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Canadian Family Medicine Clinical Card

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4-5 Years

4-5 year visit

Use WHO growth charts Height, wt

CAREGIVER CONCERNS: Record concerns

NUTRITION:

- Skim, 1%, 2% milk 500ml (16oz)/day Vegetarian diet inquiry
 Canada's Food Guide Avoid food/liquids high in sugar or salt

EDUCATION & ADVICE: Repeat discussion based on risk or need

Injury Prevention:

- | | | |
|--|---|---|
| <input type="checkbox"/> Falls | <input type="checkbox"/> Bike helmets | <input type="checkbox"/> CO/Smoke detectors |
| <input type="checkbox"/> Motorized vehicle safety/car seat | <input type="checkbox"/> Firearm safety | <input type="checkbox"/> Water safety |
| | <input type="checkbox"/> Matches/burns | <input type="checkbox"/> Poisons: PCC# |

Behaviour & Family Issues:

- | | | |
|--|---|---|
| <input type="checkbox"/> Healthy sleep habits | <input type="checkbox"/> Discipline/Parenting skills programs | <input type="checkbox"/> Family healthy living/sedentary behavior/screen time |
| <input type="checkbox"/> Parental fatigue/depression | <input type="checkbox"/> Family conflict/ stress | <input type="checkbox"/> Parent/child interaction |
| <input type="checkbox"/> Encourage reading | <input type="checkbox"/> Assess child care/ preschool needs/ school readiness | <input type="checkbox"/> Siblings |
| <input type="checkbox"/> Socializing opportunities | | <input type="checkbox"/> High-risk children |
| | | <input type="checkbox"/> Poverty/food insecurity |

Environment: 2nd hand smoke/E-cigs/Cannabis Pesticide exposure
 Sun exposure/sunscreen/insect repellent

Other Issues: No OTC cough/cold meds Complementary/alternative meds?
 Dental care/ fluoride/Dentist No pacifiers Toilet learning

DEVELOPMENT: Failure to meet an item is a red flag for development

4 years:

- Asks/answers lots of questions
- Walks up/down stairs alt. feet
- Undoes buttons & zippers
- Tries to comfort someone who is upset
- Understands 3 part directions
- No caregiver concerns

5 years:

- Mostly speaks clearly in adult-like sentences
- Throws and catches a ball
- Hops on 1 foot several times
- Dresses/undresses with little help
- Mostly cooperates with adult requests
- Retells sequences of a story
- Separates easily from caregiver
- Counts out loud/on fingers to answer "how many are there?"
- No caregiver concerns

PHYSICAL EXAM: Age specific exam recommended at each visit

Each visit:	<input type="checkbox"/> Red reflex	<input type="checkbox"/> Tonsil size/sleep-disordered breathing
<input type="checkbox"/> BP if at risk	<input type="checkbox"/> Corneal light reflex/ Cover-uncover test & inquiry	<input type="checkbox"/> Hearing inquiry
<input type="checkbox"/> Visual acuity		<input type="checkbox"/> Heart/lungs/abdomen
<input type="checkbox"/> Teeth/Caries risk		

PROBLEMS & PLANS/CURRENT & NEW REFERRALS: Record problems/plans

INVESTIGATIONS/IMMUNIZATIONS: Record Vaccines, discuss pain reduction

- Blood lead if at risk Anemia screening (if at risk)