keep ME healthy	Pediatric	Weight Manag	gement <u>Init</u>	i <u>al</u> Visit	Regular MD:
Age:	Yrs	Height:	in / cm		
Smoker In Home?	□ Yes □ N	o Weight? BP:	# / Kg /		Last Name, First Name
Current Smoker?	□ Yes □ N	o HR: BMI:	# / min /%		Medical Number
Patient Con	cerns:			Date:	IMPRINT AREA
Allergies:					
ŭ			□ None	Accompanied By: Phone:	□ Mom □ Dad □ Other:
			HIST	ORY	
Chief Compl	laint/History of Pres	sent Illness			
_					
	_				
-	• • • • •	,			
	Tillie (TV, video games	s)			
Nutrition_	Mark food funitation dain				
	/fast food, fruits/veg, dair				
•	bits ping, family meals, bingin				
	oais				
☐ Rewards					
□ itewards_			DEVIEW OF	CVCTCMC	
		Problem	REVIEW OF		Problem
No Problem Constitu		Problem	REVIEW OF	No Problem Gastrointestinal	Problem
No Problem Constitu Depres	sion	<u> </u>	REVIEW OF	No Problem Gastrointestinal Abdominal Pain	
No Problem Constitu Depres Fatigue			REVIEW OF	No Problem Gastrointestinal Abdominal Pain Vomiting	Problem
No Problem Constitu Depres Fatigue Fever	sion A Lethargy	<u> </u>	REVIEW OF	No Problem Gastrointestinal Abdominal Pain Vomiting Skin	
No Problem Constitu Depres Fatigue Fever HEENT	sion e / Lethargy		REVIEW OF	No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae	
No Problem Constitu Depres Fatigue Fever HEENT Ear Pai	sion e / Lethargy -			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic	
No Problem Constitu Depres Fatigue Fever HEENT Runny	sion e / Lethargy - in Nose			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic Developmental D	
No Problem Constitu Depres Fatigue Fever HEENT Runny Snoring	sion e / Lethargy - in Nose			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic	
No Problem Constitu Depres Fatigue Fever HEENT Runny Snoring	sion - / Lethargy - In Nose - Total			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic Developmental D Headache	
No Problem Constitu Depres Fatigue Fever HEENT Runny Snoring Sore th	sion - / Lethargy - In Nose - Total			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic Developmental D Headache Genitourinary	Delay
No Problem Constitu Depres Fatigue Fever HEENT Ear Pai Runny Snoring Sore th Respira Cough	sion - / Lethargy - In Nose - Total			No Problem Gastrointestinal Abdominal Pain Skin Striae Neurologic Developmental D Headache Genitourinary Menarche	Delay
No Problem Constitu Depres Fatigue Fever HEENT Runny Snoring Sore th Respira Cough Difficult Wheez	esion e / Lethargy in Nose g roat atory ty Breathing (noc) ing / Stridor			No Problem Gastrointestinal Abdominal Pain Vomiting Skin Striae Neurologic Developmental E Headache Genitourinary Menarche Oligo / Amenorrh Musculoskeleta	Delay
No Problem Constitu Depres Fever HEENT Runny Snoring Sore th Respira Cough Difficult Wheez Cardio	esion e / Lethargy in Nose groat atory ty Breathing (noc) ing / Stridor vascular			No Problem Gastrointestinal Abdominal Pain Skin Striae Neurologic Developmental D Headache Genitourinary Menarche Oligo / Amenorth Musculoskeletal Limp Knee / Hip Pain	
No Problem Constitu Depres Fever HEENT Runny Snoring Sore th Respira Cough Difficult Wheez Cardio Chest F	sion a / Lethargy in Nose groat atory ty Breathing (noc) ing / Stridor vascular Pain			No Problem Gastrointestinal Abdominal Pain Skin Striae Neurologic Developmental D Headache Genitourinary Menarche Oligo / Amenorth Musculoskeleta Limp Knee / Hip Pain Allergy	
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	NL □ 1	NL=Normal, AB=Abnormal, Blank=Not Examined Constitutional (alert, not toxic, not dysmorphic)		AB	Abnor	mal Findings:		
	□ 2	Eyes (no conjunctival infection, no papilledema)						
	□ 3	ENT (no ext ear pain, TM's clear, nasal mucosa nl, teeth/gums nl., oral-pha		_				
	□ 4	mucous memb moist)						
2	□ 4	Neck (supple, no adenopathy/masses, thyroid nl)						
PHYSICAL EXAM	□ 6	Heart (regular rhythm, no murmur)						
Щ	□ 7	Abd (nontender, no mas/organomegaly, bowel sounds nl)						
Į.	□8	Skin (no striae, no hirsutism, no acanthosis nigricans)						
) (□ 9	Extr (no cyanosis, pulses & perfusion nl, no edema)						
ΥS	□ 10	Musc (nl gait, full ROM without pain, no tibial bowing)						
H	11	GU						
		☐ Tanner Stage (genital/breast): I II III IV	V	_				
		☐ Tanner Stage (gubic hair): I II III IV	V					
	□ 12	Neuro (DTR 2+, CN 2-12 nl)						
	□ 13	Psych (normal affect and memory)						
		·						
	-				Overwei	ght	(BMI>=95% fo	r Age)
						or Overweight	(BMI 85-95% f	
Ε.					Normal \	-	(BMI 5-84% fo	r Age)
ASSESSMENT				weig	-	Since Last Visit: adiness to Change	Parent Readin	ess to Change
Σ					☐ High	dulless to Charige	□ High	ess to Change
SS					□ Mediu	m	☐ Medium	
災					□ Low		□ Low	
SS						Improvement		
⋖					☐ Activity			
					☐ Nutrition ☐ Self-E			
					☐ Other:	steem		
		MEDICATIONS				MEDICAL DAT	Α	
			□ СВС					
			□ UA					
			☐ Fasting	Choles	terol/Lipid F	anel		
			☐ Fasting		Glucose			
			☐ Fasting	Insulin				
			Donales					
			☐ Randon		5E			
			☐ Randon ☐ HgbA1C ☐ TSH/Fre		se			
			☐ HgbA1C	ee T4				
			☐ HgbA1C	ee T4 GO/Bill				
			☐ HgbA1C ☐ TSH/Fr	ee T4 GO/Bill	rubin	IMMUNIZATION		
			☐ HgbA1C☐ TSH/Fri☐ SGPT/S☐ X Ray:☐ Old Rec	ee T4 GO/Bill	rubin	IMMUNIZATION		Пта
			☐ HgbA1C☐ TSH/Fr☐ SGPT/S☐ X Ray:_	ee T4 GO/Bill cords R	rubin	IMMUNIZATION □ Con-Pneumo □ MMR	NS □ V-Z □ Hep A	□ Td
		COUNSELING	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B	□ Con-Pneumo	□ V-Z	
		nmental Tobacco Smoke	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
N.			☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	□ Con-Pneumo	□ V-Z □ Hep A	
LAN	□ Smokir	nmental Tobacco Smoke ng cessation / Advised to Quit	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin	nmental Tobacco Smoke ng cessation / Advised to Quit seling:	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin	nmental Tobacco Smoke ng cessation / Advised to Quit seling: stivity/Exercise	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin □ Couns □ Ac	nmental Tobacco Smoke ng cessation / Advised to Quit seling:	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin □ Couns □ Ac □ Nu	nmental Tobacco Smoke ng cessation / Advised to Quit seling: stivity/Exercise utrition/Eating Habits	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin □ Couns □ Ac □ Nu	nmental Tobacco Smoke ng cessation / Advised to Quit seling: stivity/Exercise utrition/Eating Habits olf-Esteem ody Acceptance	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
PLAN	□ Smokin □ Couns □ Ac □ Nu □ Se □ Bc □ Ot	nmental Tobacco Smoke ng cessation / Advised to Quit seling: ctivity/Exercise utrition/Eating Habits olf-Esteem ody Acceptance ther:	☐ HgbA1C ☐ TSH/Fri ☐ SGPT/S ☐ X Ray:_ ☐ Old Rec ☐ DTAP ☐ IPV	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	
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PLAN	Smokin	mental Tobacco Smoke ng cessation / Advised to Quit seling: stivity/Exercise stirition/Eating Habits elf-Esteem ody Acceptance cher: n Information: p Sheet selth Goals Spreadsheet cher: al To: etician eight Management Program ental Health	□ HgbA1C □ TSH/Fn □ SGPT/S □ X Ray: □ Old Red □ DTAP □ IPV ■ INFORM 5 2 1 0	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	□ Influenza
PLAN	Smokin	mental Tobacco Smoke ng cessation / Advised to Quit seling: stivity/Exercise stirition/Eating Habits elf-Esteem ody Acceptance cher: n Information: p Sheet selth Goals Spreadsheet cher: al To: etician eight Management Program ental Health	□ HgbA1C □ TSH/Fr □ SGPT/S □ X Ray: □ Old Red □ DTAP □ IPV ■ INFORM 5 2 1	ee T4 GO/Bill cords R	eviewed Hep B HIB	☐ Con-Pneumo☐ MMR	□ V-Z □ Hep A	□ Influenza