Small Steps to Health Visit

Date: / / 
Data Entry Note: 
Language: Interpreter: Yes No

CLINICAL DATA

WCC last 12 months? Yes No

HEALTH HABITS

ROS: Breakfast d/wk
Headache Fruit/Veg x/d
Dev Delay TV/computer hrs/d
Sleep/Snoring Phys Activity hrs/d
Cough, Wheeze Soda can/d
Depression/fatigue Juice/Sweetened Beverage oz/d
Knee/hip pain/Limp Family Meal d/wk
Abd pain/Vomiting Lowfat Milk Y N
Oligo/Dysmenorrhea Meals/snacks B S L S D S

READINESS TO CHANGE

LABS

Child 0123456789 CBC LFT’s TSH/T4
Adult 0123456789 Hgba1c Xray

Comorbidities/Medications

Current Goal(s): New Goal(s) today:

Goal/Step # 1

Goal/Step # 2

Physical Exam

Gen: WD/WN NAD, not dysmorphic
MS: NI affect/interaction
HEENT: NI conjunctiva, NI sclera, EOMI; no papilledema; nares: clear; NI oral mucosa w/no lesions
Neck: supple, FROM, NI thyroid
Chest: NI BS, CTA B, no wheezes, no rales
Abd: soft, NI bowel sounds; NT/ND; no HSM, no masses
Neuro: CN I-IX intact, NI gait, NI coordination, NI DTR’s
Skin: warm, dry, intact. No cyanosis, clubbing or edema; No striae/hirsutism; no acanthosis nigricans
CV: RRR, no murmurs, rubs, gallops
Ext: NI ROM, NI strength, NI pulses
GU: Tanner ________, NI ext genitalia

Assessment:

1. Overweight (≥ 95%ile)
   - At Risk of Overweight (85-94%ile)
   - Healthy Weight (< 85%ile)

2. Accelerated weight gain/BMI%ile
   - Stable growth

Advice:

Nutrition: breakfast, fruit/vegetables, soda/juice
Physical Activity: TV/computer, Physical Activity

Referrals:

Nutrition Physical Activity: 
Mental Health Other: 
Self Management Support

Small Steps follow-up in wks/mos with OR

Well Child Visit follow-up in months with

Signature:

Place Patient Stamp Here

revised 8/1/06