



## 15 to 18 Year Well Visit

**H:**\_\_\_\_\_ **%:** \_\_\_\_\_ **W:**\_\_\_\_\_ **%:** \_\_\_\_\_ **BMI:**\_\_\_\_\_ **%:**\_\_\_\_\_

**Nutrition:** Low-fat milk and water are best beverage choices. Aim for 5 servings of fruit/veggies daily. Avoid sugary foods. Try to be active for 60 minutes each day.

### Development/Mental Health:

Talk about body changes and working through feelings/worries openly. Let your parents get to know your friends. Computer/tablet/screen use should be in the open and supervised, less than 2 hours daily per the AAP. Avoid having a cell phone/screen on in your room at night, as it disturbs sleep. Develop responsibility with school and chores, consider volunteering in the community and getting involved in sports or after-school activities.

**Safety:** Bike helmets on wheels. Always wear a seat belt. When driving, keep your phone on “do not disturb,” and avoid being in a vehicle with someone who has been drinking or using drugs. Discuss your values, dating in groups, abstinence, and avoidance of tobacco/vaping/drugs/alcohol with your parents.

**Dental Health:** Fluoride toothpaste with twice daily brushing, and dentist visits every 6 months.

**Immunizations:** Tdap and HPV if not already given. Meningitis (Menactra #2) and MenB series age 16.

### Medication Dosage:

|   | 48-60 lb                   | 60-72 lb                       | 72-110 lb                  | >110 lb                                   |
|---|----------------------------|--------------------------------|----------------------------|---|
| Acetaminophen (160mg/5mL or chewtab; 325mg tablet)        | 10 mL<br>(2 tsp)<br>325 mg | 12.5 mL<br>(2.5 tsp)<br>400 mg | 15 mL<br>(3 tsp)<br>490 mg | 500 mg tablet,<br>or two 325mg<br>tablets |
| Children’s Ibuprofen (100mg/5mL or chewtab; 200mg tablet) | 10 mL<br>(2 tsp)<br>200 mg | 12.5 mL<br>(2.5 tsp)<br>250 mg | 15 mL<br>(3 tsp)<br>300 mg | 400 mg<br>(2 tablets)                     |

**Next visit:** in one year