**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). Personalized recommendations: to offer any patient, for age, gender, and risk factor-based recommendations, see Electronic Preventive Services Selector.

**Visit Schedule**

- **Annually**
  - Annual health, developmental screening² (including once at 30 months) and risk assessments, including:
    - Tobacco use: Establish tobacco use and secondhand smoke exposure
    - Obesity screening and counseling if indicated: Record height, weight, and BMI percentile; assess dietary, physical activity and sedentary behavior
    - Social Determinants of Health via Bright Futures
  - Parent and child age-appropriate education and counseling:
    - Nutrition, physical activity, violence, and abuse/bullying/trafficking (Michigan abuse and neglect hotline 855-444-3911), sexually transmitted infection prevention, suicide threats, alcohol and drug abuse, behavioral/emotional problems, anxiety, stress reduction, coping skills, immunizations, skin cancer prevention
    - Helmet use and protective gear for bicycle riding, skateboarding, skating, etc. [B]
    - Motor vehicle safety³ - Car seat, booster seat, seat belt use [B]
    - Poison prevention - Keep the National Poison Control number (800-222-1222) readily accessible; use child resistant containers; dispose of expired or unused medications
    - Burn prevention - Install smoke detectors and test twice a year; carbon monoxide detectors; water heater temperature and fire prevention
    - Injury prevention - Firearm safety; water safety; CPR training
    - Screen time: limit screen time exposure/use: 2 to 6 years/one hour per day. Parents should designate media-free time.
  - Dental health screening: Adequate fluoridation (oral fluoride supplement when indicated), limit sugar and juices, home oral care, avoid baby bottle use; establish dental home
  - Apply fluoride varnish to primary teeth

- **Dyslipidemia screening [A]** (prior to school enrollment)
- **Hearing**
- **Chlamydia and other STI screening [A] (rescreen if change in risk status)**
- **Pregnancy prevention (abstinence, long-acting reversible contraception, condom use)**
- **Preconception counseling, Folic acid 400 mcg/d**
- **HIV screening [A] (age ≥15, younger if at increased risk)**
- **Consider Hepatitis C screening for ≥18 years of age**
- **Psychological, behavioral, depression and suicide screening [B] [PHQ-9-A]**

**Immunizations:**

- For updated immunization schedules, see CDC Advisory Committee on Immunization Practices (ACIP).
- For updated immunization schedules, including catch up and condition specific schedules, see Recommended Child and Adolescent Immunization Schedule for ages 18 years and younger.
- Use combination vaccines to minimize the number of injections.
- Update the Michigan Care Improvement Registry (MCIR).

- **DTPa [A]**
- **IPV**
- **MMR (MMRV) [A]**
- **Varicella [A]**

- **Meningococcal (MCV4)**

**Levels of Evidence for the most significant recommendations:**

<table>
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<tr>
<th>A = randomized controlled trials</th>
<th>B = controlled trials, no randomization</th>
<th>C = observational studies</th>
<th>D = opinion of expert panel</th>
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<td>1 Early Periodic Screening Diagnosis and Treatment</td>
<td>2 AAP Section on Developmental and Behavioral Pediatrics</td>
<td>3 AAP Policy Statement - Child Passenger Safety</td>
<td>4 Bright Futures Periodicity Table</td>
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