

Well Child Visits vs Sports Screenings

what every parent should know

| Visit with Healthcare Provider | Well Child | Sports |
|--|------------------------|--|
| Annual physical/systems review (used as screening device to uncover or diagnose any present illness or disease and to assess sports readiness): skin (rashes, hives, moles, hair) eyes (vision) ears (hearing) nose (sinuses) throat, mouth, teeth cardio-respiratory (heart, lungs) stomach/intestines (nausea, vomiting, stools) neuromuscular reflexes endocrine system (throat, glands) general weight (↑↓, fatigue, pubescence) height | ✓* *complete review | ✓* *review limited to only: joints, muscles heart lungs height weight |
| Annual Developmental & Risk Assessments (i.e., ages and stages questionnaire) | ✓ | |
| Parent and Child-Appropriate Education Regarding Health & Safety Issues (i.e., helmet & protective gear, injury prevention) | ✓ | |
| Parent and Child-Appropriate Education Regarding Nutrition & Physical Fitness | ✓ | ✓ |
| Growth & Development Tracking (i.e., height, weight, BMI on growth chart) | ✓ | |
| Behavioral & Emotional Concerns Guidance (as applicable) | ✓ | |
| Educational & Learning Concerns Guidance (as applicable) | ✓ | ✓ |
| Tobacco Use Screening | ✓ | |
| Depression Screening | ✓ | |
| Vision Screening | ✓ | |
| Cholesterol Screening (if at risk) | ✓ | |
| Immunization Assessment | ✓ | |
| Length of visit | 30-45 minutes | 15 minutes |