

Belilovsky Pediatrics  
523 Oceanview Avenue  
Brooklyn, NY 11235  
(718) 332-6652

**12-18  
YRS**

ID Sticker: [REDACTED]

Patient Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**INTERIM ADOLESCENT EXAM  
(12-18 YEARS)**

Date/Time: \_\_\_\_\_

Informant: \_\_\_\_\_

**Intake/Interval History:**

Y or N Immunizations completed:  
Y or N Illness:  
Y or N Accidents:  
Y or N ER Visits:  
Y or N Hospitalization:  
Y or N Operations:  
Y or N Injuries:  
Y or N Drug Reactions:  
Y or N Reaction to Vaccines:  
Y or N Risk Assessment Questionnaire Completed  
Y or N Drugs, Alcohol, Tobacco

Wt. gain/loss ☐ Yes ☐ No  
Vomiting/Diarrhea more than 1 day ☐ Yes ☐ No  
**Yes to either of the above = referral**  
Diet: \_\_\_\_\_ Appetite: \_\_\_\_\_  
Fruits: \_\_\_\_\_ Vegetables: \_\_\_\_\_  
Meats: \_\_\_\_\_ Dairy: \_\_\_\_\_  
Grain/Bread: \_\_\_\_\_ Junk: \_\_\_\_\_  
Urination: \_\_\_\_\_ BM: \_\_\_\_\_  
Sleep: \_\_\_\_\_

**Girls:** Menarch: \_\_\_\_\_ LMP: \_\_\_\_\_  
Last GYN: \_\_\_\_\_ N/A ☐

**Measurements:**

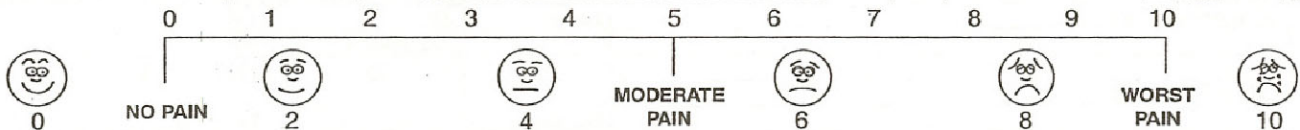
Ht: \_\_\_\_\_, Wt: \_\_\_\_\_, T: \_\_\_\_\_ P: \_\_\_\_\_, R: \_\_\_\_\_, BP: \_\_\_\_\_, Allergies: \_\_\_\_\_

**BMI / Percentile:** [REDACTED]

Are you having pain today? ☐ Yes ☐ **No**  
What medications do you take for pain? \_\_\_\_\_

**PAIN SCALE**

Have you had pain recently? ☐ Yes ☐ **No**  
Is your pain controlled? ☐ **N/A** ☐ Yes ☐ No



MA Signature/Date: \_\_\_\_\_

**Physical Examination: A = Abnormal to be explained in progress notes.**

General	N <input type="checkbox"/> A <input type="checkbox"/>	Lungs	N <input type="checkbox"/> A <input type="checkbox"/>
Skin	N <input type="checkbox"/> A <input type="checkbox"/>	Heart	N <input type="checkbox"/> A <input type="checkbox"/>
Head	N <input type="checkbox"/> A <input type="checkbox"/>	Abdomen	N <input type="checkbox"/> A <input type="checkbox"/>
Abdomen	N <input type="checkbox"/> A <input type="checkbox"/>	Extremities	N <input type="checkbox"/> A <input type="checkbox"/>
Eyes	N <input type="checkbox"/> A <input type="checkbox"/>	Back/Spine	N <input type="checkbox"/> A <input type="checkbox"/>
Ears	N <input type="checkbox"/> A <input type="checkbox"/>	Neurological	N <input type="checkbox"/> A <input type="checkbox"/>
Nose	N <input type="checkbox"/> A <input type="checkbox"/>	Genitalia / Anus	N <input type="checkbox"/> A <input type="checkbox"/>
Mouth/Throat	N <input type="checkbox"/> A <input type="checkbox"/>	Tanner Stage ♂ 1 2 3 4 5	Pubic 1 2 3 4 5
Dental	N <input type="checkbox"/> A <input type="checkbox"/>	♀ Breast 1 2 3 4 5	
Neck	N <input type="checkbox"/> A <input type="checkbox"/>	<b>Girls:</b> Pelvic - <input type="checkbox"/> NI* <input type="checkbox"/> Refer to GYN	
Breast	N <input type="checkbox"/> A <input type="checkbox"/>	Rectal - <input type="checkbox"/> NI* <input type="checkbox"/> Refer to GI or GYN	

**Psychosocial Status Evaluation/Anticipatory Guidance:**

**AG - given**

**Safety:**

Vehicular/Seat Belts  
Risk Taking  
Sports  
Fire Arms

**Health Promotion:**

Personal Hygiene  
Dental Hygiene  
Testicular/Breast Self Exam  
Physical Activity  
Excessive TV/Computer Games/Texting  
Risk Reduction: Smoking Alcohol Drugs

**Nutrition:**

Balanced Diet / Healthy Food  
Vitamins, Minerals/Herbals

Problem behavior ☐ Yes ☐ **No** (Explain if Yes)

**UA**  
☐ CHLAMYDIA  
☐ GC  
girls: HCG ☐

N = normal  
A = abnormal

Ped\_Asses\_1218full

Ped\_Assess\_1218yr\_a

AG = Anticipatory guidance  
NI\* = Not indicated

**12 -18  
YRS**

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

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[illegible]

Date/Time

**Stamp:**



# KidsHealth

from the health experts of Nemours



PARENTS site



KIDS site



TEENS site



**Belilovsky Pediatrics**

Strongly Advises All Parents to Consult the Following Site:

<http://kidshealth.org>

For Accurate Information Regarding Nutrition, Exercise, Fitness, Parenting Skills as well as Many other Important Topics for your Newborn to Adolescent Child.

## NUTRITIONAL GUIDELINES

To best serve the Nutritional Needs of your child, we urge all parents to consult the following website to determine your child's best weight and to decide if a change of diet is necessary.

1. First, Open the following link (below) and discover your child's ideal weight :

The screenshot shows a web form for calculating BMI. It has tabs for 'US Standard (lb/in)' and 'Metric (kg/cm)'. Step 1 includes fields for Gender (Male/Female) and Birth Date. Step 2 includes fields for Date of Measurements, Height (ft/in), and Weight (lbs), with buttons for 'Add Entry' and 'Reset Data'. Step 3 has buttons for 'Calculate BMI' and 'Reset All'.

<http://kidshealth.org/teen/nutrition/weight/bmi.html>

2. Next, go to this link to find solutions to almost all of your child's nutritional needs:

## NUTRITION & FITNESS CENTER

### food & NUTRITION

- ▶ General Nutrition
- ▶ Nutrition & Infants
- ▶ Special Dietary Needs
- ▶ Eating Problems
- ▶ Nutrition Q&A
- ▶ En español
- ▶ MORE

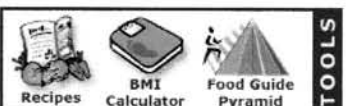


### NEWS

- ▶ School Water Fountains Can Help Curb Overweight
- ▶ Most Kids Who Take Vitamins Don't Need Them
- ▶ Too Much TV May Lead to Too Much Fast Food
- ▶ MORE

### exercise & FITNESS

- ▶ General Fitness
- ▶ Exercise Safety
- ▶ Fitness Problems
- ▶ Exercise Q&A
- ▶ En español
- ▶ MORE



TOOLS

### Quick Tip

Cut melons or carrots, and keep them in bags in the fridge — ready to grab and go.



▶ Center for KIDS ▶ Center for TEENS

[http://kidshealth.org/parent/centers/nutrition\\_center.html](http://kidshealth.org/parent/centers/nutrition_center.html)

3. Should you need the help of a nutritionist for your child, we maintain a list of qualified nutritionists and organized nutritional modification programs in our office. Please contact our office during business hours so that we may evaluate your particular needs and make recommendations and referrals:

Tel: 718-332-6652 (M-Sat 9-5)

In certain cases we will have already determined your child's weight. If so, then your child's weight profile is indicated below:

Your child's BMI is:

Your child's BMI percentile is:

This is considered:

HEALTHY ☐

OVERWEIGHT ☐

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Teens can work physical activity into everyday routines, such as walking to school, doing chores, or finding an active part-time job. They can take be camp counselors, babysitters, or assistant coaches for young sports teams, jobs that come with a chance to be active.

### **Motivating Teens to Be Active**

Teens face many new social and academic pressures in addition to dealing with emotional and physical changes. Studies show that teens on average spend more than 6 hours a day on various media, including watching TV, listening to music, surfing online, and playing video games. It's not surprising that teens can't seem to find the time to exercise and many parents can't motivate them to be active.

Parents should try to give teens control over how they decide to be physically active. Teens are defining themselves as individuals and want the power to make their own decisions, so they're reluctant to do yet another thing they're told to do. Emphasize that it's not *what* they do; they just need to be physically active regularly.

Once they get started, many teens enjoy the feeling of well-being, reduced stress, and increased strength and energy they get from exercise, and then might gravitate to exercise without nudging from a parent.

To keep teens motivated the activities have to be fun. Support your teen's choices by providing equipment, transportation, and companionship. Peers can play an influential role in teens' lives, so create opportunities for them to be active with their friends.

# **13 to 18 Year Old Fitness/Exercise**

Kids who enjoy sports and exercise tend to stay active throughout their lives.

Immediate benefits include maintaining a healthy weight, feeling more energetic, and promoting a better outlook. Participating in team and individual sports can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun. And regular physical activity now can help prevent heart disease, diabetes, and other medical problems later in life.

### **Fitness in the Teen Years**

It's recommended that teens get at least 1 hour of physical activity on most, preferably all, days of the week. Yet physical activity tends to decline during the teen years. Many teens drop out of organized sports and participation in daily physical education classes is a thing of the past.

But given the opportunity and interest, teens can reap health benefits from almost any activity they enjoy, from skateboarding, in-line skating, yoga, swimming, dancing, or kicking a footbag in the driveway. Weight training, under supervision of a qualified adult, can improve strength and help prevent sports injuries.

Help your teen stay active by finding an exercise regimen that fits with his or her schedule. Your teen may not have time to play a team sport at school or in a local league, but many gyms offer teen memberships, and kids may be able to squeeze in a visit before or after school. Your teen might also feel more comfortable doing home exercise videos. If transportation is an obstacle, try coordinating your teen's exercise schedule with your own.

And all teens should limit the time spent in sedentary activities, including watching TV and using the computer.

### **When to Speak With Your Doctor**

If you're concerned about your teen's fitness, speak with your doctor. Teens who are overweight or very sedentary may need to start slowly and the doctor may be able to recommend programs or help you devise a fitness plan.

A teen with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be modified or adapted, and some may be too risky. Consult your doctor about which activities are safe.

And some teens may overdo it when it comes to fitness. Young athletes, particularly those involved in gymnastics, wrestling, or dance, may face pressures to lose weight. If your teen refuses to eat certain food groups (such as fats), becomes overly concerned with body image, appears to be exercising compulsively, or experiences a sudden change in weight, talk with your doctor.



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# 13 to 18 Year Old Fitness/Exercise

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### **When to Speak With Your Doctor.....**

Another dangerous issue is the use of steroids, particularly in sports where size and strength are valued. Talk with your doctor if you suspect your teen is using steroids or other performance-enhancing substances.

Finally, speak with your doctor if your teen complains of pain during sports and exercise.

### **Fitness for Everyone**

Everyone can benefit from being physically fit. Staying fit can help improve self-esteem and decrease the risk of serious illnesses (such as heart disease and stroke) later in life. In addition, regular physical activity can help teens learn to meet physical and emotional challenges they face every day.

Help your teen commit to fitness by being a positive role model and exercising regularly, too. For fitness activities you can enjoy together, try bike rides, hitting a tennis ball around, going to a local swimming pool, or even playing games like capture the flag and touch football. Not only are you working together to reach your fitness goals, it's a great opportunity to stay connected with your teen.

Reviewed by: Steven Dowshen, MD

Date reviewed: August 2008