Optimum Internal Medicine and Pediatrics

10044 Hwy 46, Bon Aqua, TN 37025 | (931) 996-4247

30 Month Visit

Parent and staff instructions - keep with the clinical sheet

Parents / guardians: Complete only the identification, allergies, medicines, and the upper-left Nutrition and Problems / Interval History sections. You may type in the available identification fields, then print. Leave measurements, risk-assessment results, screening scores, examinations, orders, vaccine entries, billing and signatures for staff. Bring **both pages** to the appointment. Do not send completed forms through the website.

Do not give medicine based on this form alone. Printed doses and vaccine sequence numbers on the clinical sheet are preserved workflow entries, not patient-specific orders.

Staff medication verification: Before any dose, verify current weight in kg, age, indication, allergies, product concentration, dose in mg **and** mL, interval, maximum daily dose and contraindications. Document clinician-approved instructions. Preserved numbers do not replace this check.

Age-specific clinical checks

Use an age-appropriate balanced diet rather than a blanket 20-30% fat or 300 mg cholesterol limit; individualize for growth and medical risk.

Car seats: rear-facing until the seat height OR weight limit, then a forward-facing harness to its limit, then a booster until the adult belt fits correctly (often age 8-12). Keep children younger than 13 in the rear seat.

Staff screening check: Use validated age-appropriate tools, not checkboxes alone: developmental screens at 9, 18 and 30 months; autism at 18 and 24 months; mental/emotional/behavioral screening per current AAP schedule.

Staff vaccine and billing check: Reconcile actual records, age, product, prior doses, minimum intervals and contraindications against current AAP guidance. Verify preserved protocol numbers, including combination-vaccine components. Billing presets are not orders: code actual services and payer rules; COVID-19 administration uses 90480, not 90460/90472. Do not automatically apply modifiers or unit counts.

Sources and version

Clinic revision based on AAP 2026 immunization guidance, current AAP preventive-care guidance and age-specific safety references. Original TNAAP 07/2025 attribution and intentional workflow marks are retained. This clinic revision does not imply TNAAP endorsement.

AAP preventive care | AAP 2026 immunizations | AAP current RSV guidance

30 Month Visit

Date _____

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Ph: (931)996-4247 Fax: (931) 996-4248
Dr. Christopher S Burress

Tennessee Chapter
INCORPORATED IN TENNESSEE
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Form revised 07/2025

Name _____ Birth Date _____ Age _____

Historian _____ Allergies _____ Medications _____

Weight _____ kgs. Length _____ cm BMI _____ %tile Temp. _____ AX REC

B/P (if high risk): _____/_____

Nutrition
Weaned from bottle ☐ Yes ☐ No
Appetite ☐ good ☐ variable ☐ picky
fruits _____
vegetables _____
meats _____
bread _____
Water: ☐ city ☐ well ☐ spring ☐ bottled ☐ fluoridated
WIC ☐ Yes ☐ No

Inter val Hist or y/New Problems
Change in family history? ☐ Yes ☐ No
Change in social history? ☐ Yes ☐ No
If Yes, what? _____
_____
Are there new problems or illnesses since the last visit? ☐ Yes ☐ No
If Yes, what? _____
_____

Speech/Hearing Risk Assessment
Hears well ☐ Yes ☐ No
2-3 word sentences ☐ Yes ☐ No

Vision Risk Assessment
Sees distant objects well? ☐ Yes ☐ No

Hepatitis B Risk Assessment
☐ Yes ☐ No

Dental Risk Assessment — +
Anemia Risk Assessment — +
Poverty ___ Poor Diet ____
Chronic Illness _____

Developmental Surveillance
☐ Yes ☐ No Concerns? _____

Psychosocial/Behavioral Surveillance
☐ Yes ☐ No Concerns? _____

Developmental Screening
☐ Normal ☐ Abnormal

Safety
☐ Rear-facing to seat limit; see guide
☐ Use bike helmet
☐ Smoke detectors in home
☐ No smoking in home
☐ Hot water < 120 degrees
☐ Water safety, supervise bath
☐ Child proof home, supervision
☐ Poison Control Number
☐ Firearm safety
☐ Sunburn prevention

Physical Exam

Undressed: ☒ yes ☐ no

General	☐ nl	☐ abnl
Head	☐ nl	☐ abnl
Neck	☐ nl	☐ abnl
Eyes	☐ nl	☐ abnl
Red reflex	☐ nl	☐ abnl
Alignment	☐ nl	☐ abnl
Ears	☐ nl	☐ abnl
Nose	☐ nl	☐ abnl
Throat/Mouth	☐ nl	☐ abnl
Lungs	☐ nl	☐ abnl
Heart	☐ nl	☐ abnl
Abdomen	☐ nl	☐ abnl
Femoral Pulses	☐ nl	☐ abnl
Spine	☐ nl	☐ abnl
Extremities	☐ nl	☐ abnl
Hips/Gait	☐ nl	☐ abnl
Skin	☐ nl	☐ abnl
Neuro	☐ nl	☐ abnl
Genitalia		
Female	☐ nl	☐ abnl
Male	☐ nl	☐ abnl
Testes	☐ nl	☐ abnl

EPSDT CPT/ICD 10 Coding:
99382-25 if New or 99392-25 if Est.
Z00.129 Normal or Z00.121 Abnormal
90460-59, 1 unit if flu given or 90460-59 2 units if flu+Covid19 given) Z23
96110-59 Z13.40
96160-59 Z11.1, Z13.88, Z13.84
99188 Z29.3
Vaccine codes as marked
Add E/M code if abnormal findings requiring treatment with -25 modifier

Health
☐ Low fat milk from cup
☐ Limit juice, milk intake
☐ Picky appetites, self feeding
☐ Choking prevention
☐ Age-appropriate fats; see companion ☐
Individualize dietary counseling ☐
Age-appropriate balanced diet
☐ Physical activity
☐ Brushing teeth

Social/Behavioral
☐ Set limits, time out
☐ Praise good behavior
☐ TV/Media - < 2 hrs/day
☐ Read to child
☐ Toilet training
☐ Sleep, bedtime routine
☐ Family
☐ Day care, pre-school ☐ Yes ☐ No

Impression
☐ Well Child
☐ Normal Growth
☐ Normal Development
☐ _____
☐ _____

Plan/Referrals
☐ Immunizations current? ☐ Yes ☐ No
☐ Covid 19 (if parent requests)
☐ Influenza vaccine
☒ Counseling
☐ Dental referral
☒ Fluoride Varnish
☐ Supplementation if deficient in fluoride
☐ Hgb if at risk
☒ 2 1/2 year Handout sheet
☒ RTC at 3 years
☐ Parent declination of treatment _____
☐ Referrals _____
☐ _____
☐ _____

_____ M.D. / P.N.P. / DO / PA