

## **The Wellness Exam Through The Decades**

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## **Illustrations**

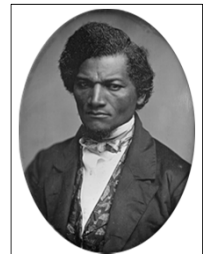
- Megan Walker, Professional Illustrator
- megzagan@yahoo.com
- Created for express use in this presentation

## **Learning Objectives:**

- Discuss the Wellness Exam as a dynamic construct with content that varies by patient age and sex
- Apply best-practice guidelines for common preventive interventions throughout the lifespan
- Discuss how to tailor the Wellness Exam for maximal preventive impact

**It is easier to build strong children than  
to repair broken men.**

**- Fredrick Douglass**



<https://brightfutures.aap.org>

Samuel J. Miller; American, 1822-1888

## Newborn (0-3 months)

- Growth/ Breastfeeding
- Jaundice
- Hearing Screening
- Congenital conditions (newborn screen, exam)
- Infection counseling/ prevention
- Safe sleep
- Parental support/ social context

## Neonatal Hyperbilirubinemia

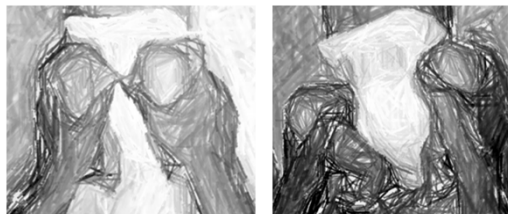
- Measure bilirubin in first 24 hours.
- Visual estimation unreliable.
- Age (hours) and risk factor interpretation.
- [www.bilitool.org](http://www.bilitool.org)
- Close outpatient follow up (tailored to level of risk at discharge)

## Breastfeeding

- Long-term success of infant.
- Decrease SIDS, obesity, and childhood illness risk.
- Improved IQ.
- Maternal benefits (decrease DM2 and post-partum depression risk).
- Exceptions (galactosemia, HIV)

## Developmental Dysplasia of the Hip

- Ortolani, Barlow reliable until 3 months of age
- Older: attention to limb length difference, asymmetric buttock creases.



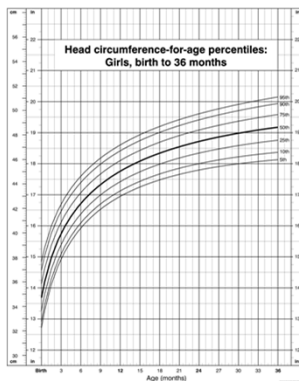
## Infant (3 m-35 m)

- Growth
- Immunizations
- Feeding (Solids/ Allergen Exposure)
- Sleep/ Behavior
- Accident Prevention
- Developmental/ Autism screening
- Lead toxicity and iron deficiency screening
- Dental care



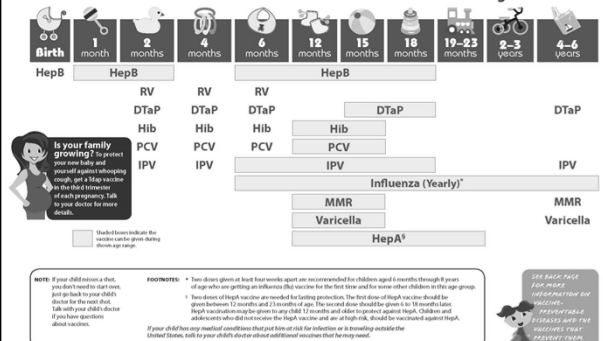
## Growth

CDC Growth Charts: United States



- Linear
- Weight gain
- Head Circumference (until 36 months)
  - Microcephaly
  - Macrocephaly

## 2015 Recommended Immunizations for Children from Birth Through 6 Years Old



For more information, call toll free  
1-800-CDC-INFO (1-800-232-4636)  
or visit  
<http://www.cdc.gov/vaccines>



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



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## Food Introduction Principles

- Meet motor developmental milestones.
- Complementary feeding (ideally supplementing MBM) at 4-6 months.
- Early introduction of high allergen potential (small amounts, right consistency) .
- Avoid: whole cow's milk; choking hazards (eg, nuts, grapes, raw carrots, or candies); and honey.

THE MAKE SAFE HAPPEN APP

<http://www.makesafehappen.com/get-the-app>

Poison Control 1 -800- 222-1222 [www.poison.org](http://www.poison.org)

Age range	0-1 year	2-5 years	6-11 years	12-17 years
Rank	Cause of Death			
1	SIDS	Drowning	MVA	Suicide
2	Homicide	MVA	Drowning	MVA
3	MVA	Fire/ Burn	Fire/ Burn	Homicide
4	Drowning	Homicide	Homicide	Accidental drowning
5	Fire/ Burn	Pedestrian	Pedestrian	Accidental poisoning

CDC Injury Prevention and Control: Data and Statistics 2014

## Preschooler (3 y-5 y)

- Growth
- Immunizations (catch up and pre-kindergarten)
- Blood pressure (starting at age 3)
- Vision/ Hearing screening
- Screen time and activity
- Safety
- Sleep
- Toilet training

## Preschooler



## **Pediatric Blood Pressure Screening**

- SBP and/or DBP  $\geq$  95% for age, sex, and height on 3 or more occasions
- NHLBI & AAP- screening age 3 and up
- Special situations: premature, recurrent UTI, CHD
- SIZE MATTERS (cuff and child)!
- Appropriate cuff size and BP tables:  
[https://www.nhlbi.nih.gov/files/docs/resource\\_s/heart/hbp\\_ped.pdf](https://www.nhlbi.nih.gov/files/docs/resource_s/heart/hbp_ped.pdf)

## **Toilet training**

- Readiness is key!
- Stay positive.
- Dry for 2 or more hours.
- Predictable bowel function.
- Interest in toileting.
- Can follow instructions.
- Able to pull pants up and down.

## **Vision Screening**

- Most kids able to comply by 4 years of age.
- 36-47 months: most of 20/50 line
- 48-59 months: most of 20/40 line
- 5 years and up: most of 20/32 with either or both eyes
- Refer children not reading at grade level
- Repeat every 1-2 years (school age to adolescent)

## **Elementary (Age 6y-11y)**

- Growth
- Immunizations
- Social/ School Performance
- Scoliosis
- Obesity/ dyslipidemia
- BP screening
- Vision/ Hearing/Dental

## School-Age



### 2015 Recommended Immunizations for Children from 7 Through 18 Years Old

7-10 YEARS	11-12 YEARS	13-18 YEARS
HepA*	Tetanus, diphtheria, pertussis (Tdap)†	HepA
	Human Papillomavirus (HPV) vaccine‡§	HPV
MCV4	Polysaccharide conjugate vaccine (PCV13)¶	MCV4§§
	Shingles (Zostavax)*	Booster at age 16 years
	Pneumococcal vaccine*	
	Hepatitis A (HepA) vaccine series*	
	Hepatitis B (HepB) vaccine series	
	Inactivated polio vaccine (IPV) series	
	Measles, mumps, rubella (MMR) vaccine series	

These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine. These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines. These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children can get the HepA series. See vaccine-specific recommendations at [www.cdc.gov/vaccines/imz/downloads.htm](http://www.cdc.gov/vaccines/imz/downloads.htm).

**FOOTNOTES**

\*Stop vaccine is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don't know if your child has received these shots, your child needs a single dose of Stop when they are 7-10 years old. Talk to your child's health care provider to find out if they need additional catch-up vaccines.

†8.1 or 12 year olds - both girls and boys - should receive 3 doses of HPV vaccine to protect against HPV-related disease. The full HPV vaccine series should be given as recommended for best protection.

‡Bivalent polio vaccine (PCV13) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV4 for the first time at age 11 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

§Everyone 6 months of age and older—including pregnant and breastfeeding women—should get a flu vaccine every year. Children under the age of 6 years may require more than one dose. Talk to your child's health care provider to find out if they need more than one dose.

¶Pneumococcal conjugate vaccine (PCV13) and Pneumococcal Polysaccharide vaccine (PPSV23) are recommended for some children through 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccines and what factors may place your child at high risk for pneumococcal disease.

§§Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may choose to have your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit <http://www.cdc.gov/vaccines/imz/downloads.htm>



## Behavior/ School Performance

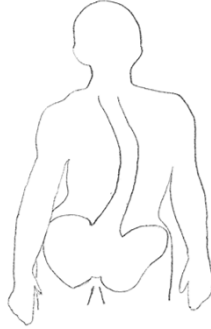
- Poor school performance signifies deeper issues.
- If concern, consider ADHD/ anxiety/ depression/ detailed social history.
- Excessive screen time (ideal < 2 hours)
- Iron deficiency
- Sleep apnea/ inadequate sleep
- Screens and sugar!

## Screen Time

- Parenting and role modeling.
- Content matters.
- Co-engagement (get in the sandbox).
- Tech-free zones.
- < 2 hours for > 2 years of age.

## Scoliosis

- Lateral curvature of spine (3-D)
- Females > males; + family history
- Adam's forward bending test
- Early adolescent
- Females age 10, 12
- Males at age 13



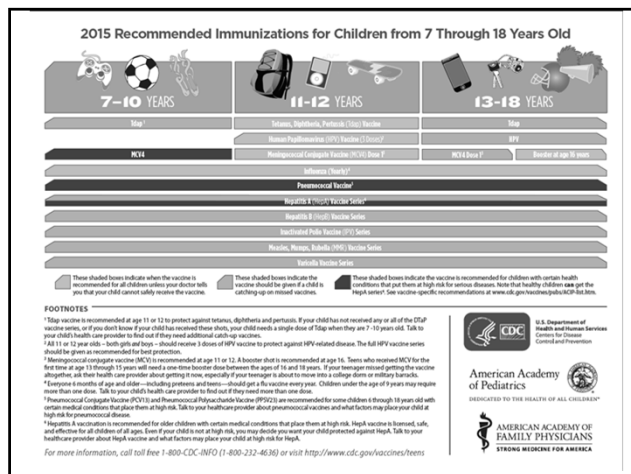
## Adolescent (12y-18y)

- Growth/ Obesity/ Eating (BP/ ?lipid)
- Immunizations
- School Performance
- Age/ developmentally appropriate
- Parent and child with confidentiality assurance
- Sexuality
- Injuries
- Tobacco/ Alcohol/ Drugs
- Depression/ Suicide screening



## Adolescent Social Assessment

- H- Home
- E- Education and Employment
- E- Eating
- A- Activities
- D- Drugs
- S- Sexuality
- S- Suicide/ depression
- S- Safety



- **Overweight BMI 85%-95%**
- **Obese BMI  $\geq$  95%**
- **Anticipatory guidance (hard work)**
- **Whole family**
- **Food/ drink/screens/ activity**
- **Refer BMI  $> 99\%$  and or 95-99% without maintenance**
- **Labs: lipid/ fasting glucose**

- Routine screening recommended ages 11 and up
- GAPS Questionnaire has some
- History (HEADSS)
- Formal screening tools Patient Health Questionnaire (PHQ-9) and Mood and Feelings (MFQ) have been validated.

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## Young Adults

- College or pre-college exams
- Vaccine update
- STI's, sexual practices
- Lifestyle and personal habits
- Reproductive planning and pregnancy care
- Mental and physical health
- Planning future medical care



## Young Adult

- “Every day when I wake up I gotta go to the gym. I arrange my other activities around my workout. I have to organize my mind, body, and health first.”
- -The Situation



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## Women's Health

- <http://www.cdc.gov/mmwr/pdf/rr/rr6205.pdf>
- For contraceptive advice/updates
- Appendices A and B
- LARCs
- New Pap smear guidelines in last 5 yrs.
- Mammography controversy



## Middle Ages

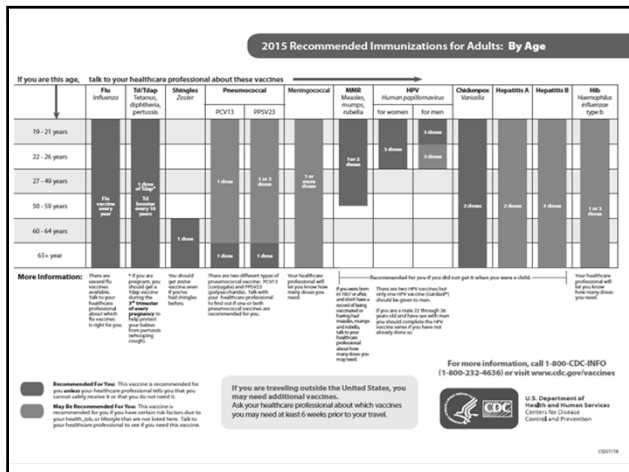
- 30's through age 49
- BP, lipids, BMI, glucose
- Personal habits and lifestyle inc. exercise
- Medications, problems, family history
- Accident prevention, mental health

## Recommendations for Prevention

- <http://www.ahrq.gov/sites/default/files/publications/files/cpsguide.pdf>
- Details most current USPSTF recommendations and evidence for them
- Offer A and B recommendations
- Individualize C and I recommendations

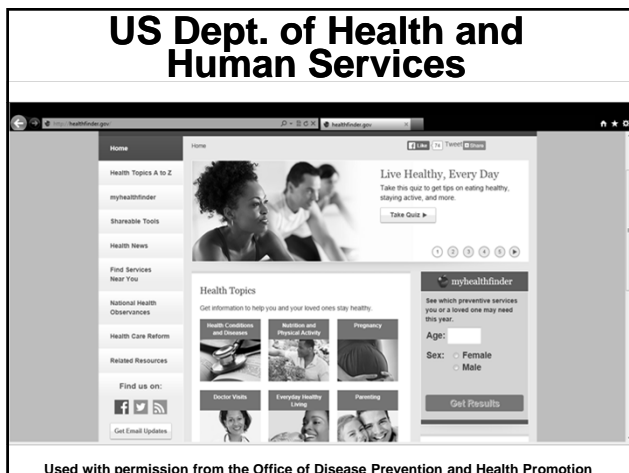
## Immunizations

- <http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
- ACIP 2015 Immunization Schedule for adults
- Read with footnotes for contraindications
- App- downloadable for iOS and android devices



## Patient Preparation and Education

- [www.healthfinder.gov](http://www.healthfinder.gov)
- Allows patient to map preventive services by age and sex



## Preventive Services Throughout Adulthood

- *"It is always better to catch and treat an illness earlier rather than later, and clinical preventive services enable us to do that."*  
— Douglas Shenson, MD, MPH

## Older Middle Age (50-64)

- Patient barriers to care begin to be evident:
  - Not aware of recommended services
  - No physician discussion of recommended services
  - Physical or social barriers (transportation, disability, language)
  - Need to take responsibility for own prevention care

## Preventive Services in Middle Aged and older Adults

- *The positive message to older adults is: 'You are in charge.'*— Cathie Berger



## Older Adults (65 and Older)

- [https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/MPS\\_QRI\\_IPPE001a.pdf](https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/MPS_QRI_IPPE001a.pdf)
- [https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/AWV\\_Chart\\_ICN905706.pdf](https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/AWV_Chart_ICN905706.pdf)

## Initial Medicare Wellness Exam

- Update Medical and Social History
- Screen for mood disorders
- Functional ability/level of safety
- Basic exam
- End-of-life planning
- Educate, counsel, and refer based on findings
  - EKG, visual screen
  - Vaccines and other recommended screenings



## Elderly Patients

Focus on wellness behaviors

## Annual Medicare Wellness Exams

- Health risk assessment including ADL's
- Review functional/safety level requirements
- Update family and medical history
- List providers, suppliers
- Screen for mood disorders, basic PE
- List screening and health risk factor interventions needed
- Refer as needed/personalized health advice

**"If I had known I was going to live this long, I would have taken better care of myself."**

**-Mae West**



Unknown journalist photographer,  
Los Angeles Times Archive