

Pediatric Preventive Services Guidelines: Childhood 5–10 Years of Age.



The *Guidelines for Pediatric Preventive Services* are revised by the Puerto Rico Department of Health as of August 2021. These recommendations are intended for anyone 21 years of age or younger. The purpose of these guidelines is to break down those medical evaluations that are necessary to identify and diagnose health conditions, in order to offer the corresponding treatment before they become chronic conditions or permanent disabilities.

| Universal Childhood | Action | Frequency |
|----------------------------------|---|--------------------------------------|
| History and Physical Exam | History of Physical Activity and Emotional Well-Being. | ● Annually, from age 5 to 10 years |
| Weight, Height, BMI | Classify percentile in chart | |
| Blood Pressure | Blood pressure may be measured | |
| Anticipatory Guidance | Promote physical activity for more than one hour daily; Decrease time on consoles (e.g., video games or cell phones). | |
| Developmental observation | Clinical observation and history | |
| Behavioral observation | Clinical observation and history | ● From 5 to 10 years of age |
| Immunizations | Evaluate compliance with the current schedule. Administer vaccinations necessary to comply with schedule | |
| Visual Acuity | Objectively assess visual acuity (e.g., Snellen chart) | ● Between 5, 6, 8 and 10 years |
| Hearing Screening | Audiometry | |
| Dyslipidemia | Screening: Fasting Lipid Panel | ● Once between 9 and 10 years of age |
| Oral Health | Visit to the dentist for cleaning and evaluation twice a year | ● From 5 to 10 years of age. |
| Tuberculosis (TB) Risk Screening | Risk questionnaire, history of positive exposure, order PPD or IGRA blood test (over 4 years old only) | |



Vision, hearing, lead, tuberculin, anemia, and fasting lipid panel (dyslipidemia) are part of the selective testing and/or evaluation. Consult with the pediatrician to determine if these tests are necessary based on the history and physical examination.

Prevention can help ensure early detection, diagnosis and treatment of conditions before they become more complex and costly to treat.

Social and Emotional Aspect

For recommendations, tools, and resources about how you and your family can cope with emotional and physical concerns during and after any treatment, please visit your primary doctor or contact the following phone lines:

Medical Advice Line
1-844-347-7801
TTY/TTD 1-844-347-7804
APS Healthcare
787-671-9133

References:

<https://www.salud.pr.gov/CMS/DOWNLOAD/6634>
<https://www.asespr.org/wp-content/uploads/2022/06/Carta-Normativa-18-0705-Anejo-GUIA-DE-SERVICIOS-PEDIATRICOS-PREVENTIVOS-ENMENDADA.pdf>

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