

## Preventive Care for Ages 18 to 24 years The Greig Health Record for Young Adults

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

(this page is for recording preventive care manoeuvres when they are performed, at any patient visit)

		Age	Age	Age	Age
<b>Date</b>					
<b>Measurements</b>	<b>Wt</b>				
	<b>BMI</b>				
	<b>Ht</b>				
	<b>BMI percentile</b>				
<b>Psychosocial history</b>	• Employment, Education & Finances				
	• Peer relationships				
	• Family relationships				
	• Strengths & Goals				
	• Mental Health				
	• Sexual Health, Relationships & Safety				
	• Abuse and Bullying				
<b>Nutrition</b>	• Healthy choices / snacks / junk-food				
	• Supplements / CAM				
	• Body Image / Dieting				
<b>Education &amp; Advice: Behaviour</b>	• <b>Physical Activity</b>				
	• Electronic Media & Communication/Hearing Protection				
	• Sleep Issues				
<b>Injury Prevention &amp; Safety</b>	• <b>Helmet safety</b>				
	• <b>Vehicle Safety &amp; Seatbelts</b>				
	• Workplace				
	• <i>Sun Safety</i>				
	• Environmental Hazards – incl. <b>Second Hand Smoke</b>				
<b>Other</b>	• <i>Smoke Detectors</i>				
	• Other Safety Topics				
	• Substances and Addictions				
	• <b>Dental care, fluoride</b>				
<b>Specific Concerns</b>					
<b>Examination</b>	<b>Blood Pressure</b>				
	Head & Neck				
	Visual Acuity (L)				
	(R)				
	CVS				
	Chest				
	Back				
	Abd				
GU					
	Skin				
<b>Assessment Immunization Medications</b>	Up-date immunizations				
	Discuss influenza vaccination				
	Signature				

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