



# Michigan Quality Improvement Consortium Guideline

## *Routine Preventive Services for Children and Adolescents*

### *(Ages 2-21)*

The following guideline provides recommendations for routine preventive services for children and adolescents ages 2-21 years. Children at increased risk may warrant additional services, e.g. Early Periodic Screening, Diagnosis, and Treatment Program (EPSDT).

| Recommendation   | 2-6 years  | 7-12 years  | 13-21 years   |
|--|--|---|---|
| Annual health, developmental and risk assessments  | X  | X   | X   |
| Parent and Child education and counseling:<br><ul style="list-style-type: none"> <li>◆ Nutrition, physical activity, dental health, violence and abuse, sexually transmitted infection prevention, depression, suicide threats, alcohol and drug abuse, anxiety, stress reduction, coping skills, immunizations</li> <li>◆ Helmet use and protective gear for bicycle riding, skateboarding, skating, etc. [B]</li> <li>◆ Motor vehicle safety - Car seat, booster seat, seat belt use [B]</li> <li>◆ Poison prevention - Keep the National Poison Control number (800-222-1222) readily accessible; use child resistant containers; dispose of expired or unused medications</li> <li>◆ Burn prevention - Install smoke detectors and test twice a year; carbon monoxide detectors; water heater temperature and fire prevention</li> <li>◆ Injury prevention - Firearm safety; water safety; CPR training</li> </ul> | X  | X   | X   |
| Tobacco use screening: Establish tobacco use and secondhand exposure   | X  | X   | X   |
| Screening for overweight   | Record height, weight and BMI annually   |   |   |
| Cholesterol screening [A]  | Screen children over age 2 at increased risk for genetic forms of hypercholesterolemia           |   |   |
| Chlamydia and sexually transmitted infection screening [A]   |  |   | All sexually active non-pregnant females  |
| Cervical cancer screening (Pap smear) [B]  |  |   | Beginning at age 21 or within three years of first sexual intercourse, whichever is earlier; every 3 years after 3 consecutive normal Pap smears over 5 years |
| Preconception and pregnancy prevention counseling  |  | Preventive counseling beginning at age 12 or earlier if sexually active |   |
| Vision screening [A]   | X (prior to school enrollment)   |   |   |
| <b>Immunizations:</b><br><ul style="list-style-type: none"> <li>◆ Consult the Advisory Committee on Immunization Practices website (<a href="http://www.cdc.gov/nip/acip/">www.cdc.gov/nip/acip/</a>) for most updated immunization schedules for routine and high risk populations.</li> <li>◆ Use combination vaccines to minimize the number of injections.</li> <li>◆ Update the Michigan Care Improvement Registry (MCIR).</li> </ul>   | 4-6 years  | 11-12 years   | 15-18 years   |
| DTaP [A]   | X  | Tdap  |   |
| IPV  | X  |   |   |
| MMR (MMRV) [A]   | X  |   |   |
| Varicella [A]  | X  |   |   |
| Meningococcal (MCV4)   |  | X   |   |
| Influenza [B]  | Ages 2-8, two doses for the first year; annually thereafter. Age 9 and older, one dose annually. |   |   |
| Human papilloma virus (females 9-26 years old)   |  | Beginning at age 11, 3-dose series                                      |   |

**Levels of Evidence for the most significant recommendations:** A = randomized controlled trials; B = controlled trials, no randomization; C = observational studies; D = opinion of expert panel

This guideline lists core management steps. It is based on several sources, including: Preventive Services for Children and Adolescents, Institute for Clinical Systems Improvement, 2008 ([www.icsi.org](http://www.icsi.org)). Individual patient considerations and advances in medical science may supersede or modify these recommendations.