# 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>Measurements</th>
<th>Psychosocial history</th>
<th>Nutrition</th>
<th>Education &amp; Advice: Behaviour</th>
<th>Injury Prevention &amp; Safety</th>
<th>Other</th>
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<td>BMI percentile</td>
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</tbody>
</table>

- Employment, Education & Finances
- Peer relationships
- Family relationships
- Strengths & Goals
- Mental Health
- Sexual Health, Relationships & Safety
- Abuse and Bullying

- Healthy choices / snacks / junk-food
- Supplements / CAM
- Body Image / Dieting

- 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, 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.