Texas Health Steps

NAME:	MEDICAID ID:		
DOB:	PRIMARY CARE GIVER:		
GENDER: MALE FEMALE	PHONE:		
DATE OF SERVICE:	INFORMANT:		
DATE OF GERMINE.			
HISTORY	UNCLOTHED PHYSICAL EXAM		
\square See new patient history form	\square See growth graph		
INTERVAL HISTORY:	Weight: (%) Height: (%)		
□ NKDA Allergies:	BMI: (%) Heart Rate: Blood Pressure: / Respiratory Rate: Temperature (optional):		
Current Medications:	□ Normal (Mark here if all items are WNL)		
Visits to other health-care providers, facilities:	Abnormal (Mark all that apply and describe): Appearance Nose Lungs Head Mouth/throat Gl/abdomen		
Parental concerns/changes/stressors in family or home:	□ Skin □ Teeth □ Extremities □ Eyes □ Neck □ Back □ Ears □ Heart □ Musculoskeletal		
Psychosocial/Behavioral Health Issues: Y □ N □ Findings:	☐ Neurological Abnormal findings:		
TB questionnaire*, risk identified: *Tuberculin SkinTest if indicated (See back for form) □ DEVELOPMENTAL SURVEILLANCE: • Communication skills/language development • Self-help/care skills • Social, emotional development • Cognitive development • Mental health	Audiometric Screening: R 1000Hz 2000HZ 4000HZ L 1000Hz 2000HZ 4000HZ Visual Acuity Screening: OD / OS / OU /		
NUTRITION*: Problems: Y□ N□ Assessment:	HEALTH EDUCATION/ANTICIPATORY GUIDANCE (See back for useful topics) Selected health topics addressed in any of the following areas*: • School Activities • Development • Physical Activities		
* See Bright Futures Nutrition Book if needed	*See Bright Futures for assistance		
IMMUNIZATIONS	ASSESSMENT		
□ Up-to-date □ Deferred - Reason: Given today: □ DTaP □ Hep A □ Hep B □ Hib □ IPV			
Meningococcal* MMR Pneumococcal* Varicella MMRV DTaP-IPV DTaP-IPV-Hep B Influenza			
*Special populations: See ACIP	PLAN/REFERRALS		
LABORATORY	Dental Referral: Y □		
	Other Referral(s)		
Tests ordered today:			
	Return to office:		
Signature/title	Signature/title		



Name: Medicaid ID:

Typical Developmentally Appropriate Health Education Topics

5 Year Old Checkup

- Lead risk assessment*
- Encourage child to tell the story his/her way
- Encourage constructive conflict resolution, demonstrate at home
- Establish consistent bedtime routine
- Establish consistent limits/rules and consistent consequences
- Establish daily chores to develop sense of accomplishment and increase selfconfidence
- Establish routine and assist with tooth brushing with soft brush twice a day

- Limit TV/computer time to 1-2 hours/day
- · Maintain consistent family routine
- · Read and discuss story daily
- Show affection/praise for good behaviors
- Provide nutritious 3 meals and 2 snacks; limit sweets/sodas/high-fat foods
- During sports wear protective gear at all times
- Encourage supervised outdoor play for 1 hour/day
- Develop a family plan for exiting house in a fire/establish meeting place after exit
- · Lock up guns

- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality after-school care
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the door/ telephone
- Teach self-safety for personal privacy
- Teach street safety/running after balls/ crossing street/riding bicycle/boarding bus
- Use of booster seat in back seat of car until 4ft 9in or 8 years old
- Advocate with teacher for child with school difficulties/bullying
- · Discuss school activities daily

TB QUESTIONNAIRE Place a mark in the appropriate box:	Yes	Do not know	No
Has your child been tested for TB?			
If yes, when (date)			
Has your child ever had a positive Tuberculin Skin Test?			
If yes, when (date)			
TB can cause fever that lasts for days or weeks, unexplained weight loss, a bad cough (lasting over two weeks), or coughing up blood. As far as you know:			
has your child been around anyone with any of these symptoms or problems?			
has your child been around anyone sick with TB?			
has your child had any of these symptoms or problems?			
Was your child born in Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe, or Asia?			
Has your child traveled in the past year to Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe, or Asia for longer than 3 weeks? If so, specify which country/countries?			
To your knowledge, has your child spent time (longer than 3 weeks) with anyone who is/has been an intravenous (IV) drug user, HIV-infected, in jail or prison, or has recently come to the United States from another country? *LEAD RISK FACTORS			
		Dan't	
Perform a blood lead test if parent/caretaker answers "Yes/Don't Know" to any of the questions below.	Yes	Don't know	No
Child lives in or visits a home, day care, or other building built before 1978 or undergoing repair			
Pica (Eats non-food items)			
Family member with an elevated blood lead level			
Child is a newly arrived refugee or foreign adoptee			
• Exposure to an adult with hobbies or jobs that may have risk of lead contamination (See Pb-110 for a list)			
Food sources (including candy) or remedies (See Pb-110 for a list)			
Imported or glazed pottery			
Cosmetics that may contain lead (See Ph-110 for a list)			

The use of the Form Pb-110, Lead Risk Questionnaire is optional. It is available at www.dshs.texas.gov/thsteps/forms.shtm. If completed, return the form to the Texas Childhood Lead Poisoning Prevention Program as directed on the form.



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