

DOWN SYNDROME - SUGGESTED SCHEDULE OF HEALTH CHECKS

The following are suggested ages for health checks. Check at any other time if there are parental or other concerns.

	Birth - 6 weeks	Special checks under 2 years	Preschool checks	School age
Thyroid blood tests	Newborn routine heel prick - blood spot test	Age 4-6 months and then every year from the age of 1 year or more often if clinically indicated: Venous thyroid blood test including thyroid antibodies <u>or</u> Fingerprick TSH test		
Eye checks	Newborn routine check including congenital cataract check	Age 18-24 months: Formal eye and vision examination including check for squint, and refraction for long or or short sight	Age 4 years: Formal eye and vision examination including check for squint. Refraction and assessment of near and distant vision and visual acuity	Repeat vision test every 2 years , or more frequently if recommended by optometrist or ophthalmologist or if concerns
	Visual behaviour to be monitored at every review particularly in first year			
Hearing checks	Universal newborn hearing screen	Full audiological review by 10 months including hearing test impedance check	Annual audiological review or more frequently and if indicated 2 yearly audiological review or more frequently if recommended	
Growth monitoring	Length, weight and head circumference should be checked frequently and plotted on Down syndrome growth charts		Height and weight should be checked and plotted on Down syndrome growth charts at least annually (BMI checked if concern regarding overweight)	
Heart checks	By age 6 weeks , formal heart assessment including Echocardiogram	At all ages low threshold for reviewing heart status if signs or symptoms develop		From adolescence onwards as part of routine health checks listen to heart for signs of acquired heart disease
Breathing checks	Enquire at every review for uneven breathing during sleep and poor quality sleep. Screen with an overnight pulse oximetry once in infancy and yearly until the age of 5, or at any age if there are symptoms or concerns. Low threshold for detailed sleep studies if symptoms persist, despite normal tests			
Blood checks	Within the first three days of life, full blood count and blood film to check for a serious blood disorder	If blood film is abnormal treatment or monitoring may be required		

Detailed recommendations for Medical Surveillance Essentials for children with Down syndrome can be found at www.dsmig.org.uk