

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

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Strength of Recommendations
Bold = Good
Italics = Fair
Plain Text = consensus or inconclusive evidence

Note: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.

Selected Guidelines and Resources are found on accompanying pages.

Preventive care in primary care is delivered both episodically and at dedicated visits. Young adults present infrequently and evidence is lacking to recommend dedicated prevention visits for this age group. This tool may be used in parts episodically or as a whole.

