



## 9 months follow-up (suite)

### Physical Exam (age corrected on growth charts if premature)

Weight: \_\_\_\_\_ Perc: \_\_\_\_\_ Length: \_\_\_\_\_ Perc: \_\_\_\_\_ HC: \_\_\_\_\_ Perc: \_\_\_\_\_ Perc W/L: \_\_\_\_\_

General appearance: \_\_\_\_\_

- ☐ Fontanelles, sutures
- ☐ Head shape
- ☐ Red reflex
- ☐ Corneal light reflex
- ☐ Ocular tracking
- ☐ Cover-uncover test
- ☐ ENT \_\_\_\_\_

Eardrums: \_\_\_\_\_

- ☐ Teeth? \_\_\_\_\_
- ☐ Heart
- ☐ Lungs
- ☐ Abdomen
- ☐ Limbs

- ☐ Hips: symmetrical abduction
- ☐ External genital organs: \_\_\_\_\_  
Testes palpable? (σ)
- ☐ Anus
- ☐ Skin: \_\_\_\_\_  
Sentinel lesions (bruise, intra-oral injury, subconjunctival hemorrhage or other)?

#### TONUS

- ☐ Stable seated position (protection)
- ☐ Able to stand with support

#### REFLEXES

- ☐ Symmetric parachute reflex

#### WARNING SIGNS OF CEREBRAL PALSY: WHAT TO LOOK FOR

- ☐ Systematic preference for a specific hand
- ☐ 1 or 2 fists systematically tightened
- ☐ Persistent difficulty controlling the head
- ☐ Persistent asymmetry of posture and movement
- ☐ Inability to sit without support
- ☐ Stiffness-tension in legs (can't bring toes to mouth)
- ☐ Vigilance and follow-up: persistence of Moro reflex?

### Observations

\_\_\_\_\_

\_\_\_\_\_

### Promotion of Healthy Lifestyles and Preventive Advices

- ☐ Encourage breastfeeding
- ☐ Avoid exposure to screens (TV, tablet, cell phone)
- ☐ Ventral position 30 min/day while awake
- ☐ Tooth brushing with rice grain of fluoride toothpaste
- ☐ No bottle in bed
- ☐ Safety (stairs, burns, bath, electrical outlets, sun protection and seasonal protection, choking, poisoning)
- ☐ Nocturnal awakenings and separation anxiety
- ☐ Stimulation in day-care
- ☐ Avoid poor seated or lying positions
- ☐ Discuss next vaccination

### Impressions and Plan

#### Impressions

- ☐ Physical health: \_\_\_\_\_
- ☐ Growth: \_\_\_\_\_
- ☐ Development: \_\_\_\_\_
- ☐ Other impression(s): \_\_\_\_\_

#### Plan

Refer to Tasiurtigiit program if any of the developmental items have not been met or if developmental difficulties or delays are suspected

Refer to physiotherapy if suspected plagiocephalia (through Tasiurtigiit program)

Suggest parents to participate in SIPPE (Ilagiilluta) activities if available in the village

#### General conduct

- ☐ Results of HBsAg and anti-HBs dosage (baby of mother who is chronic carrier) (\*)
- FSC, ferritin (\*)

Signature : \_\_\_\_\_ Next appointment: \_\_\_\_\_

(\*) If the child is at risk, see Recommendations: <https://enseignement.chusj.org/fr/Formation-continue/ABCdaire/recommandations>.

**bold = A**, *italic = B*, regular = C or I, underlined = MSSSQ good clinical prevention practices.

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