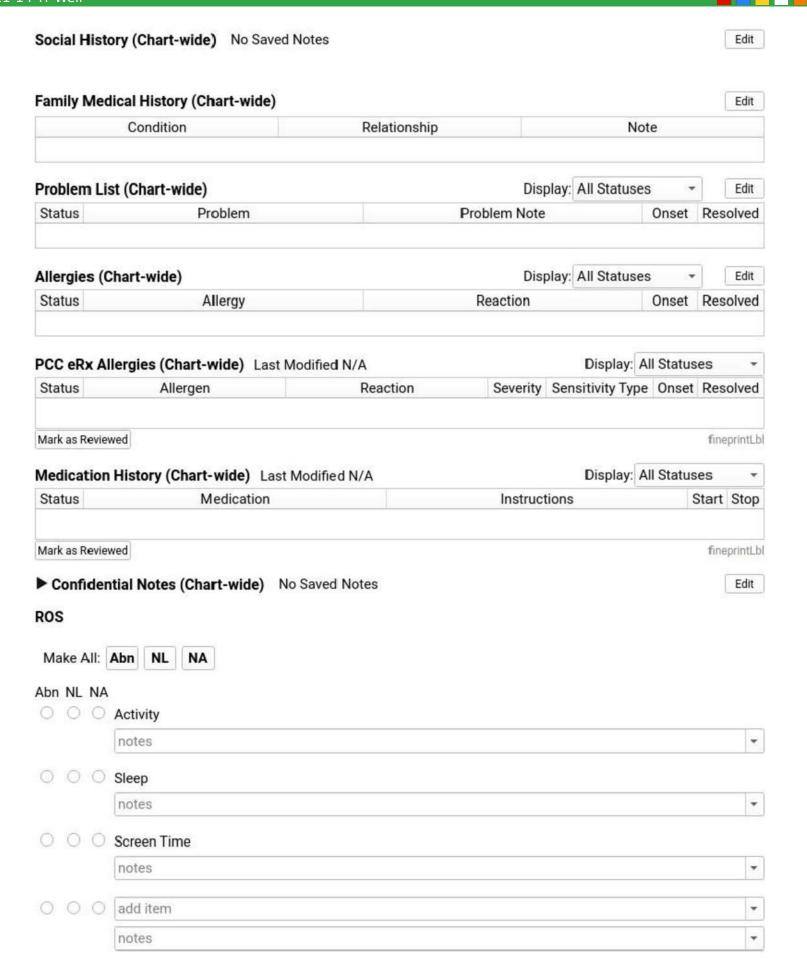


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Nutrition

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S	elect All					
	Eating-eats regular meals including adequate fruits and vegetables					
	notes	,				
]	Eating-calcium source					
	notes	,				
1	Eating-has concern about body or apprearance					
	notes					
	Multivitamin and/or Vit D supplement discussed					
	notes	1				
ĺ	add item	1				
	notes	Ī				
,	Home (eats meals with family, adults to turn to for help, is permitted and able to make independent decisions)					
	notes	T				
1	School grade					
	notes	T.				
	Education (performance n'l, behavior/attention n'l, homework n'l)					
	notes	T				
	Activities [has friends, at least 1 hour or physical activity, screen time (except homework) < 2 hours/day, has interests/participates in community activities/volunteers]					
	notes					
	Drugs (discussed tobacco/alcohol/drugs)					
	notes					
	Safety (home is free of violence, uses safety belts/equipment, has relationships free of violence)					
	notes	I				
	Sex (discussed sexual activity)					
	notes					
	Suicidality/mental health (has ways to cope with stress, displays self-confidence, no problems with sleep, no problems with depression/anxiety/mood swings, denies thought of hurting self/suicide)					
	notes					

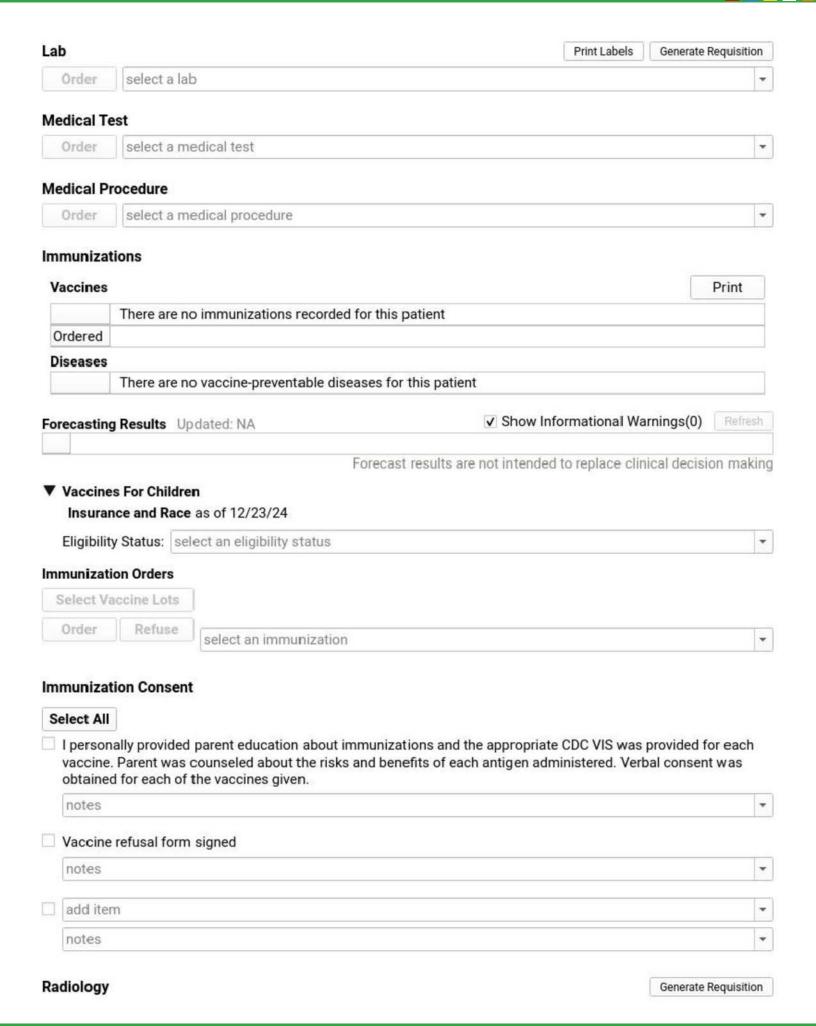
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add i	item	*
note	rs ·	-
nticina	atory Guidance	
inticipa	atory delication	
Make A	AII: Y N N/A	
N N/	'A	
000	Discussed and/or handouts given	
	notes	*
00	Physical Growth and Development (Brush/Floss teeth, Regular dentist visits, Body image, Balance Limit TV, Physical activity)	ed diet,
	notes	*
00	Social and Academic Competence (Help with homework when needed, Encourage reading/school Community involvement, Family time, Age-appropriate limits, Friends)	ol,
	notes	-
) C	Emotional Well-Being (Decision-making, Dealing with stress, Mental health concerns, Sexuality/Pe	uberty)
	notes	-
) C	Risk Reduction (Tobacco/alcohol/drugs, Prescription drugs, Know friends and activities, Sex)	
	notes	*
) C	Violence and Injury Prevention (Seat belts/No ATV, Guns, Safe dating, Conflict resolution, Bullying helmets, Protective gear)	, Sports
	notes	-
) (add item	-
	notes	-
ysica	al Exam	
ake A	AII: ABN NL N/E	
N NL		
) ()	General Appearance	
	notes	•
0	Head	
	notes	*
0	O Eyes	
	notes	-

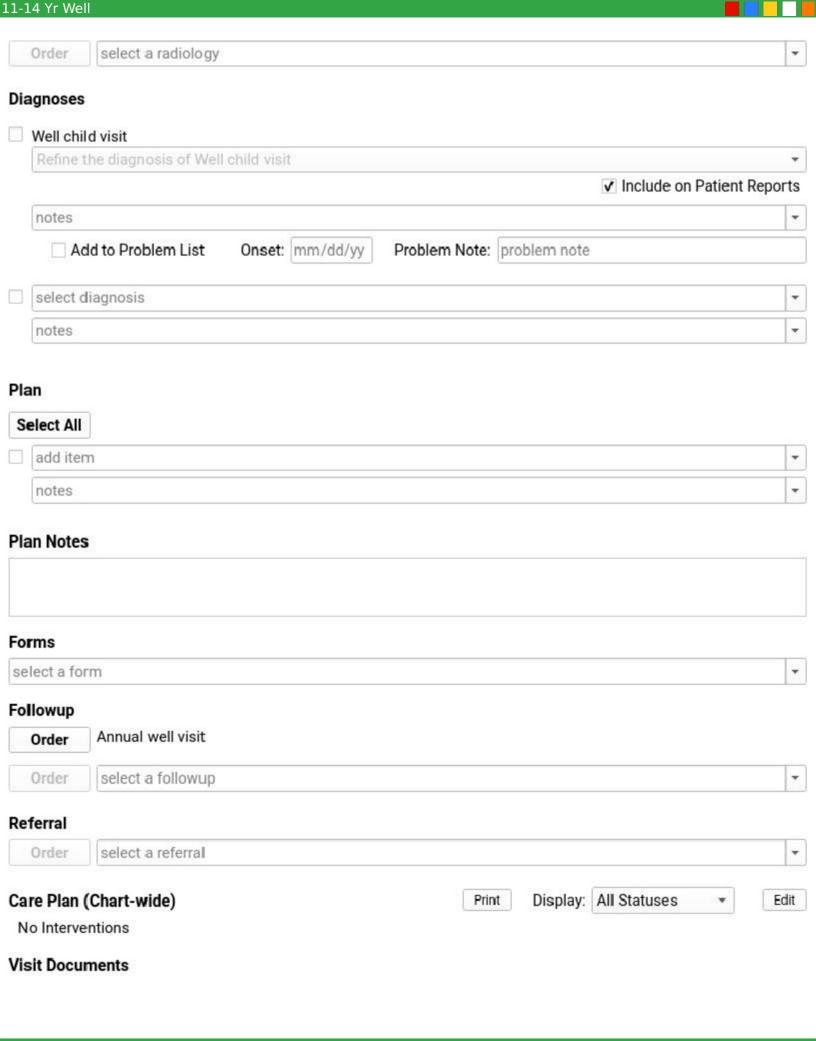
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0	0	0	Ears	
			notes	•
0	0	0	Nose	
			notes	*
0	0	0	Oropharynx	
			notes	·
0	0	0	Neck	
			notes	-
0	0	0	Chest	
			notes	-
4.04		NI/E		
ABN	O.	N/E	Lungs	
			notes	*
0	0	0	Cardiovascular	
			notes	-
0	0	0	Abdomen	
O			notes	-
			notes	▼
0	0	0	Genitalia	
			notes	▼
0	0	0	Back	
			notes	•
0	0	0	Extremities	
			notes	-
0	0	0	Musculoskeletal	
			notes	-
0	0	0	Neurologic	
			notes	*
ADNI	NII.	NI/E		
ABN	O	N/E	Skin	
			notes	*
0	0	0	add item	
				T
			notes	•

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Navigational Anchors in 11-14 Yr Well

- 1. Intake
- 2. Informant/Relationship
- 3. Vitals
- 4. Growth Charts
- 5. Screening
- 6. ROS
- 7. Nutrition
- 8. RISK ASSESSMENT
- 9. Anticipatory Guidance Discussed
- 10. Physical Exam
- 11. Lab
- 12. Medical Procedures
- 13. Immunizations
- 14. Immunization Consent
- 15. Radiology
- 16. Diagnoses
- 17. Plan
- 18. Follow Up
- 19. Referrals
- 20. Prescriptions
- 21. Visit Documents

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