

Down Syndrome Checklist

BIRTH-1 YEAR

(Indicate the Date of each Evaluation)

MEDICAL EVALUATION	Prenatal	Birth - 1 month	1-2 months	3-4 months	5-6 months	7-9 months	10-12 months
<i>(Enter date each is completed)</i>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Echocardiogram performed by pediatric cardiologist. Refer to pediatric cardiologist if abnormalities exist.							
Referral to geneticist/genetic counselor, if not done prenatally.							
Chromosomal analysis to confirm trisomy 21.							
Perform car seat challenge before hospital discharge if hypotonic or cardiac surgery to evaluate for apnea, bradycardia, or oxygen desaturation.							
Physical exam for evidence of trisomy 21.							
Refer to pediatric ophthalmologist or an ophthalmologist with experience with Down syndrome for eye exam for cataracts.							
History and physical assessment for duodenal or anorectal atresia.							
Consider lactation consult if breastfeeding.							
Newborn hearing screen and follow-up.							
Audiology evaluation at 6 months and every 6 months thereafter until "ear-specific testing is accomplished and normal," at which point hearing screening can be carried out annually. Referral to ENT if abnormal at any time.							
Review growth using Down syndrome-specific growth charts, when available, from the Centers for Disease Control at www.cdc.gov/growthcharts . Use BMI, Ht/Wt assessments.							
Review feeding history to ensure adequate caloric intake.							
Routine well child care and childhood immunizations, including influenza, unless otherwise contraindicated.							
LABORATORY EVALUATION	Prenatal	Birth - 1 month	1-2 months	3-4 months	5-6 months	7-9 months	10-12 months
<i>(Enter date each is completed)</i>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Obtain CBC with differential to rule out transient myeloproliferative disorder, polycythemia.							
TSH (may be part of newborn screening). Obtain TSH if the state-mandated results included T4 only.							
TSH and Free T4 (at 6 and 12 months).							
ONGOING MONITORING - ASSESS DURING ANY VISIT	Prenatal	Birth - 1 month	1-2 months	3-4 months	5-6 months	7-9 months	10-12 months
<i>(Enter date each is completed)</i>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Radiographic swallowing assessment if marked hypotonia, slow feeding, choking with feeds, recurrent or persistent respiratory sx, FTT.							
If congenital heart disease, monitor for signs and Sx of Congestive heart failure. Provide sub-acute bacterial endocarditis prophylaxis when indicated.							
If constipation, evaluate for limited diet or fluids, hypotonia, hypothyroidism, GI malformation, Hirschsprung.							
If myopathic signs or symptoms, obtain neutral position spine films. If normal, obtain flexion and extension films. Refer to pediatric neurosurgeon or orthopedic surgeon with expertise in treating atlanto-axial instability.							
Assess for obstructive sleep apnea. Refer to ENT as needed.							

ANTICIPATORY GUIDANCE - ADDRESS DURING ANY VISIT	Prenatal	Birth - 1 month	1-2 months	3-4 months	5-6 months	7-9 months	10-12 months
<i>(Enter date each is completed)</i>	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Discuss complementary and alternative therapies with family.							
Discuss cervical spine positioning, especially for anesthesia or surgical or radiologic procedures with family.							
Review signs and symptoms of myopathy with family.							
Review parental concerns, assess the emotional status of parents and intra-familial relationships.							
Review parent-to-parent contact, support groups, current books and pamphlets.							
Discuss developmental delays, value of Early Intervention services, possible referral to local program.							
Reassure parents delayed and irregular dental eruption, hypodontia are common.							
Discuss risk of respiratory infection, ENT concerns, referral to ENT if necessary.							
Consider discussing estate planning, custody arrangements.							

Sources:

These guidelines are based on the Clinical Practice Guidelines of the American Academy of Pediatrics and the National Down Syndrome Society.

"Health Supervision for Children with Down Syndrome" Pediatrics (Vol 128, No. 2, August 1, 2011, pp. 393-406)

"Down Syndrome Health Care Guidelines" National Down Syndrome Society