

Preventive Service Guidelines for Adolescents: Youth 11-21 years.



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 Youth	Action	Frequency
Detailed history, physical exam	Physical activity history, and emotional well-being. Developmental secondary sexual characteristics, menarche (first menstruation), wet dreams, history of sexual activity, sleeping habits, bullying.	<ul style="list-style-type: none"> • Annual
Weight, Height, BMI	Rank percentile on the chart.	
Blood Pressure	Measure Blood Pressure	
Development observation	Clinical observation and history	
Behavioral Observation	Risk behavior screening, known as CRAFFT version 2.1+N in English or Spanish.	
Evaluation of the presence of Violence and/or Depression	Depression screening, Patient Health Questionnaire 9 (PHQ9), history of violence or aggression.	
Promotion of Healthy Lifestyles	Eating, physical activity, responsible and healthy sexual activity, prevention of alcohol and controlled substance use, prevention of smoking and electronic cigarettes.	
Anticipatory Guide	Anticipate physiological and emotional changes typical for each stage.	
Immunizations	Evaluate compliance with current schedule. Administer immunizations necessary to comply with schedule.	
Vision	Objective evaluation using eye chart (e.g. Snellen chart)	Once between: <ul style="list-style-type: none"> • 11-14 years • 14-17 years • 18-21 years
Hearing Screening	Audiometric screening including high frequency between 6,000 to 8,000 Hz.	Once between: <ul style="list-style-type: none"> • 11-14 years • 14-17 years • 18-21 years
Dyslipidemia	Fasting Lipid Panel	Once between: <ul style="list-style-type: none"> • 9-11 years • 17-21 years
Oral Health	Visit to the dentist for evaluation and professional cleaning 2 times a year.	<ul style="list-style-type: none"> • Annual
HIV, Law 45 of 2016	Laboratory test with prior consent and information of the meaning of the positive or negative result starting at age 13,	<ul style="list-style-type: none"> • 13 years old and once between 15

	repeat test every 5 years / 13 years and once between 15 and 17 years.	and 17 years old
Urine test for Chlamydia, Gonorrhea	Universal NAAT in urine	Once between <ul style="list-style-type: none"> • 15 and 17 years
Syphilis (VDRL)	Laboratory	Once between <ul style="list-style-type: none"> • 18 and 21 years
Cervical Dysplasia	Pap Smear	<ul style="list-style-type: none"> • 21 years
Tuberculosis	PPD or IGRA in blood	Once between <ul style="list-style-type: none"> • 15 to 17 years
Hepatitis C	Blood sample for the presence of antibodies to Hepatitis C.	Once after <ul style="list-style-type: none"> • 17 years

Vision, hearing, tuberculin, anemia, pregnancy, chlamydia, gonorrhea and syphilis tests are part of the screening tests and evaluations. Consult with your physician to determine if these tests are necessary based on your 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 the emotional and physical concerns that arise during and after any treatment, please visit your primary doctor or contact the following telephone lines:

Medical Advice Line
 1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health care
 787-641-9133

References:

<https://www.salud.pr.gov/CMS/DOWNLOAD/6634>

Prepared by licensed Health Educators.

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