

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 ¹ , 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 ²																																			
Cardiology	Echo ⁴															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) ³					✓ ³																														
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