

DMD/BMD/IMD Visit Checklist

History

Recent problems, illnesses, shortness of breath, etc.

Weakness, falls, getting up from chair, floor

School

Psychosocial

Steroids type, dose

History of fractures?

Other medications

Flu shot for the year, pneumovax?

Exam

Ht | Wt | BMI (Calculated)

Vital signs, BP especially important if on steroids

Strength and range of motion testing

Heart exam

Skin, hair, facial changes if on steroids

Systems/Interventions

Review **genetics** testing results, new issues as child/family ages?

Review **cardiology** status; needs exam on diagnosis, biyearly until age 10, annually thereafter. Mom will also need cardiology exam if she is a carrier

Review **calcium/vitamin D intake**, consider Dexascan, calcium/vitamin D supplements or bisphosphonates as necessary

Review **pulmonary status**, refer to pulmonology when necessary, approximately yearly after the boy becomes non-ambulatory, consider cough-assist device, other respiratory aids. Consider overnight oximetry or a sleep study.

Review **orthopedic status**; wheelchair fit, condition, ankle-foot orthotics, night splints, scoliosis. Get films as necessary, or orthopedic referral for assessment, possible surgical treatment.

Consider **random blood sugar and Hemoglobin A1C**, **ophthalmology exam** especially if child is on deflazacort

Review **school status**, IEP/504, recess, toileting issues, new accommodations needed?

Review **psychosocial issues**, getting out into community (MDA camp, adaptive sports), signs depression, family supports, end-of-life issues.