

# Health Maintenance Checklist for Pediatric IBD Patients



Vaccines Outside of Routine Age Schedule <sup>1</sup>	Which Patients	How Often
Pneumococcal disease	All with altered immunocompetence <sup>2</sup> The plan for immunization should be discussed with the patient's pediatric gastroenterologist.	<ul style="list-style-type: none"> <li>If aged &gt; 6 yrs and not previously received PCV13, give this first (wait 8 weeks before giving PPSV23)</li> <li>If aged &gt; 2 yrs, give 1st dose PPSV23, then second dose 5 years later</li> </ul>

Cancer Prevention	Which Patients	How Often
Full Skin Screen	All on chronic immunosuppression <sup>2</sup>	Annual
Colonoscopy	All with colonic disease for > 8 years	Every 1–3 years

Other Screenings	Which Patients	How Often
Nutritional evaluation	All	Height, weight, labs and BMI at each visit
Smoking status	All	Annual
Depression check	All	Annual
DEXA Scan	All	At time of diagnosis and periodically (every 5 years) after diagnosis based on DEXA findings
PPD or IGRA	Prior to anti-TNF or anti-IL-12/23	Once (repeat if potential TB exposure or in a high-risk region)
Serologies: HepBsAg, HepBsAb, HepA IgM	Prior to anti-TNF or anti-IL-12/23	Once (repeat if potential exposure or in a high-risk region)

**DEXA:** dual energy X-ray absorptiometry; **PPD:** purified protein derivative; **IGRA:** Interferon Gamma Release Assay

1. Source: <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/immunocompetence.html>

2. Altered immunocompetence is assumed to occur with high-dose prednisone ( $\geq 2$  mg/kg for  $\geq 14$  consecutive days), azathioprine, mercaptopurine, methotrexate, anti-TNFs, anti-IL-12/23 and JAK inhibitors

Resource for your patients: <http://www.justlikemeibd.org/parents/healthcare-maintenance-guide.pdf>

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