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.