeastern Pennsylvania (d/b/a First Priority Health[®])

APPROVAL:

Approved:	Medical Quality Management Committee	07/24/90, 10/25/90, 08/20/92
Revised:	Medical Quality Management Committee Quality Improvement Committee	10/27/94, 01/30/97 02/11/99, 02/10/00 02/01/01, 05/18/01 05/13/02, 04/08/04 10/13/05, 10/11/07 10/08/09, 09/15/11, 4/19/2012, 9/19/2013

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