Optimum Internal Medicine and Pediatrics

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

4 Year 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

4 Year Visit

Date _____

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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: _____ / _____

Nutrition
Appetite ☐ good ☐ variable ☐ picky
Water: ☐ city ☐ well ☐ spring ☐ bottled ☐ fluoridated
WIC ☐ Yes ☐ No

Interval History/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? _____
_____

Dyslipidemia Risk Assessment — +
(risk assessment at this visit)
FH CVD heart disease <55 M ☐ Yes ☐ No
FH CVD heart disease <65 F ☐ Yes ☐ No
FH cholesterol ☐ Yes ☐ No BP > 90% ___ DM ___ inactive ____ passive smoke ____ Chronic illness ___ BMI > 95% ____

Speech/Hearing Risk Assessment
Hearing screening test
☐ Pass ☐ Abnormal ☐ Unable to test

Vision
Vision screening test:
L near 20/ _____ far 20/_____
R near 20/ _____ far 20/_____
Photorefractive Screen — +

Hepatitis B Risk Assessment ☐ Yes ☐ No

Anemia Risk Assessment — +
poverty ___ poor diet ____ chronic illness _____

Lead Risk Assessment — +

TB Risk Assessment — +

Developmental Surveillance
☐ Yes ☐ No Concerns? _____

Psychosocial/Behavioral Surveillance
☐ Yes ☐ No Concerns? _____

Safety
☐ Harness to seat limit, then booster; see guide
☐ Never put child in front seat if you have air bags
☐ Bike helmet
☐ No smoking in home
☐ Water safety, swimming lessons
☐ Outdoor safety, supervision
☐ 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
90460-2 units, -59 (3 units if flu given and 4 units if flu+covid19 given) Z23
90461-6 units, -59 Z23
96110-59 Z13.40
96160-59 Z11.1, Z13.88, Z13.84
99173 Z01.00 normal or Z01.01 abnormal
92551 Z13.5
36416 Z13.0
85018 Z13.0
99188 Z29.3
Vaccine codes as marked
Add E/M code if abnormal findings requiring treatment with -25 modifier

Circle Vaccines Given:
Proquad (MMRV) (MMR #2)
Kinrix (DTaP/IPV) (DTap #5, IPV #4)

Health
☐ Low fat milk
☐ Limit Juice
☐ Encourage fruits and vegetables
☐ Brush teeth, see dentist
☐ Encourage active play
☐ Age-appropriate fats; see companion ☐ Individualize dietary counseling
☐ Balanced diet; see companion

Social/Behavioral
☐ Discipline, time out
☐ Praise good behavior
☐ Read to child
☐ TV/Media – limit <2 hrs/day, monitor content
☐ Dresses self, helps at home
☐ Family
☐ Friends and playmates
☐ Curiosity about sex
☐ Day care, pre-school ☐ Yes ☐ No

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

Plan/Referrals
☐ Immunizations current? ☐ Yes ☐ No
☐ DTaP, IPV (4th dose on/after 4th bday), MMR, Varicella
☐ Influenza vaccine [ ] Covid 19 vaccine
☐ Counseling
☐ Dental referral
☒ Fluoride Varnish
☐ Supplementation if deficient in fluoride
☐ Hgb if at risk
☐ Lead level if at risk
☐ TB if at risk
☒ 4 year Handout sheet
☒ RTC at 5 years
☐ Parent declination of treatment _____
☐ Referrals _____
☐ _____

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