



Summary of guideline elements	
General	
	Visits recommended every one to two years.
	Use other visits as opportunities to address prevention
Adolescent	
	At least part of the visit with parents or guardians excused.
	Confidentiality is central to the interaction.
	Minors can give consent. Must understand treatment, risks and consequences. Confidentiality is central but exceptions exist with homicidal and suicidal ideation and with abuse.
School and Activities, Peer relationships	
	Ask about enjoyment, performance, challenges. Ask about activities.
	Ask about bullying including cyber-bullying.
Family Relationships	
	Ask about who lives there. How does everyone get along? Who can the patient talk to?
Mental Health	
	Ask about mood and stresses. Ask about coping
	Maintain vigilance for signs and symptoms of depression and anxiety.
Poverty Screen	
	Ask parent or responsible adult: "Do you ever have difficulty making ends meet by the end of the month?"
Substances and Addictions	
	Ask if any use in the last 12 months of: 1. alcohol 2. smoking / nicotine / vaping 3. cannabis / marijuana / drugs
	Can include smoking including e-cigarettes, caffeine, alcohol, drugs, gambling, internet, gaming, pornography.
Sleep	
	Ask about duration, daytime somnolence, issues with concentration, irritability
Body Image	
	Ask about desire to change body, desire to change weight, self-esteem, foods eaten, weight control behaviours, obsessive thinking about food, weight, shape or exercise.
Sexual Health and Relationships	
	Refer to Sexual History table as needed
	Consider consent, sexting, dating violence, contraception, STI screening, HIV
Nutrition	
	Ask about special diets such as vegetarian, gluten-free, dairy or lactose free
	Ask about supplements, alternative medicine
Safe Media Use	
	Ask about duration, type of media use, safety-on-line, protecting personal information
Hearing Protection	
	Keep volume down on personal players. Ear protection for concerts etc.
	Wear properly fitting earbuds and earphones
Helmets	
	<b>Good evidence for use and counselling</b>
Firearms	
	<b>Counsel to remove from home, or safe storage if removal not possible</b>
Water safety	
	No clear evidence that swim lessons prevent drowning or near-drowning. Active supervision and pool fencing work. Never swim alone. Use PFDs on the water.
Sun safety and tanning	
	Avoid excessive sun exposure, use sun-protection.
	Avoid commercial tanning facilities
Workplace	
	Advise adolescents that workplace injuries are largely preventable.
	Advise adolescents that working more than 20 hours per week can cause distress
	Discuss farm and fishing operation and other workplace safety for children who may be exposed to such work environments
Environmental Hazards	
	<i>Advise avoidance of toxins</i>
Second-hand smoke	
	<b>Good evidence of harm – a cause of asthma, worsening respiratory infections and asthma</b>
Smoke Detectors	
	<i>Use and maintain smoke detectors to save lives. Replace every 10 years.</i>
Abuse	
	Mandatory reporting
	Educate children for what constitutes abuse and what they can do about it.
	<i>Fair evidence to exclude the use of specific screening tools</i>
Dental care <a href="http://www.cda-ade.ca/files/position_statements/fluoride.pdf">www.cda-ade.ca/ files/position statements/fluoride.pdf</a>	
	<i>Professional care reduces caries</i>
	Discuss fluoride supplementation where not present in sufficient amounts in drinking water.

Examination	
	<b>Measure weight and height. Calculate BMI for <math>\geq 10</math> years.</b>
	Check visual acuity.
	Evaluate sexual maturity in the pre-adolescent and adolescent.
	<b>Exclude clinical breast examination and teaching self-examination.</b>
	Consider testicular self examination counselling.

Growth charts and BMI Calculation	
	WHO charts for Canada <a href="http://www.whogrowthcharts.ca">www.whogrowthcharts.ca</a>
	BMI = mass in kg/(height in metres) <sup>2</sup>
	BMI = [weight in pounds/ (height in inches) <sup>2</sup> ]*703
	<b>Obesity = BMI &gt; 97<sup>th</sup> %ile, overweight = 85<sup>th</sup> to 97<sup>th</sup> %ile</b>

Blood Pressure Screening Recommendations	
AAP: Screen BP at each preventive care visit (age $\geq 3$ ) <i>Screen at each health visit for children and adolescents who have: obesity, renal disease, diabetes, aortic arch obstruction or coarctation, medications which cause elevation in blood pressure</i>	
USPSTF: Insufficient evidence to recommend screening healthy populations	
Evaluate further for elevated blood pressure	
See Reference for Normal Range of BP by age and gender	
Elevated BP is defined as >95% of population norms	
For example (approx.)	
over 105/66 in 6-year-olds	
over 107/70 in 9-year-olds	
over 113/75 in 12-year-olds	
over 120/80 in $\geq 13$ years of age	
Source: <a href="https://publications.aap.org/pediatrics/article/140/3/e20171904/38358/">https://publications.aap.org/pediatrics/article/140/3/e20171904/38358/</a>	

Testicular Self-Examination	
Who – adolescent males or persons with testicles	
Why – most common cancer in adolescent males	
Self-examination	Check for any changes such as a lump or tenderness <a href="https://cancer.ca/en/cancer-information/cancer-types/testicular/finding-cancer-early">https://cancer.ca/en/cancer-information/cancer-types/testicular/finding-cancer-early</a> <a href="https://testicularcancersociety.org/pages/self-exam-how-to">https://testicularcancersociety.org/pages/self-exam-how-to</a>
Other symptoms	Feeling of heaviness in scrotum or lower abdomen Pain, possibly mild, in the testicle or scrotum
Next Steps	See your doctor if you notice a change

Canadian Cancer Society, Testicular Cancer Society

Injury Prevention: Concussion Resources	
Parachute Canada – information, handouts, Tools, Return to School and Sport Strategies - <a href="http://parachute.ca/en/injury-topic/concussion/">parachute.ca/en/injury-topic/concussion/</a>	
PedsConcussion – Guideline and detailed information, handouts <a href="https://pedsconcussion.com/#">https://pedsconcussion.com/#</a>	
Sport Concussion Assessment Tool <a href="https://catonline.com/scat/">https://catonline.com/scat/</a>	
Parent / coach handout <a href="http://www.caringforkids.cps.ca/handouts/sport_related_concussion">www.caringforkids.cps.ca/handouts/sport_related_concussion</a>	
CRT5 – immediate assessment tool <a href="https://bjsm.bmj.com/content/bjsports/51/11/872.full.pdf">https://bjsm.bmj.com/content/bjsports/51/11/872.full.pdf</a>	