



Premier Pediatrics, P.A.
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17 Year Appointments

At Premier Pediatrics, we provide an age-relevant handout prior to each well-visit appointment. Please feel free to use the handout to write down questions and to take notes throughout your appointment. We will be happy to discuss questions you might have regarding anything covered in this handout or otherwise. Please continue to refer back to this handout at home. However, know that you have several options to answer additional questions and concerns that may come up at home.

1. Our staff is available by phone during our office hours: 8AM-5PM Monday-Friday.
2. Also, be sure to check our website: www.premierforkids.com. We have partnered with Pediatric Web to bring you a quick symptom guide in addition to a quick medicine and dosage guide.
3. Additionally, we offer triage services through Children’s Mercy in the event that you need urgent assistance when we are not in the office. You may follow the prompts from our primary phone number to be connected to this line.

Immunizations

Your child has completed his/her regularly scheduled pediatric immunizations*. However, your child may need to catch-up on a missed immunization or your provider may recommend an immunization based on the patient’s individual needs. Please let the nurse or your provider know if you have any questions regarding your child’s immunization needs.

Gardasil (HPV9), is a series of three immunizations which are currently optional, but the AAP (American Academy of Pediatrics), and our physicians do recommend your child receive this immunization. Gardasil may be given to children 9 years of age and older. If your child receives this immunization at his/her well-visit, please be sure to get a vaccine information statement from the nurse.

Appointment and Immunization Schedule

Your child’s next regularly scheduled well-visit will be in 1 year, for the patient’s 18 year appointment** (please refer to the note on page 2).

It is always a good idea to try to schedule these appointments as early as possible. We recommend 2-3 months in advance to ensure an appointment time that works best for you and your child’s schedule.

*Well-visit appointments should be scheduled every year around the patient's birthday.

Vaccine Schedule

AGE	REQUIREMENT	DESCRIPTION OF SHOTS
Birth		Hep B
2 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)
4 month		Pediarix (Dtap, IPV, HepB); PedVaxHib; Prevnar 13 (pneumococcal); Rotarix (Rotovirus-oral)

6 month	*must be 6M	Pediarix (Dtap, IPV, HepB); Prevnar 13 (pneumococcal); Vision Screen
9 month		Hgb/HCT (finger-prick); Any catch-up shots
12 month	*must be 12M	MMR; Varivax (Varicella); Vision Screen
15 month		Prevnar 13(pneumococcal); Hep A #1
18 month		Infanrix (Dtap); Hiberix; MCHAT
2 year		Hep A #2; Hgb/HCT/Lead (finger prick); MCHAT; Vision Screen
4 year	*must be 4YR	Kinrix (Dtap/IPV); MMRV (MMR/Varicella); Vision Screen
5 year		Vision Screen; Hearing Screen
11 year	*must be 11YR	Boosterix (Tdap); Menveo (Meningococcal ACWY); HPV9; Cholesterol
12 year		HPV9 #2
13 year		HPV if not completed
16 year	* must be 16YR	Menveo (Meningococcal ACWY); Bexsero (Meningococcal B); Cholesterol; Hgb
17 year		Bexsero #2 (Menigococcal B)
18-21 year		Tdap; Catch up on Men B or HPV9 if not complete

Immunization Notes

- *We follow the CDC/AAP (American Academy of Pediatrics) guidelines for vaccinations
- *We can give the Dtap, IPV (polio) and Hep B individually and not as a combination shot if necessary.
- *Flu shots do not have preservatives.
- *Minimum spacing between 2M, 4M, and 6M shots is 6 weeks

****Your Child's Transition to Adulthood: 18 Year Appointments**

Your child will soon be transitioning to adulthood. After your child turns 18, you, as the parent, are no longer considered his/her legal representative. Under the Federal Health Information Portability and Accountability Act (HIPAA), your child's health records are legally between himself/herself and his/her healthcare provider. Your child may grant you as the parent or guardian access to his/her medical records if he/she chooses. However, this is his/her personal decision and access may be limited and/or revoked at any time. We are required, by law, to have this consent on file in order to speak with the patient's parent or guardian about any of the patient's protected health information.

At Premier Pediatrics, we are happy to assist the patient and the parent with this transition in a safe and familiar environment. At the child's 18 year appointment, we will ask that the patient see's his/her doctor on their own. Young

adults learning to manage their own healthcare will need to develop certain skills; as your child becomes more capable of directing his/her own care, recognize that *the patient*, not the parents, should:

- ✓ **Make medical appointments** - it may be a good idea for your child to try scheduling the 18 year appointment by himself/herself
- ✓ **Manage prescriptions medications**
- ✓ **Be knowledgeable about his/her health needs** - the patient will need the ability tell the doctor about his/her history, current symptoms, lifestyle, and self-care and be willing to independently follow medical recommendations from his/her doctor
- ✓ **Know when to seek guidance in solving problems**
- ✓ **Begin carrying his/her own insurance card** - this should be kept in a wallet or another place that is easily accessible
- ✓ **More involvement in independently keeping himself/herself well** - with diet and weight control, exercise, and recreation; following good hygiene behaviors; limiting risk-taking behaviors (such as drinking alcohol, smoking, taking non-prescription drugs, or unsafe sexual practices); and getting help when you feel angry, lonely, or sad for long periods.
- ✓ **Begin to understanding his/her healthcare benefits and insurance plan** - such as, what services and providers are covered or not covered; additionally, the patient and parents should discuss whether your insurance plan has a co-pay for medical services and figure out a plan to pay for medical services if/when they are needed

Even though you're child is getting older, Dr. Winburn, Dr. Bush, and Dr. Shakya still care about his/her health. Patients are welcome to continue making appointments and using our Walk-In Clinic through about 21 years (or through the end of college). If your child will be scheduling appointments for times when he/she is back home on break, please be sure to have him/her schedule these appointments early!

Health/Physical Forms

We have the Kansas and Missouri Department of Health forms, the Kansas and Missouri Pre-Participation forms and Boy Scout forms available at our office and will be happy to provide these for your child at a scheduled appointment. If for any reason you need a health form completed outside of a well-visit, we do request that you allow 3 to 5 days to process this request. This information is considered protected health information and is available to be picked up at our office or printed at home, after requested, from the patient portal.

A Note about PPE (Pre-Participation Physical Evaluation) Forms

Kansas High School PPE forms state "*PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.*" At Premier Pediatrics, we recommend patients have one well-visit per year around their birthday; this allows our patients' well-visit appointments to be spread out throughout the year and avoids overflow during the summer months. We will print/prepare a PPE form *after May 1* (in accordance with the Kansas rule) for a patient who has had a well-visit in the last 12 months. This will be prepared with the understanding that our providers have followed your child medically and are aware of any health changes that may have occurred with your child since their last physical exam. Therefore, if your child is an active patient at Premier Pediatrics, he/she *does not* need an additional examination to prepare a PPE form.

Please note that well-visit examinations, physical evaluation, sports physical, camp physical, etc. are synonymous and refer to the same appointment that your child receives once per calendar year.

Immunization Records

We will be happy to provide a copy of your child's immunization record at any time. Please feel free to ask for one at your child's well-visit, call to request a copy, or simply print on off from the patient portal. Immunization records are considered public health records; therefore, they may be faxed.

Adolescent Care: 15 thru 17 Years

Parents, please remember, times today are different than when you were a teenager! Your teenager has many more and new obstacles to overcome than you did. In addition, they still are going through the same physical and emotional growth that you did. So bear with them. It can be a wonderful learning experience! AND have a sense of humor, it can take you far!

Females attain adult physical maturity during this time. It may be a little longer for males. Since sexual experimentation with peers and/or homosexual episodes may occur at this age, it is of utmost importance that adolescents have thorough sexual and reproductive knowledge including normal physical and psychological development, birth control and AIDS prevention. If you are uncomfortable talking with your adolescent about sex, then seek help through your health care provider or community.

Adolescents develop the ability to problem solve and think abstractly. Although this permits them to hypothesize about particular ideas, they are unable to think of themselves in a futuristic manner and are still egocentric with interests only in the here and now. This can present problems for their safety in that they think that “it can’t happen to them”. It also means that they are not always thinking of others and can be somewhat inconsiderate. Fortunately, this improves with age.

Sports activities remain very important in the life of an adolescent. Social activities often center around sports events and can be a means of meeting together in groups or pairs. Jobs after school and weekends can also be a part of an adolescent’s life. This can be out of necessity or to provide extra income for car expenses or savings. One point to remember is that it shouldn’t interfere with school.

Peer acceptance remains extremely important. The group sets the standards for behavior. Rejection can be devastating. One thing you can do is to listen to your child when situations occur that separate him/her from the group. You don’t necessarily have to offer advice, just allow him/her to vent. Although it is often difficult for parents to accept or adjust to the variations in hair and clothing styles, try to be flexible.

Eating

Many adolescents seem to eat continuously! However, there are also many that consume an inadequate diet as well as those who are always “on a diet”. The fact that many females are obsessed with physical appearance makes this a worrisome problem for all concerned. It is important that your teen understand that genetics also plays a major role in determining body build.

Adolescents often consume fast food and eat snacks that are high in calories and fat. Appropriate snacks should be encouraged and junk food consumed only in moderation. Continue to offer your child selections from the basic food groups at all meals and snacks. Teach him/her about foods. Of the major food groups, your teen needs: 4-6 servings of the milk, yogurt and cheese group; 2-3 servings of meat, poultry, fish, eggs, beans and nuts group; 2-4 fruit servings; 3-5 vegetable servings; and 6-11 bread, cereal, rice and pasta group per day. At least one serving of fruit per day should be a citrus fruit or juice. A yellow or dark green vegetable should be served at least 3 to 4 times a week. A bread serving is one slice or a cup of cereal.

Avoid “empty” calorie snacks such as soft drinks, chips, candy, and cookies. If given, these should be in limited amounts. Encourage snacks of fruit, popcorn, peanut butter, stuffed celery, raisins, cheese strips, etc. It is important during this time to evaluate your teen’s food consumption in relation to the amount of exercise that he/she does. While obesity is becoming quite worrisome in this age group, those adolescents participating in sports activities require an increase in calories.

Girls may also develop anemia during this time from a lack of sufficient iron in their diet to replace menstrual loss. Crash and fad dieting are common responses to the obsession with self-image and appearance. This may result in thinness or obesity; eating disorders, such as bulimia or anorexia, are common during adolescence. If you need information on foods which are high in iron, appropriate dieting, or suspected eating disorder then consult with your health care provider.

Sleeping

While you may think that your adolescent “sleeps” his/her life away, (especially on weekends), in actuality many adolescents are frequently sleep deprived. Children this age require 8-9 hours a night and sleep lost cannot be made up later.

Development

By now you are very aware of how “social” your adolescent is! Even though the family is still important, friends (individuals, classmates, and group members) and their opinions are highly valued. Teens enjoy these interactions and spend a great deal of time with their peers. They will begin dating during this time.

School remains very important in your child’s life now. Some subjects are enjoyed (as hopefully are some teachers). Children this age are capable of problem solving and by middle adolescence may begin to think abstractly. They begin to show some concern for political and social problems by the end of this stage and are often idealistic and altruistic in intellectual capabilities. The adolescent may also begin activities that relate to a career choice for them later in life, or begin a part-time job.

Adolescents enjoy board, video and computer games, sports activities, crafts, sewing, music, art (and hopefully music or art studies), computers, video/audio equipment, and just “hanging out”. Your child may join a club in your neighborhood or at school (band, chorus, and service clubs) or enjoy an organized group such as scouts or a religious group. Team sports both in and out of school are good for channeling some of the boundless energy and teaching discipline. Support these kinds of activities in your community. Make sure your child’s activities are properly supervised or chaperoned. Some teens enjoy reading; particularly book series, comics, or magazines appropriate for their age (consider subscribing to some). Others enjoy writing; encourage keeping a log or diary (maybe on the home computer). You may notice your child enjoys collecting things such as stamps or baseball cards or creating things like collages, building models, cooking. This is a good time to help your child improve in his/her use of tools, utensils, and other household equipment.

Safety Dialogue and Discipline

It is important that the adolescent have increasing independence and freedom with appropriate limit setting for their safety and well-being. However, because there is a tendency toward risk taking, especially with peers, effective education regarding injury prevention must be taught. These areas should include: motor vehicles, water safety, sunburn, guns, sports injuries, drugs/alcohol, cigarettes/chewing tobacco, and sex and contraceptives. Encourage your adolescent to consider consequences BEFORE acting.

Effective education in the areas of sex, contraceptives, drugs/alcohol, and cigarettes/chewing tobacco is extremely important. AIDS prevention has magnified the importance of educating your child. It is appropriate and important to impart your own moral values about these subjects, but try to be flexible and open-minded enough to let your child ask questions and express feelings without fear of judgment or punishment. If you are just too uncomfortable to talk about these areas, make this known at an annual exam so your health care provider can help with this. Education such as this requires additional reinforcement from the school, the community, and other role models. This is an extremely difficult time for parents who must cope with their adolescent while trying to keep the channel of communication open. Try to love with no strings attached!!!

Do you know signs and symptoms of drug abuse or childhood depression? Ask for a handout on these subjects as well as those mentioned above.

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