

The Center for Advanced Pediatrics' Preventive Care Schedule



THE CENTER FOR
ADVANCED
PEDIATRICS

Our preventive health care goes well beyond just vaccinations and office visits, we have many innovative programs and screening tools that help identify early potential health threatening conditions. These visits and screenings are recommended by The American Academy of Pediatrics, U.S. Preventive Services and Bright Futures. We feel these screenings and visit schedules are a vital part of caring for your child, please check with your insurance plan for coverage of these services as even though they are recommended, and the standard of care insurance companies often make up their own rules.

A comprehensive well visit always includes a review of changes to both the patient's and family's medical history, including mental health and social functioning. We also review any changes to the family structure and/or environment and access risk factors to health and safety such as smoking, exercise and diet, employment, food insecurity and safety in the home (and of the family if that impacts the health of the patient). We are always interested in parent's and patient's concerns, even if they extend beyond traditional "medical" areas as we believe all aspects of a patient and their family impact the health of everyone.

NOTE: Immunizations are a proven way of preventing the most common, serious communicable diseases of childhood. Our office only accepts patients that are immunized and/or working towards being fully immunized within the recommended intervals.

In Hospital

(if born in Birthing Center refer to their schedule)

- A Pediatrician on staff at the hospital you give birth at will see your baby daily
- Hepatitis B #1 within 24 hrs of birth
- Vitamin K shot a delivery
- Hearing Test
- Cardiac Screening
- Newborn State Screening Blood Test ("Toe-poke")
- "Over the Skin" Bilirubin Test at 48 hrs and/or before discharge (followed by blood test if warranted)

Circumcision (Males)

(If you wish different options, ei: bris, in hospital etc, please ask)

- Typically performed within a week of discharge in our Norwalk & Darien Offices

Initial In-Office Visit

- Occurs 24-72 hours after discharge
- If breastfeeding, this visit incorporates a lactation consultation for baby and mother
- Bilirubin check if not done in hospital

2 Week Weight & Feeding Check In

- Weight & Feeding Check
- If Breastfeeding, lactation consultation
- Maternal Depression Screening
- Start Vitamin D supplements

1 Month* Weight & Feeding Check In

- Hepatitis B #2 vaccine (Must be 30 days after #1)
- Maternal Depression Screening
- DTaP #1, Pevnar #1
- Rotavirus #1
- Maternal Depression Screening

2 Month Well Visit

- DTaP #1,
- Pevnar #1
- Rotavirus #1
- Maternal Depression Screening

3 Month Well Visit

- Polio #1
- Hib #1
- Maternal Depression Screening

4 Month Well Visit

- DTaP #2,
- Pevnar #2
- Rotavirus #2
- Maternal Depression Screening

5 Month Well Visit

- Polio #2
- Hib #2

6 Month Well Visit

- DTaP #3
- Pevnar #3
- Rotavirus #3
- Flu (in season)
- Anemia Check (Toe Poke)
- Pedivision - Eye Test
- Hearing Screening
- Ages & Stages Developmental Screen Questionnaire
- Dental Screening
- Fluoride application (If teeth present)
- TB Screening
- Maternal Depression Screening

7 Month Well Visit

- Polio #3
- Hib #3

8 Month

- Nutrition Consultation

9-10 Month Well Visit

- Hepatitis B #3
- Ages & Stages Developmental Screen Questionnaire
- Dental Screening
- Fluoride application (If teeth present)

12 Month Well Visit*

- MMR #1
- Varicella #1
- Pevnar #4
- Hepatitis A #1 (if in licensed day care)
- Flu (in season)
- Lead & Anemia Blood level ("Toe Poke")
- TB Screening
- Dental Screening
- Fluoride application (If teeth present)
- Ages & Stages Developmental Screen Questionnaire

15 Month Well Visit

- DTaP #4
- HiB #4
- Hepatitis A #1
- Flu (in season)
- Dental Screening & Fluoride application if appropriate

Hepatitis B#2 must be 30 days after the first dose (usually in the hospital within 24 hrs of birth)

There must be ≥ 6 months between Hepatitis A #1 and Hepatitis A #2

*The 12 month, 4 year & 10 year well visits **MUST** occur **AFTER** those birthdays



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18 Month Well Visit

- Flu (in season)
- Hep A #2 if received #1 at 12 months (there MUST be >6 months btwn 2 shots)
- Autism Screening Questionnaire "MCHAT"
- PediaVision
- Hearing Screening
- TB Screening
- Dental Screening & Fluoride application if appropriate

21 Month "Developmental Check-up"

- Hepatitis A #2 (if given at 15 month visit – MUST be > 6 months btwn 2 shots)
- Ages & Stages Developmental Screening Questionnaire
- Lead & Anemia Blood level ("Toe Poke")
- Flu (in season)
- Dental Screening & Fluoride application if appropriate

2 Year Well Visit

- Flu (in season)
- TB Screening
- Dental Screening
- Lipid/Cholesterol Screen if risk
- Autism Screening Questionnaire "MCHAT"

30 Month Well/Development Visit

- Ages & Stages Developmental Screening Questionnaire
- Hepatitis A Catch up
- Varicella #2
- Flu (in season)
- Dental Screening & Fluoride application if appropriate

3 Year Well Visit

- PediaVision
- Hearing Screening
- TB Screening
- Dental Screening
- Varicella #2 (catchup)
- Flu (in season)
- Dental Screening & Fluoride application if appropriate

3 1/2 Year Nutrition Check-Up

- Weight/Height/BMI Check
- Nutrition evaluation & Education
- Flu (in season)
- Vaccine catchup if appropriate

4 Year* Well Visit

- MMR #2
- Polio #4 (MUST BE GIVEN AFTER 4 YR BDAY)
- DTaP #5
- Flu (in Season)
- Ages & Stages Developmental Screen Questionnaire
- Urine Analysis (if entering Kindergarten)
- Anemia Blood Test -finger stick (if entering Kindergarten)
- PediaVision
- Hearing
- TB Screening
- Dental Screening
- PSC-35 Behavior & Mental Health Screening Questionnaire

5 Year Well Visit

(Catchup on any vaccines if entering Kindergarten and not completed yet)

- Lipid/Cholesterol & Vitamin D Blood tests
- Flu (in season)
- Ages & Stages Developmental Screen Questionnaire
- Anemia Blood Test -finger stick (if entering Kindergarten)
- Urine Analysis (if entering Kindergarten)
- TB Screening
- PediaVision
- Hearing
- PSC-35 Behavior & Mental Health Screening Questionnaire

6-9 Year (Yearly Well Visits)

- Flu (in season)
- Lipid/Cholesterol & Vitamin D Blood Tests (normally at 8 yrs old or every 3 yrs)
- PediaVision
- Hearing (at 6 and 8)
- PSC-35 Behavior & Mental Health Screening Questionnaire

10 Year Well Visit*

- Flu (in season)
- Tdap booster Vaccine
- PediaVision
- Hearing
- TB Screening
- Anemia Blood Test-finger stick (if entering 6th Grade)
- ImPACT™ Concussion Baseline Testing (every 2 years for athletes)
- PSC-35 Behavior & Mental Health Screening Questionnaire

11-12 Year Well Visit

- Meningitis Vaccine #1 (entry into 6th grade)
- Begin HPV Series (3 shots over 6 mo)
- Hepatitis A catchup
- Flu (in season)
- PediaVision
- Hearing (one-time btwn 11-14 yrs old)
- TB Screening
- Anemia Blood Test-finger stick (for entering 6th Grade)
- ImPACT™ Concussion Testing (every 2 years for athletes)
- Lipid/Cholesterol & Vitamin D Blood test (usually every 3 yrs, at 11 yrs)
- PSC-35 Behavior & Mental Health Screening Questionnaire

13+ Yearly Adolescent Well Visits

NOTE: Starting at 13, all patients will be seen without parent/guardian to begin learning to be responsible for their own health and selfcare. Parent/Guardian will meet with practitioner before or after the visit to address any concerns.

- Screening for risky behaviors & mental health disorders.
- HPV Series (3 shots over 6 months)
- Flu (in season)
- Meningitis Vaccine #2 (prior to college/after 16 yrs)
- Hepatitis A catchup if never given
- Anemia Blood Test (fingerstick) FEMALES ONLY
- Hearing/Vision (one-time btwn 15-17 and btwn 18-21)
- TB Screening
- ≥15 yrs: Gonorrhea & Chlamydia Urine Test as per AAP protocol regardless of sexual activity
- Lipid/Cholesterol Testing (every 3 yrs, usually at 14 & 17)
- ≥ 15 yrs: HIV screening questions and testing if appropriate and 15+
- ≥ 18 yrs: Blood Tests for electrolytes and kidney function
- GYN/Pap (optional or if sexually active until 23 yrs old then yearly)
- ImPACT™ Concussion Testing (every 2 years for athletes)
- Visit our Adolescent Medicine Webpage for more info:

www.TCFAP.com/teen_med.html

Hepatitis B#2 must be 30 days after the first dose (usually in the hospital within 24 hrs of birth)

There must be ≥ 6 months between Hepatitis A #1 and Hepatitis A #2

*The 12 month, 4 year & 10 year well visits **MUST** occur **AFTER** those birthdays



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Preventive Care Schedule Explanations

Our preventive health care goes well beyond just vaccinations, we have many innovative programs and screening measures that help identify early potential health threatening conditions as recommended by The American Academy of Pediatrics, U.S. Preventive Services and Bright Futures. We feel these screenings below are a vital part of caring for your child, please check with your insurance plan for coverage of these services, as not all plans value these services as we do and pay for them in different ways.

NOTE: Advanced Pediatrics believes every child should receive these important vaccines. Immunizations are a proven way of preventing the most common, serious communicable diseases of childhood. Our office only accepts patients that are immunized and/or working towards being fully immunized within the recommended intervals.

VACCINATIONS

Disease prevention starts right at birth with TCFAP's commitment to establishing successful breastfeeding. Breastfeeding is your baby's first vaccine! After that we administer the AAP and CDC recommended vaccinations. Our office only accepts patients that are immunized and/or working towards being fully immunized within the recommended intervals.

NIGHTINGALE'S LACTATION CONSULTATION

TCFAP is strongly committed to successful breastfeeding. All breastfeeding newborns see our lactation specialist within 24-48 hours of discharge for an extended visit. During this visit baby is weighed, and feeding success is evaluated. It is a time to get to know your newborn and ask many of the questions new parents have. Our lactation specialists will continue to see mom and baby for as many visits needed to assure baby is growing and thriving while breastfeeding.

VITAMIN K

All newborns should receive a Vitamin K injection immediately after birth as it prevents brain and other bleeding after birth and for the weeks following.

NEWBORN STATE SCREENING TESTS

Before your newborn is discharged from the hospital, your baby will have blood drawn for a panel of tests that can identify certain metabolic and inherited diseases. The panel is different depending on the state you give birth in but in general includes screening for thyroid disorders, cystic fibrosis and other very rare diseases. This test is very important as many of the disorders it identifies can be treated if known early in a baby's life. If you deliver in a hospital TCFAP does not attend at, please make sure you let the hospital know where to send results to.

HEARING SCREENING/OAE

A newborn's hearing is the same as an adult and therefore can be tested right after birth. Children can develop hearing deficits over time and therefore TCFAP uses our state-of-the-art OAE hearing test to evaluate all patients once a year from 6 months.

TRANSUTANEOUS (TRANS-SKIN) BILIRUBIN TEST

This non-invasive test uses light waves to screen for elevated bilirubin in newborns to identify babies that are jaundiced and need further investigations. All hospitals perform this but if your baby is born elsewhere the screening can be done in our office.

CARDIAC SCREENING

In order to screen for life threatening cardiac defects after birth, a newborn's upper and lower extremity oxygen percentage will be measured before discharge from hospital/birthing center.

CIRCUMCISION

All of our Board Certified Pediatricians are trained in circumcision. TCFAP believes that circumcisions are best done in the office setting instead of in the hospital. In this setting parents can stay with the baby if they wish and/or can be immediately with baby after. We perform the procedure usually the week after discharge.

MATERNAL DEPRESSION SCREENING

A newborn's health is tied very closely with the physical and mental health of its mother and family. For this reason, we administer the Edinburgh Post Natal Depression Screening Test to all postpartum mothers at the initial visit, 2 weeks, 1, 2, 4, & 6 months. If an issue is identified, we can refer you to one of our mental health care providers for care or work closely with your own doctor for referral.

PEDIAVISION/VISION SCREENING

TCFAP offers a state-of-the-art way of evaluating your baby's and child's vision long before they are developmentally able to cooperate with an interactive vision test. The test is able to detect refractive errors, amblyopia ("lazy eye"), strabismus ("cross-eye"), anisocoria (different pupil sizes) and media opacities (cataracts, irregularly shaped cornea/lens) as well as near or farsightedness. We offer it yearly starting at 6 months of age.

DENTAL SCREENING

As recommended by the AAP, TCFAP does a dental screening and fluoride application on all children with teeth age 6 months to 40 months at the 6 month, 12 month, 15 month, 18 month, 24 month and 30 month and 36 month visits.

LEAD SCREENING

Lead screening is required by the State of CT. TCFAP screens blood lead levels in-office via finger stick and sends results to the state. If the level is elevated, we can draw venous blood to further evaluate. As many of the homes in the area are old and contain excessive lead, it is important to identify children being exposed to this potentially dangerous element. We screen at 12 and 24 months as well as whenever there might be a risk of exposure identified.

ANEMIA SCREENING

Starting at 6 months a baby's iron stores are often depleted. Iron is an important element in your baby's diet to help the developing brain and nervous system. We screen for hemoglobin levels at 6 months, 12 months, 2 years, in athletes and menstruating girls. If your baby was born premature, we will screen at 4 months. If your child is identified as having low hemoglobin, further testing might be warranted.

TB (TUBERCULOSIS) SCREENING

This state mandated questionnaire is administered at most visits to identify patients and their families at risk for exposure to Tuberculosis. If your child is identified as being at risk, a PPD will be placed at that visit.

AGES & STAGES DEVELOPMENTAL SCREEN

TCFAP offers the Ages & Stages Screening test to identify children with potential developmental delays. This test consists of a several page questionnaire administered at several different ages. If a delay is discovered, proper referrals for further evaluation will be arranged.

AUTISM SCREEN (MCHAT)

TCFAP utilizes the Modified Checklist for Autism in Toddlers at the 18 mo & 24 mo well check ups to identify toddlers showing early signs of behaviors potentially associated with Autism. If a concern is raised, proper referrals for further evaluation are arranged.

PSC-35

The Pediatric Symptoms Checklist (PSC) is a comprehensive screening tool designed to identify problems in mental health, attention and behavior. It is given to parents of 4-10 year olds and to the patient after 11 years old.

BLOOD WORK CHOLESTEROL/LIPID SCREENING & VIT D

At 5, 8, 11, and 14 years old, as well as when nutritional deficiencies and/or abnormal body mass index are identified, blood cholesterol & Vitamin D levels will be checked. These tests identify patients with inherited disorders of lipid metabolism and/or vitamin D deficiency as early as 5 years old. Early identification of lipid disorders allows dietary treatment of this potentially life altering condition. Sufficient vitamin D levels are important for bone growth, immune and brain function.

NUTRITION CONSULTATION

Our full time nutritionist meets privately at least twice during the early years to educate and guide parents on the important task of feeding your child.

IMPACT™ CONCUSSION TEST

The impact of concussions on athletes has recently been realized and several efforts have been made to decrease the poor outcomes, especially with repeated concussions. ImPACT™ baseline testing every 2 years for the athlete allows for a way to evaluate the head injury against the baseline and monitor for healing and safe return to play. The test is administered on a computer and takes about 30 minutes. TCFAP recommends this for ALL young athletes over 10 years of age.

ADOLESCENT MEDICINE

TCFAP is strongly committed to caring for adolescents. During the teen years there are unique medical, mental and social concerns. Starting at 12 years of age, families have the choice to continue with their current pediatrician or participate in our Adolescent Medicine program. A pediatrician specialized in adolescent medicine conducts longer physicals allowing for more in-depth screening to help identify and treat teen medical issues, risky behaviors and depression. We also offer the HPV (Gardasil®) vaccine to 13 year old girls and boys. When appropriate, our adolescent medicine program has available gynecological services that are sensitive to the age and stage of development of the adolescent.

GONORRHEA, CHLAMYDIA & HIV TESTING

As recommended by the American Academy of Pediatrics, TCFAP tests ALL urine of patients male and female over the age of 15 for gonorrhea and chlamydia regardless of their sexual activity. Please discuss with your pediatrician if you would like to know more about this test. As of 2017, the American Academy of Pediatrics also recommends screening 15 yrs and older for activities that put at risk for HIV. If appropriate a blood test for HIV infection can be performed.

NOTE: Several of the screening questionnaires (Ages & Stages, PSC-35) can be found on our website at: www.thecenterforadvancedpediatrics.com/visit-handouts.html. If possible, please complete at home as some of the activities are time consuming and/or require toys/objects that are found in the home. Print and bring with you at time of visit.

As a convenience to our working families, we offer after 5 pm weekdays, Saturday and Sunday and Holiday well visits. There is an "after hours" charge applied to these visits as per insurance protocol (code 99051) Please be aware if you chose to schedule during these times.

THE CENTER FOR ADVANCED PEDIATRICS

40 CROSS STREET, NORWALK, CT 06851 203-229-2000 • 85 OLD KINGS HIGHWAY N. DARTEN, CT 06820 203-656-1833 • 901 ETHAN ALLEN HIGHWAY RIDGEFIELD, CT 06877