

# 兒童健康體格檢查表 Pediatric Preventive Care Guidelines

兒童	初生兒	日數	Months 月數										Years 年歲										CHILDREN	
	NB	3-5	1	2	4	6	9	12	15	18	24	30	3	4	5	6	7	8	9	10				
<b>免疫注射/疫苗</b>																							<b>IMMUNIZATION</b>	
白喉/破傷風/百日咳				◆	◆	◆				↔											↔		Diphtheria / Tetanus / Pertussis	
乙型流感				◆	◆	◆				↔													H. Influenza type B	
A型肝炎										◆													Hepatitis A	
B型肝炎	◆			↔					↔														Hepatitis B	
麻疹、流行性腮腺炎及德國麻疹									↔												↔		Measles, Mumps, Rubella (MMR)	
小兒麻痺				◆	◆				↔												↔		Inactivated Poliovirus	
水痘									↔												↔		Varicella (chicken pox)	
肺炎				◆	◆	◆			↔														Pneumococcal	
流感(每年)								◆														→	Influenza (yearly)	
輪狀病毒				◆	◆	◆																	Rotavirus	
<b>測檢</b>																							<b>SCREENING</b>	
頭圍	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆												Head Circumference	
身高及體重	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Height & Weight	
體重指數												◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Body Mass Index	
病史及體格	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	History & Physical	
成長及行為鑑定	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Developmental / Behavioral Assessment	
自閉症												◆	◆										Autism	
健康指導諮詢*	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Health Guidance & Counseling*	
遺傳病	←	◆	→																				Hereditary / Metabolic Screening	
血壓	A	A	A	A	A	A	A	A	A	A	A	A	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Blood Pressure	
貧血症									◆														Anemia	
視力	A	A	A	A	A	A	A	A	A	A	A	A	◆	◆	◆	◆	A	◆	A	◆			Vision	
聽力	◆	◆	→	A	A	A	A	A	A	A	A	A	◆	◆	◆	A	◆	A	◆				Hearing	
牙齒檢查						◆	◆	A		A	A	A	A	A	A								Oral Health	
<b>有如下危險因素傾向的兒童:</b>																							<b>FOR HIGH RISK CHILDREN:</b>	
鉛測檢						A	A	◆		A	◆		A	A	A	A	A	A	A	A	A	A	Lead screening	
血脂測檢												A		A	A	A	A	A	←	◆			Dyslipidemia screening	
肺結核			A			A		A		A		A	A	A	A	A	A	A	A	A	A	A	Tuberculosis test	

## 圖解 KEY:

◆ 表示應做檢查 Age at which a test should be performed.

↔ 箭頭表示在此段時間內應做檢查 Age range in which a test should be performed.

NB=Newborn 初生兒; A= Risk Assessment to be performed. 風險評估

\* 產前諮詢是給予有高危險因素、首任父母以及詢求對嬰兒睡眠姿勢、母乳餵哺、營養、暴力以及預防意外等資料，指導：及指引的父母。 Prenatal counseling for high-risk, first time parents and those who request information, counseling, and guidance on sleep position, breastfeeding, nutrition, violence & injury prevention.

### References:

- Recommended Childhood Immunization Schedule, 2017, Centers for Disease Control and Prevention.
- Recommendations for Preventive Pediatric Health Care, American Academy of Pediatrics and Bright Future, 2017.

# 兒童健康體格檢查表 Pediatric Preventive Care Guidelines

青少年	Years 年歲											ADOLESCENTS
	11	12	13	14	15	16	17	18	19	20	21	
<b>免疫注射/疫苗</b>												<b>IMMUNIZATION</b>
白喉/破傷風/百日咳	←◆→											Diphtheria / Tetanus / Pertussis
小兒麻痺 *	←◆3◆→											Inactivated Poliovirus *
B型肝炎 *	←◆5◆→											Hepatitis B *
麻疹、流行性腮腺炎及德國麻疹 *	←◆2◆→											Measles, Mumps, Rubella (MMR) *
水痘 *	←◆2◆→											Varicella (chicken pox) *
人類乳頭瘤病毒	←◆3◆→											Human Papillomavirus (HPV)
腦膜炎	←◆●→											Meningococcal
流感免疫注射(每年)	←◆→											Influenza vaccination (yearly)
<b>測檢</b>												<b>SCREENING</b>
身高及體重	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Height & Weight
體重指數	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Body Mass Index
病史及體格	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	History & Physical
成長及行為鑒定	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Developmental / Behavioral Assessment
健康指導諮詢	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Health Guidance & Counseling
血壓	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Blood Pressure
貧血症	A	A	A	A	A	A	A	A	A	A	A	Anemia
抑鬱症		◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	Depression
視力	A	◆	A	A	◆	A	A	A	A	A	A	Vision
聽力	A	A	A	A	A	A	A	A	A	A	A	Hearing
盆腔/陰道塗片檢查(女性)											◆	Pelvic Exam/Pap Smear (females)
有如下危險因素傾向的青少年:												FOR HIGH RISK ADOLESCENTS:
血脂測檢		A	A	A	A	A	A	←◆→				Dyslipidemia screening
肺結核	A	A	A	A	A	A	A	A	A	A	A	Tuberculosis Test
傳染性病	A	A	A	A	A	←◆→		A	A	A		STI/HIV Screening

### 圖解 KEY:

- ◆ 表示應做檢查 Age at which a test should be performed.      ● 加強針 Booster
- ←◆→ 箭頭表示在此段間內應做檢查 Age range in which a test should be performed.
- A= Risk Assessment to be performed. 風險評估

\* 如錯過免疫注射或在過幼年齡注射, 應儘早或重新接受注射。  
If doses were missed or given earlier than the recommended minimum age, give catch-up vaccination at the earliest opportunity.

#### References:

- Recommended Childhood Immunization Schedule, 2017, Centers for Disease Control and Prevention.
- Recommendations for Preventive Pediatric Health Care, American Academy of Pediatrics and Bright Futures, 2017.