# Preventive Care for Ages 18 to 24 years

The Greig Health Record for Young Adults

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Wt</th>
<th>BMI</th>
<th>Age</th>
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## 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
- Helmet safety
- Vehicle Safety & Seatbelts
- Workplace
- Sun Safety
- Environmental Hazards – incl. Second Hand Smoke
- Smoke Detectors
- Other Safety Topics
- Substances and Addictions
- Dental care, fluorides

## Injury Prevention & Safety

- Physical Activity
- Electronic Media & Communication/Hearing Protection
- Sleep Issues
- Helmet safety
- Vehicle Safety & Seatbelts
- Workplace
- Sun Safety
- Environmental Hazards – incl. Second Hand Smoke
- Smoke Detectors
- Other Safety Topics
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## Specific Concerns

- Family History, Risk Factors, Allergies

## 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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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.