Guidelines for Adolescent Preventive Services
Younger Adolescent Questionnaire

Confidential (Your answers will not be given out.)

Chart# _____

Name_____ Today's Date_____
Last First Middle Initial month day year

Birthdate _____ Grade in School _____ **Boy** or **Girl** (*circle one*) Age _____
month day year

Address_____ City_____State_____Zip_____

Phone Number_____ Pager/Beeper Number_____
area code

What languages are spoken where you live? _____

Are you: ☐ White ☐ African-American ☐ Asian/Pacific Islander
☐ Latino/Hispanic ☐ Native American ☐ Other _____

Medical History

1. Why did you come to the clinic/office today?_____

_____

2. Are you allergic to any medicines?
☐ No ☐ Yes, name of medicine(s): _____ ☐ Not Sure

3. Do you have any health problems?
☐ No ☐ Yes, problem(s): _____ ☐ Not Sure

4. Are you taking any medicine now?
☐ No ☐ Yes, name of medicine(s): _____ ☐ Not Sure

5. Have you been to the dentist in the last year? ..... ☐ No ☐ Yes ☐ Not Sure

6. Have you stayed overnight in a hospital in the last year? ..... ☐ No ☐ Yes ☐ Not Sure

7. Have you ever had any of the problems below?

	Yes	No	Not Sure		Yes	No	Not Sure
Allergies or hay fever	☐	☐	☐	Seizures	☐	☐	☐
Asthma	☐	☐	☐	Cancer	☐	☐	☐
Tuberculosis (TB)	☐	☐	☐	Diabetes	☐	☐	☐

For Girls Only

8. Have you started having periods? ☐ No ☐ Yes
   a. *If yes*, are your periods regular (once a month) ? ☐ No ☐ Yes
   b. *If yes*, what was the 1st day of your last period? Month _____ Day _____
9. Have you ever been pregnant? ☐ Yes ☐ No

Family Information

10. Who do you live with? (Check all that apply).

☐ Mother	☐ Stepmother	☐ Brother(s)/ages_____
☐ Father	☐ Stepfather	☐ Sister(s)/ages_____
☐ Guardian	☐ Other adult relative	☐ Other/(explain)_____

11. Do you have older brothers or sisters who live away from home? ☐ Yes ☐ No ☐ Not Sure

12. During the past year, have there been any changes in your family such as: (Check all that apply)

☐ Marriage	☐ Loss of job	☐ Births	☐ Other changes_____
☐ Separation	☐ Moved to a new neighborhood	☐ Serious Illness/Injury	_____
☐ Divorce	☐ A new school	☐ Deaths	_____

Specific Health Issues

13. Please check whether you have questions or are worried about any of the following:

☐ Height	☐ Neck or back	☐ Muscle or pain in arms/legs	☐ Anger or temper
☐ Weight	☐ Breasts	☐ Menstruation or periods	☐ Feeling tired
☐ Eyes or vision	☐ Heart	☐ Wetting the bed	☐ Trouble sleeping
☐ Hearing or earaches	☐ Coughing or wheezing	☐ Trouble urinating or peeing	☐ Fitting in/belonging
☐ Colds/runny or stuffy nose	☐ Chest pain or trouble breathing	☐ Drip from penis or vagina	☐ Cancer
☐ Mouth or teeth or breath	☐ Stomach ache	☐ Wet dreams	☐ HIV/AIDS
☐ Headaches	☐ Vomiting or throwing up	☐ Skin (rash/acne)	☐ Dying
☐ Other_____			

These questions will help us get to know you better. Choose the answer that best describes what you feel or do. Your answers will be seen only by your health care provider and his/her assistant.

Health Profile

Eating/Weight/Body

14. Do you eat fruits and vegetables every day? ☐ No ☐ Yes
15. Do you drink milk and/or eat milk products every day? ☐ No ☐ Yes
16. Do you spend a lot of time thinking about ways to be skinny? ☐ Yes ☐ No
17. Do you do things to lose weight (skip meals, take pills, starve yourself, vomit, etc) ☐ Yes ☐ No
18. Do you work, play, or exercise enough to make you sweat or breathe hard at least 3 times a week? ☐ No ☐ Yes
19. Have you pierced your body (not including ears) or gotten a tattoo? ☐ Yes ☐ No

School

20. Is doing well in school important to you? ☐ No ☐ Yes
21. Is doing well in school important to your family and friends? ☐ No ☐ Yes
22. Are your grades this year worse than last year? ☐ Yes ☐ No ☐ Not Sure
23. Are you getting failing grades in any subjects this year? ☐ Yes ☐ No ☐ Not Sure
24. Have you been told that you have a learning problem? ☐ Yes ☐ No
25. Have you been suspended from school this year? ☐ Yes ☐ No

Friends and Family

26. Do you know at least one person who you can talk to about problems? ☐ No ☐ Yes
27. Do you think that your parent(s) or guardian(s) usually listen to you and take your feelings seriously? ☐ No ☐ Yes
28. Have your parents talked with you about things like alcohol, drugs, and sex? ☐ No ☐ Yes ☐ Not Sure
29. Are you worried about problems at home or in your family? ☐ Yes ☐ No ☐ Not Sure
30. Have you ever thought seriously about running away from home? ☐ Yes ☐ No

Weapons/Violence/Safety

31. Is there a gun, rifle, or other firearm where you live? ☐ Yes ☐ No ☐ Not Sure
32. Have you ever carried a gun, knife, club, or other weapon to protect yourself? ☐ Yes ☐ No
33. Have you ever been in a physical fight where you or someone else got hurt? ☐ Yes ☐ No
34. Have you ever been in trouble with the police? ☐ Yes ☐ No
35. Have you ever seen a violent act take place at home, school, or in your neighborhood? ☐ Yes ☐ No
36. Are you worried about violence or your safety? ☐ Yes ☐ No ☐ Not Sure
37. Do you usually wear a helmet and/or protective gear when you rollerblade, skateboard, or ride a bike? ☐ No ☐ Yes
38. Do you always wear a seat belt when you ride in a car, truck, or van? ☐ No ☐ Yes

Tobacco

39. Have you ever tried cigarettes or chewing tobacco? ☐ Yes ☐ No
40. Have any of your close friends ever tried cigarettes or chewing tobacco? ☐ Yes ☐ No
41. Does anyone you live with smoke cigarettes/cigars or chew tobacco? ☐ Yes ☐ No

Alcohol

42. Have you ever tried beer, wine, or other liquor (except for religious purposes)? ☐ Yes ☐ No
43. Have any of your close friends ever tried beer, wine, or other liquor (except for religious purposes)? ☐ Yes ☐ No
44. Have you ever been in a car when the driver has been using drugs or drinking beer, wine or other liquor? ☐ Yes ☐ No
45. Does anyone in your family drink so much that it worries you? ☐ Yes ☐ No ☐ Not Sure

Drugs

46. Have you ever taken things to get high, stay awake, calm down or go to sleep? ☐ Yes ☐ No ☐ Not Sure
47. Have you ever used marijuana (pot, grass, weed, reefer, or blunt)? ☐ Yes ☐ No ☐ Not Sure
48. Have you ever used other drugs such as cocaine, speed, LSD, mushrooms, etc.? ☐ Yes ☐ No ☐ Not Sure
49. Have you ever sniffed or huffed things like paint, 'white-out', glue, gasoline, etc.? ☐ Yes ☐ No ☐ Not Sure

50. Have any of your close friends ever used marijuana, other drugs, or done other things to get high? ☐ Yes ☐ No ☐ Not Sure
51. Does anyone in your family use drugs so much that it worries you? ☐ Yes ☐ No ☐ Not Sure

Development/Relationships

52. Are you dating someone or going steady? ☐ Yes ☐ No ☐ Not Sure
53. Are you thinking about having sex ("going all the way "or "doing it")? ☐ Yes ☐ No ☐ Not Sure
54. Have you ever had sex? ☐ Yes ☐ No ☐ Not Sure
55. Have any of your friends ever had sex? ☐ Yes ☐ No ☐ Not Sure
56. Have you ever felt pressured by anyone to have sex or had sex when you did not want to? ☐ Yes ☐ No ☐ Not Sure
57. Have you ever been told by a doctor or a nurse that you had a sexually transmitted disease like herpes, gonorrhea, or chlamydia? ☐ Yes ☐ No ☐ Not Sure
58. Would you like to receive information on abstinence ("how to say no to sex")? ☐ Yes ☐ No ☐ Not Sure
59. Would you like to know how to avoid getting pregnant, getting HIV/AIDS, or getting sexually transmitted diseases? ☐ Yes ☐ No ☐ Not Sure

Emotions

60. Have you done something fun during the past two weeks? ☐ No ☐ Yes
61. When you get angry, do you do violent things? ☐ Yes ☐ No
62. During the past few weeks, have you felt very sad or down as though you have nothing to look forward to? ☐ Yes ☐ No
63. Have you ever seriously thought about killing yourself, made a plan, or tried to kill yourself? ☐ Yes ☐ No
64. Is there something you often worry about or fear? ☐ Yes ☐ No
65. Have you ever been physically, emotionally, or sexually abused? ☐ Yes ☐ No ☐ Not Sure
66. Would you like to get counseling about something that is bothering you? ☐ Yes ☐ No ☐ Not Sure

Special Circumstances

67. In the past year have you been around someone with tuberculosis (TB)? ☐ Yes ☐ No ☐ Not Sure
68. In the past year, have you stayed overnight in a homeless shelter, jail, or detention center? ☐ Yes ☐ No
69. Have you ever lived in foster care or a group home? ☐ Yes ☐ No

Self

70. What two words best describe you?
1)_____ 2)_____

71. What would you like to be when you grow up?
_____

72. If you could have three wishes come true, what would they be?

1)_____

2)_____

3)_____

Nataloni Pediatrics, P.C.

Pre-Participation Physical Evaluation

Patient's Name: _____ Date of Birth: _____ Age: _____

The following questions should be completed by student or parent. Please explain "yes" answeres where indicated. Circle questions you don't know answers to.

		Yes	No
1.	Have you had a medical illness or injury since your last check-up or sports physical? If yes, please explain: _____	☐	☐
2.	Do you have an ongoing illness? If yes, please explain: _____	☐	☐
3.	Have you ever been hospitalized overnight? If yes, please explain: _____	☐	☐
4.	Have you ever had surgery? If yes, please explain: _____	☐	☐
5.	Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills, or using an inhaler? If yes, please explain: _____	☐	☐
6.	Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your Performance? If yes, please explain: _____	☐	☐
7.	Do you have any allergies (for example: to pollen, medicine, food or stinging insects)? If yes, please explain: _____	☐	☐
8.	Have you ever had a rash or hives develop during or after exercise? If yes, please explain: _____	☐	☐
9.	Have you ever passed out during or after exercise? If yes, please explain: _____	☐	☐
10.	Have you ever been dizzy during or after exercise? If yes, please explain: _____	☐	☐
11.	Have you ever had chest pain during or after exercise? If yes, please explain: _____	☐	☐
12.	Do you get tires more quickly than your friends do during exercise? If yes, please explain: _____	☐	☐
13.	Have you ever had racing of your heart or skipped heartbeats? If yes, please explain: _____	☐	☐
14.	Have you ever had high blood pressure or high cholesterol? If yes, please explain: _____	☐	☐
15.	Have you ever been told you have a heart murmur? If yes, please explain: _____	☐	☐
16.	Has any family member or relative died of heart problems or sudden death before age 50? If yes, please explain: _____	☐	☐
17.	Have you had a severe viral infection (for example: myocarditis or mononucleosis) within the last month? If yes, please explain: _____	☐	☐
18.	Has a physician ever denied or restricted your participation in sports for any heart problems? If yes, please explain: _____	☐	☐
19.	Do you have any current skin problems (for example: itching, rashes, acne, warts, fungus or blisters)? If yes, please explain: _____	☐	☐
20.	Have you ever had a head injury or concussion? If yes, please explain: _____	☐	☐
21.	Have you ever been knocked out, become unconscious or lost your memory? If yes, please explain: _____	☐	☐
22.	Have you ever had a seizure? If yes, please explain: _____	☐	☐

	Yes	No
23. Do you have frequent or severe headaches?	☐	☐
If yes, please explain: _____		
24. Have you ever had numbness or tingling in your arms, hands, legs or feet?	☐	☐
If yes, please explain: _____		
25. Have you ever had a stinger, burner or pinched nerve?	☐	☐
If yes, please explain: _____		
26. Have you ever become ill from exercising in the heat?	☐	☐
If yes, please explain: _____		
27. Do you cough, wheeze or have trouble breathing during or after activity?	☐	☐
If yes, please explain: _____		
28. Do you have asthma?	☐	☐
If yes, please explain: _____		
29. Do you have seasonal allergies that require medical treatment?	☐	☐
If yes, please explain: _____		
30. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position, (for example, knee brace, special neck roll, foot orthotics, retainer for your teeth, hearing aid)?	☐	☐
If yes, please explain: _____		
31. Have you had any problems with your eyes or vision?	☐	☐
If yes, please explain: _____		
32. Do you wear glasses, contacts or protective eyewear?	☐	☐
If yes, please explain: _____		
33. Have you ever had a sprain, strain or swelling after injury?	☐	☐
If yes, please explain: _____		
34. Have you broken or fractured any bones or dislocated any joints?	☐	☐
If yes, please explain: _____		
35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?	☐	☐
If yes, check appropriate blank and explain in the space provided:		
___Head ___Elbow ___Hip ___Neck ___Forearm ___Thigh ___Back ___Wrist ___Knee		
___Chest ___Hand ___Shin/Calf ___Shoulder ___Finger ___Ankle ___Upper Arm ___Foot		
If yes, please explain: _____		
36. Do you want to weigh more or less than you do now?	☐	☐
If yes, please explain: _____		
37. Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
If yes, please explain: _____		
38. Do you feel stressed out?	☐	☐
If yes, please explain: _____		

39. Record the dates of your most recent immunizations (shots) for:

Tetanus: _____

Measles: _____

Hepatitis B: _____

Chickenpox: _____

FEMALES ONLY – Optional –

40. When was your first menstrual period?

_____

41. When was your most recent menstrual period?

_____

42. How much time do you usually have from the start of one period to the start of another?

_____

43. How many periods have you had in the last year?

_____

44. What was the longest time between periods in the last year?

_____

Signature of parent/guardian: _____ Date: _____

A Survey From Your Healthcare Provider

Name	Date	ID

Please mark under the heading that best fits you or circle yes or no	Never 0	Sometimes 1	Often 2
1. Complain of aches or pains			
2. Spend more time alone			
3. Tire easily, little energy			
4. Fidgety, unable to sit still			
5. Have trouble with teacher			
6. Less interested in school			
7. Act as if driven by motor			
8. Daydream too much			
9. Distract easily			
10. Are afraid of new situations			
11. Feel sad, unhappy			
12. Are irritable, angry			
13. Feel hopeless			
14. Have trouble concentrating			
15. Less interested in friends			
16. Fight with other children			
17. Absent from school			
18. School grades dropping			
19. Down on yourself			
20. Visit doctor with doctor finding nothing wrong			
21. Have trouble sleeping			
22. Worry a lot			
23. Want to be with parent more than before			
24. Feel that you are bad			
25. Take unnecessary risks			
26. Get hurt frequently			
27. Seem to be having less fun			
28. Act younger than children your age			
29. Do not listen to rules			
30. Do not show feelings			
31. Do not understand other people's feelings			
32. Tease others			
33. Blame others for your troubles			
34. Take things that do not belong to you			
35. Refuse to share			
36. During the past three months, have you thought of killing yourself?		Yes	No
37. Have you ever tried to kill yourself?		Yes	No

FOR OFFICE USE ONLY

Cutoff Scores for Interpretation: I ≥ 5 | E ≥ 7 | A ≥ 7

TS _____

Q 36 or Q 37=Y | TS ≥ 30

Plan for follow-up

❑ Annual Screening ❑ Return visit w/ PCP ❑ Referred to counselor ❑ Parent declined ❑ Already in treatment ❑ Referred to other professional

Source: Pediatric Symptom Checklist – Youth Report (PSC-Y)

nataloni
Pediatrics P.C.

701 RT. 25A Suite B3
Mt. Sinai, NY 11766
Phone: 631-476-7676
Fax: 631-476-7675

ADOLESCENT CONFIDENTIALITY STATEMENT

Parent Information for Pediatric Visits
Ages 12-21 years

As children and adolescents mature and become more independent, both physiologically and socially, their physical health may be jeopardized. Risk-taking behaviors are increasingly observed in this age group.

We plan to discuss these issues with your child and offer non-judgmental support and advice. Confidentiality is promised to the adolescents as part of our working relationship. We do, however, strongly encourage them to discuss these issues openly with their families, and we will inform you if your adolescent poses a serious risk to him/herself or others.

Please advise us of any specific concerns you have regarding risk-taking behaviors or the emotional health of your adolescent.

Please sign indicating your understanding of the (above) information.

Adolescent's Name

Your relationship to above

Signature:_____

Date:

Guidelines for Adolescent Preventive Services
Parent/Guardian Questionnaire

Confidential (Your answers will not be given out.)

Date _____

Adolescent's name _____ Adolescent's birthday _____ Age _____

Parent/Guardian name _____ Relationship to adolescent _____

Your phone number: Home _____ Work _____

Adolescent Health History

1. Is your adolescent allergic to any medicines?
   ☐ Yes ☐ No If yes, what medicines? _____

2. Please provide the following information about medicines your adolescent is taking.

Name of medicine	Reason taken	How long taken
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Has your adolescent ever been hospitalized overnight?
   ☐ Yes ☐ No If yes, give the age at time of hospitalization and describe the problem.

Age	Problem
_____	_____
_____	_____

4. Has your adolescent ever had any serious injuries?
   ☐ Yes ☐ No If yes, please explain. _____

5. Have there been any changes in your adolescent's health during the past 12 months?
   ☐ Yes ☐ No If yes, please explain. _____

6. Please check (✓) whether your adolescent ever had any of the following health problems:
   If yes, at what age did the problem start:

	Yes	No	Age		Yes	No	Age
ADHD/learning disability	☐	☐	_____	Headaches/migraines	☐	☐	_____
Allergies/hayfever	☐	☐	_____	Low iron in blood (anemia)	☐	☐	_____
Asthma	☐	☐	_____	Pneumonia	☐	☐	_____
Bladder or kidney infections	☐	☐	_____	Rheumatic fever or heart disease	☐	☐	_____
Blood disorders/sickle cell anemia	☐	☐	_____	Scoliosis (curved spine)	☐	☐	_____
Cancer	☐	☐	_____	Seizures/epilepsy	☐	☐	_____
Chicken pox	☐	☐	_____	Severe acne	☐	☐	_____
Depression	☐	☐	_____	Stomach problems	☐	☐	_____
Diabetes	☐	☐	_____	Tuberculosis (TB)/lung disease	☐	☐	_____
Eating disorder	☐	☐	_____	Mononucleosis (mono)	☐	☐	_____
Emotional disorder	☐	☐	_____	Other: _____	☐	☐	_____
Hepatitis (liver disease)	☐	☐	_____				

7. Does this office or clinic have an up-to-date record of your adolescent's immunizations (record of "shots")?
   ☐ Yes ☐ No ☐ Not sure

Family History

8. Some health problems are passed from one generation to the next. Have you or any of your adolescent's *blood* relatives (parents, grandparents, aunts, uncles, brothers or sisters), living or deceased, had any of the following problems? If the answer is "Yes," please state the age of the person when the problem occurred and his or her relationship to your adolescent.

	Yes	No	Unsure	Age at Onset	Relationship
Allergies/asthma	☐	☐	☐	_____	_____
Arthritis	☐	☐	☐	_____	_____
Birth defects	☐	☐	☐	_____	_____
Blood disorders/sickle cell anemia	☐	☐	☐	_____	_____

	Yes	No	Unsure	Age at Onset	Relationship
Cancer (type_____)	☐	☐	☐	_____	_____
Depression	☐	☐	☐	_____	_____
Diabetes	☐	☐	☐	_____	_____
Drinking problem/alcoholism	☐	☐	☐	_____	_____
Drug addiction	☐	☐	☐	_____	_____
Endocrine/gland disease	☐	☐	☐	_____	_____
Heart attack or stroke *before* age 55	☐	☐	☐	_____	_____
Heart attack or stroke *after* age 55	☐	☐	☐	_____	_____
High blood pressure	☐	☐	☐	_____	_____
High cholesterol	☐	☐	☐	_____	_____
Kidney disease	☐	☐	☐	_____	_____
Learning disability	☐	☐	☐	_____	_____
Liver disease	☐	☐	☐	_____	_____
Mental health	☐	☐	☐	_____	_____
Mental retardation	☐	☐	☐	_____	_____
Migraine headaches	☐	☐	☐	_____	_____
Obesity	☐	☐	☐	_____	_____
Seiures/epilepsy	☐	☐	☐	_____	_____
Smoking	☐	☐	☐	_____	_____
Tuberculosis/lung disease	☐	☐	☐	_____	_____

9. With whom does the adolescent live most of the time? *(Check all that apply.)*

☐ Both parents in same household
☐ Mother
☐ Father
☐ Other adult relative
☐ Stepmother
☐ Stepfather
☐ Guardian
☐ Brother(s)/ages _____
☐ Sister(s)/ages _____
☐ Other _____
☐ Alone

10. In the past year, have there been any changes in your family? *(Check all that apply.)*

☐ Marriage
☐ Separation
☐ Divorce
☐ Loss of job
☐ Move to a new neighborhood
☐ A new school or college
☐ Births
☐ Serious illness
☐ Deaths
☐ Other _____

Parental / Guardian Concerns

11. Please review the topics listed below. Check(✓) if you have a concern about your adolescent.

	Concern About My Adolescent		Concern About My Adolescent
Physical problems	☐	Guns/weapons	☐
Physical development	☐	School grades/absences/dropout	☐
Weight	☐	Smoking cigarettes/chewing tobacco	☐
Change of appetite	☐	Drug use	☐
Sleep patterns	☐	Alcohol use	☐
Diet/nutrition	☐	Dating/parties	☐
Amount of physical activity	☐	Sexual behavior	☐
Emotional development	☐	Unprotected sex	☐
Relationships with parents and family	☐	HIV/AIDS	☐
Choice of friends	☐	Sexual transmitted diseases (STDs)	☐
Self image or self worth	☐	Pregnancy	☐
Excessive moodiness or rebellion	☐	Sexual identity (heterosexual/homosexual/bisexual)	☐
Depression	☐	Work or job	☐
Lying, stealing, or vandalism	☐	Other: _____	☐
Violence/gangs	☐		

12. What seems to be the greatest challenge for your teen? _____

13. What is it about your teen that makes you proud of him or her? _____

14. Is there something on your mind that you would like to talk about today?

What is it? _____

15. Can we share your answers to Question 13 with your teen? ☐ Yes ☐ No