Pediatric Growth and Development and Screening Guidelines 2024: Latest Recommendations

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Disclosure

Speaker Bureau

 ${\rm cs}$ Sanofi-Pasteur, Merck, Pfizer, Seqirus, Moderna – Vaccines ${\rm cs}$ AbbVie and Pfizer – Migraines

- Idorsia Insomnia
- AstraZeneca: Asthma and COPD

Consultant

cs Sanofi-Pasteur, Merck, Pfizer, Moderna, and Seqirus – Vaccines cs Idorsia – Insomnia

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cs Shield Therapeutics - Iron Deficiency Anemia

· All relevant financial relationships have been mitigated.

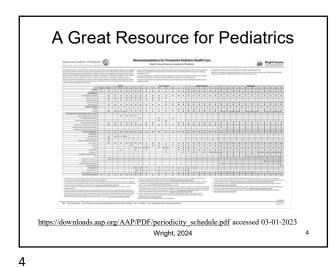
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Objectives

- Upon completion of this program, the participant will be able to:
 - Review normal growth/development and anticipatory guidance for infants and children
 - Identify latest screening guidelines for children and adolescents

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Various Organizations Provide Screening Guidelines

- In the case of chlamydia screening guidelines for adolescents...
 - AAP and USPTF
- Various organizations often differ in opinions on screening recommendations providing further confusion
- Very difficult to be able to keep up with all revisions and recommendations

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- Particularly those in primary care Wright, 2024



AAP Recommendations

- Preventing Sudden Infant Death Syndrome
 - "Back to sleep, tummy to play"
 - Room sharing okay; Avoid bed sharing
 - Avoid overheating
 - Pacifier recommended for nap and sleep time
 - No loose objects in crib
 - No positioning wedges
 - Prenatal care
 - No alcohol or smoke exposure

http://pediatrics.aappublications.org/content/carly/2016/10/20/peds.2016-2938 accessed 10-01-2017 Wright, 2024 8

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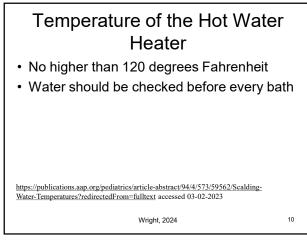
Car Seat Safety

- Rear facing car seat until two years of age
- · Back seat, middle position is safest placement
- · 2 years of age: forward facing
- Remain in car seat with full harness until child outgrows seat based upon manufacturers recommendations
- Booster seat: until 4 foot 9 inches and minimum of 8 years of age

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· Back seat until at least 13 years of age

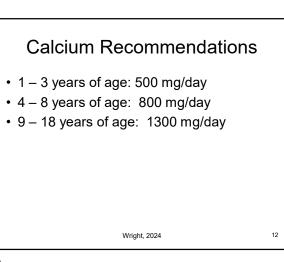
https://publications.aap.org/pediatrics/article/142/5/e20182460/38530/Child-Passenger-Safety?autologincheck=redirected accessed 03-02-2023 Wright, 2024



Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents By: American Academy of Pediatrics Edited by: Joseph F. Hagan, Jr, MD, FAAP, Judith S. Shaw, EdD, MPH, RN, FAAP, Paula M. Duncan, MD, FAAP DOI: https://doi.org/10.1542/9781610020237 ISBN (print): 978-1-61002-022-0 ISBN (electronic): 978-1-61002-023-7 Publisher: American Academy of Pediatrics Published: 2017

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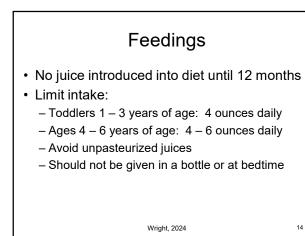
Vitamin D Recommendations

 400 IU per day for all breast fed infants beginning in the neonatal period

- Even children who are formula fed or ingesting cow's milk must ingest 1000 mL per day to guarantee 400 IU of vitamin D daily
- Therefore, most children should be supplemented

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Exercise

- Children < 2 years of age: no television
- Children 2 years and older: limit television or sedentary activities to 1 – 2 hours per day
- Exercise: minimum of 60 minutes daily

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CDC: Exercise

- Children ages 3 5 years:
 - Be physically active throughout the day
 - Adults should encourage children to be physically active in daily activities
- Children ages 6 17 years:
 - Minimum of 60 minutes of moderate vigorous intensity exercise daily
 - Muscle strengthening 3 days per week
 - Bone stengthening 3 days per week

https://www.cdc.gov/physicalactivity/basics/children/index.htm accessed 03-24-2023 Wright, 2024

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- Normal milestones
 - -6-8 weeks: lift head briefly and turn; ah and oh
 - 2 months: smiles when smiled at, pushes up on two arms
 - 4 6 months: reaches for object, recognize familiar faces, smiles spontaneously, sits with support, rolls tummy to back
 - 6 8 months: sits without support, rolls back tummy and tummy to back

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Growth and Development

- · Normal milestones
 - 10 12 months: cruising
 - 12 14 months: walks solo
 - 18 months: No is favorite word, single word objects
 - 18 24 months: begin combining two words together

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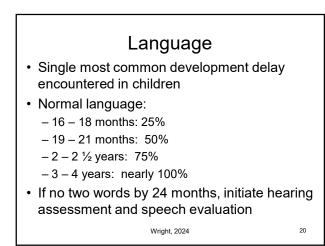
Growth and Development

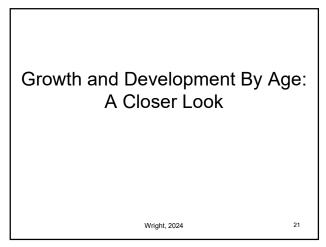
- Normal milestones
 - 24 months: two words together, walking up stairs with assistance,
 - 3 years of age: pedals three wheels, alternating feet, draws a circle, three block tower, three words together
 - 4 year old: 4 body parts, draws a cross, 4 word sentences

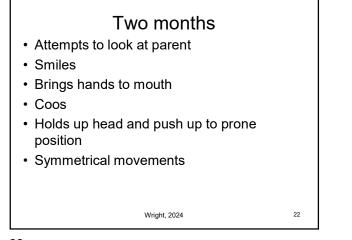
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Four Months

- Smiles spontaneously
- Babbles spontaneously
- · Responds to affection
- · Indicates pleasure and displeasure
- Good head control
- · Begins to roll and reach for objects

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- · Socially interactive
- Recognizes familiar faces and strangers
- Ah, oh
- Rolling over and sitting
- Rocks back and forth

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12 Months

- · Imitates activities
- Hands you a book and wants you to read
- · Waves bye-bye
- Speaks 1 2 words
- Follows simple directions
- Stands alone
- · Bangs cubes together

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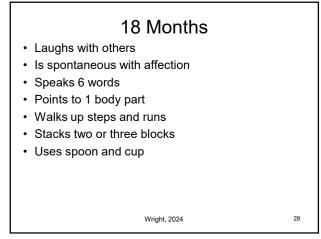
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15 Months

- · Listens to stories
- Imitates activities
- · Pulling and pointing
- Says 2 3 words (mama, dada) with meaning
- Scribbles
- · Walks well, stoops and recovers
- · Put block in cup
- · Drinks from cup

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2 Years

- · Parallel play
- Can refer to self I and me
- Vocabulary: 50 words
- · Uses two word phrases
- · Follows two step commands
- Names a picture i.e. cat
- Stacks 5 6 blocks
- Throws ball overhand

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3 Years

- · Enjoys interactive play
- 2-3 sentences spoken together
- Words understandable: 75% of time
- Names a friend
- Builds 6 8 block tower
- Rides a tricycle
- Alternates feet going up stairs
- · Circle: 2 body parts

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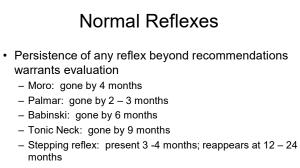


5 and 6 Years

- · Balances on one foot
- Tie knot
- · Draws a person with 6 or more body parts
- Copies squares and triangles
- Can count to 10 and name four colors
- · Can undress and dress with minimal help

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- Rooting: disappears by 6 - 12 months

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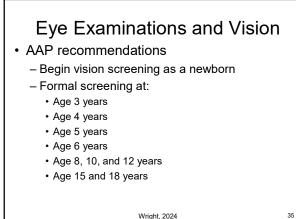
Weight, Length, and Head Circumference

- · Begin all at birth - continued throughout infancy
- · Head circumference okay to stop at the age of 24 months (2 years)

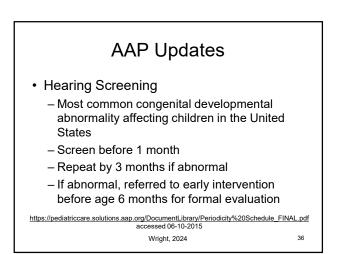
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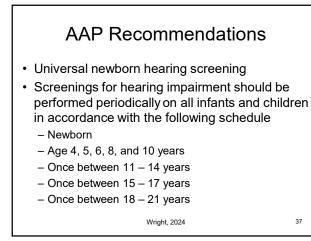
• BMI: begins at the age of 2 years and is performed at every well visit into and including adulthood

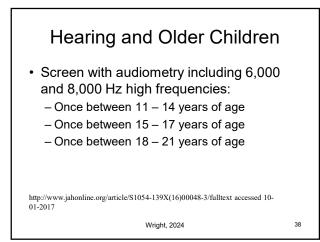
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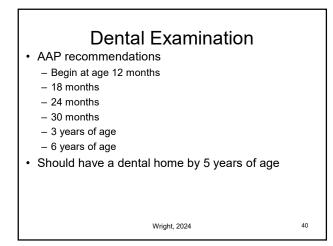


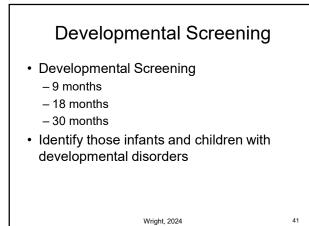
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USPSTF Hearing Screening Recommendations

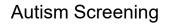
- The USPSTF recommends screening for hearing loss in all newborn infants
- All infants should have hearing screening before 1 month of age
- Those infants who do not pass the newborn screening should undergo audiologic and medical evaluation before 3 months of age for confirmatory testing
 - These children should undergo periodic monitoring for 3 years

http://www.guidelines.gov/content.aspx?id=12640&search=hearing accessed 05-01-2014 Wright, 2024 39





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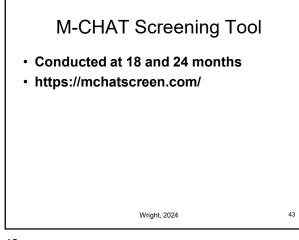
Universal screening

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    Formal ASD screening on all children at 18 and 24
months regardless of whether there are any
concerns
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 Guidelines stress that providers need to ask/discuss any concerns that parents may have at every wellchild visit

http://www.aap.org/advocacy/releases/oct07autism.htm accessed 03-31-2011

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Look for the Presence of Red Flags

- No babbling or pointing or other gesture by 12 months
- No single words by 16 months
- No two-word spontaneous phrases by 24 months
- Loss of language or social skills at any age.

https://mchatscreen.com/

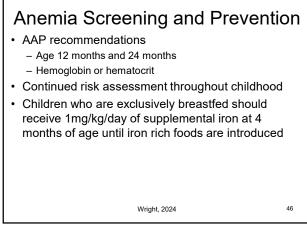
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Lead Screening AAP recommendations

- AAP recommendatio
- 12 months and…
- 24 months (Medicaid or high prevalence region)
- Continued risk factor assessment throughout childhood

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What Constitutes a Risk Factor in Children?

- Overweight (BMI>85th %tile for age and sex, weight for height >85th%tile, weight >120% of ideal for height)
- In addition presence of two or more of the following:
 - Family history of type 2 diabetes in first- or second-degree relative
 Race/ethnicity (Native American, African American, Latino, Asian American, Pacific Islander)
 - Signs of, or conditions associated with, insulin resistance including acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome, small for gestational age at birth history in the child
 - Maternal history of DM or gestational DM

http://care.diabetesjournals.org/content/36/Supplement_1/S11.full_accessed 05-20-2014 Wright, 2024 48

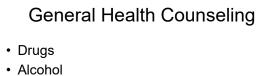
Lipids and Children

- AAP recommends screening with a fasting lipid profile beginning at the age of 2 and no later than the age of 10 in children at risk for lipid abnormalities based upon family history
- All children: At least one screening between ages 9
 - 11 years of age and again between 17-21 years
 - Lipid profile is recommended
 - 10 12 hour fast ideal; AHA: non-fasting is acceptable

https://publications.aap.org/pediatrics/article/146/1_MeetingAbstract/636/4732/Pediatric-dyslipidemiascreening-by-pediatricians accessed 03-02-2023

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Smoking

Remember – School / sport physicals may be the only contact that the child has with a health care professional in a year

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Tobacco, Drugs, and Alcohol

- · Initiate screening at the age of 11
- Conduct annually from 11 21 years
- Preferred screening tool is the CRAFFT questionnaire

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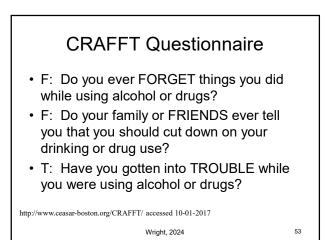
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CRAFFT Questionnaire

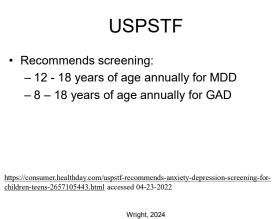
- C: Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?
- R: Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
- A: Do you ever use alcohol/drugs while you are by yourself, ALONE?

http://www.ceasar-boston.org/CRAFFT/ accessed 10-01-2017 Wright, 2024

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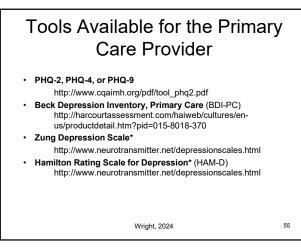


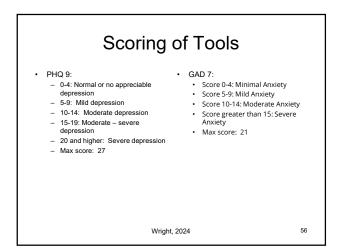
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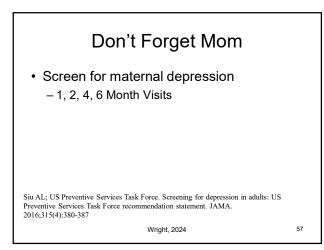




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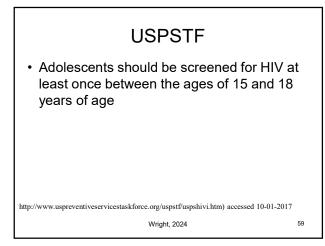


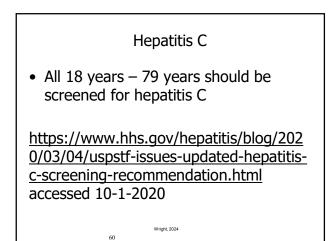




Chlamydia and Gonorrhea	
Screening	
 The USPSTF recommends screening for chlamydia and gonorrhea in sexually active women age 24 years and younger and in older women who are at increased risk for infection. 	I
tps://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/chlamydia- d-gonorrhea-screening accessed 10-01-2017	
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Cervical Cancer Screening

- USPSTF: Begin at the age of 21 years, regardless of date of sexual debut (coitarche)
- · ACS: Begin at the age of 25 years

Moyer VA; US Preventive Services Task Force. Screening for cervical cancer: US Preventive Services Task Force recommendation statement. Ann Intern Med. 2012;156(12):880-89

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General Health Counseling

- Seatbelts
- Helmets
- Sunscreen
- Smoke Detectors
- Pool Safety
- Carbon Monoxide Detectors
- · Guns safety
- Domestic violence and peer violence
- Safe sexual practices and contraception
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Thank you for your time and attention! WendyARNP@aol.com

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