

11-16 YEARS PLUS SOCIAL HANDOUT

The complete details of today's visit are on our web site at pcpmds.com. If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

MEDICAL TESTING DONE: Complete results on the web site. The following tests, depending on age and patient request may be done during this visit.

Hemoglobin / urinalysis / urine test for chlamydia & gonorrhea/ hearing / vision / depression screening / PPD or TB screen

- Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on: _____

VACCINES: TDAP MENACTRA HEPATITIS A HPV FLU OTHER: _____

- Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal. Laminated copies are available for your review in the office..
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **Acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101 degrees. If patient is over 85 pounds give adult doses of the above medications.

NUTRITIONAL/ EXERCISE COUNSELING: "Directed towards the patient"

WT: _____ **% HT:** _____ **% BMI:** _____ **% BMI**

Over 85%= overweight over 95% = obesity WT to lose _____ Ideal weight: _____ to _____

1. You need healthy eating habits now to avoid health problems in the future. Food is eaten to satisfy hunger, but not to fulfill boredom or particular food cravings
2. You need **32 oz of low fat or preferably skim milk** per day. This can be replaced with 3-4 servings of other low fat dairy products such as cheese, yogurt, or non- dairy such as soy milk.
3. Drink water and **AVOID all juices even 100% juices and all sodas and juice drinks**. Sports drinks are only to be consumed during sports or to treat a virus.
4. Watch your **portions** and eat only **1 snack per day**. **Read labels** to see proper healthy portion size. If you cannot understand the ingredients in a prepared food it may mean it has too many chemicals to be a healthy choice.
5. No media, T.V., computers being, watched/played while eating.
6. You should have **60 minutes of exercise** per day. Exercise as part of family activities.

DENTAL: Twice yearly dental exams, twice daily brushing. You only get one set of adult teeth take care of them.

FAMILY: "Directed towards the parent"

1. Continue discussions of the tough stuff: cigarettes, drugs (prescription and illegal) alcohol, guns, and sex. Kids hear and listen even if it appears they do not care to hear your words. Teach them that TV reality shows do not show an acceptable way of behavior- watch with them if you can, so you know what they are exposed to and discuss it.
2. Set reasonable limits and rules and have consequences for infractions determined **before** the infraction occurs. It is appropriate and good parenting for teens to lose privileges of computer, video games, texting, going out with friends if they do not follow and respect household and society rules. We are responsible for raising our children to be good and productive members in society. Be you teen's parent – not his/ her friend.
3. Monitor school performance thereby showing interest in education. Monitor home chore responsibilities. Hold your child accountable, for maintaining both school performance and home responsibilities – just like in real life!
4. Consider providing an allowance to teach money management skills. Teach and practice financial responsibility.
5. Praise, encourage, and show affection. Continue to build up family time. Make it clear that you are always available if they have concerns or need someone to talk to and then **BE THAT PERSON!**