

## Down Syndrome Healthcare Guidelines (2011 Revision) Record Sheet\*

	Birth	6 mo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Genetic Counseling <sup>1</sup> , Karyotype																						
Parent Group Info and Support																						
CBC to R/O transient myeloproliferative disorder, polycythemia	Parent-to-parent contact, support groups, current books and pamphlets																					
Swallowing assessment if feeding problems or aspiration																						
Hemoglobin			Hemoglobin annually beginning at 1 year old. If Hg<11, do (a) CRP and ferritin, or (b) Reticulocyte Hemoglobin Content (CHR). If possible risk for iron deficiency, do (a) or (b) regardless.																			
23-valent pneumococcal vaccine <sup>2</sup>																						
Cardiology	Echo <sup>4</sup>																					Screen for acquired mitral or aortic valvular disease
Audiological Evaluation	ABR or OAE	Every 6 months till 3 years of age. Annually thereafter.																				
Ophthalmologic Evaluation	Red Reflex	Optho Appt	Annual ophthalmology appt					Q2 Ophthalmology appointment					Q3 Ophthalmology appointment									
Celiac Disease Screening					(Only test if signs and symptoms present)																	
Thyroid – TSH, T4	State Screen	Test	Test	Test TSH and T4 annually																		
Neck X-ray (AAI) <sup>3</sup>					✓ <sup>3</sup>																	
Dental Exam			Annual Dental Exams. Reassure parents that delayed or irregular eruption, hypodontia are common.																			
Sleep Study by age 4 years	Done prior to 4 years of age																					
Early Intervention																						
Childhood					Discuss self-help, ADHD, OCD, wandering off, transition to middle school																	
Puberty																						Discuss physical and psychosocial changes through puberty, need for gynecologic care (pelvic exams) in pubescent female
Facilitate transition																						Guardianship, financial planning, behavioral problems, school placement, vocational training, independence with hygiene and self-care, group home, work settings
Sexual development and behaviors																						Discuss Contraception, STDs, recurrence risk for offspring
Preventive care	Annually monitor for signs and symptoms of constipation, OSA, and aspiration.																					

1. Discuss Recurrence Rate of future pregnancies with parents
2. 23-valent pneumococcal vaccine if chronic or pulmonary disease.
3. AAI: See AAP Guidelines page 399 - X-rays only if myopathic signs or symptoms \* Peds 2011 ;128 :393-406 Chart by Sie Center for Down Syndrome
4. Follow up to be determined by Cardiologist