# Bright Futures Medical Screening Reference Table

## Adolescent Visits

### Universal Screening

**Vision** (Once in early, middle, late adolescence)

- Snellen test

**Dyslipidemia** (Once in late adolescence)

- A fasting lipoprotein profile (total cholesterol, low-density lipoprotein [HDL], and triglyceride). If the testing opportunity is non-fasting, only total and HDL cholesterol will be usable.

### Selective Screening

#### Medical History Risk Factors

- • Consume excessive saturated fats
- • Elevated blood pressure
- • Diabetes
- • Physical inactivity
- • Renal disease
- • Body mass index at or above the 85th percentile
- • Unobtainable family history or any factors for coronary artery disease

### Risk Assessment

- • Do you have parents or grandparents who have had a stroke or heart problem before age 55?
- • Do you have a parent with an elevated blood cholesterol (240 mg/dL or higher) or who is taking cholesterol medication?
- • Do you smoke cigarettes?

### Action if Risk Assessment Is Positive

- Snellen test
- Audiometry
- Hematocrit or hemoglobin
- Tuberculin skin test
- Lipid screen
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| Sexually Transmitted Infections (STIs) | High-risk settings  
- STI clinics  
- Correctional facilities  
- Homeless shelters  
- Tuberculosis clinics  
- Clinics serving men who have sex with men  
- Adolescent health clinics with a high prevalence of STIs | Sexually active  
- Have you ever had sex (including intercourse or oral sex)?  
- Do you now use or have you ever used injectable drugs?  
- Are you having unprotected sex with multiple sex partners?  
- (MALES ONLY) Have you ever had sex with other men?  
- Do you trade sex for money or drugs or have sex partners who do?  
- Have any of your past or current sex partners been infected with HIV, bisexual, or injection drug users?  
- Have you ever been treated for a sexually transmitted infection? | Chlamydia and gonorrhea screens; tests appropriate to the patient population and clinical setting |
| | | | Syphilis blood test |
| | | | HIVb |
| Pregnancy | Sexually active without contraception, late menses, or amenorrhea  
- (FEMALES ONLY) Have you been sexually active without using birth control?  
- (FEMALES ONLY) Have you been sexually active and had a late or missed period within the last 2 months? | Urine hCG |
| Cervical Dysplasia | Sexually active within 3 years of onset of sexual activity  
- (FEMALES ONLY) Was your first time having sexual intercourse more than 3 years ago? | Papanicolaou test, conventional slide or liquid-based |
| Alcohol or Drug Use | | | Administer alcohol and drug screening tool |

*See “Rationale and Evidence” (pages 221–250) in Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition, for the criteria on which risk assessment questions are based.

bThe CDC has recently recommended universal voluntary HIV screening for all sexually active people, beginning at age 13. At the time of publication, the American Academy of Pediatrics and other groups had not yet commented on the CDC recommendation, nor recommended screening criteria or techniques. The health care professional’s attention is drawn to the voluntary nature of screening and that the CDC allows an opt-out in communities where the HIV prevalence is less than 0.1%. The management of positive and false-positive results must be considered before testing.