

DOWN SYNDROME MEDICAL MANAGEMENT GUIDELINES

Suggested schedule of health checks taken from Guidelines

	Growth	Heart	Thyroid	Sight	Hearing
Birth - 6 wks	Length / Weight / Head circumference Plot on 2011 revised Down syndrome specific charts. (Use NICAM charts for preterm babies)	Clinical Examination ECG and Echocardiogram 0-6 weeks	Routine Guthrie test	Eye Examination; Check for congenital cataract, congenital glaucoma + any other eye abnormality	National Neonatal Hearing screening
6-10 months	Growth assessment - As above at each routine visit*			Visual behaviour, check for squint	Full audiological review (Otoscopy, Impedance, Hearing thresholds)
12 months	Growth assessment - As above at each routine visit*	Dental Advice, Infective endocarditis advice/information if necessary	Full Thyroid function tests or TSH (finger prick)** yearly where available	Visual behaviour, check for squint	
18-24 months	Growth assessment - As above* Chart those ≥ 2 years of age on BMI conversion charts if concerns about overweight.	Dental Advice and Examination of teeth Infective endocarditis advice/information if necessary	Full Thyroid function tests or TSH (finger prick)** yearly when available	Ophthalmological examination including Orthoptic screening, refraction and fundal examination and focusing ability	Full audiological review as above
3 – 3 ½ years	Growth (Height/Weight) assessment and advice*. Chart on BMI conversion charts if concerns about overweight.	Dental Advice and Examination of teeth Infective endocarditis advice/information if necessary	Full Thyroid function tests or TSH (finger prick)** yearly when available		Full audiological review as above
4 – 4 ½ years	Growth (Height/Weight) assessment and advice as above*	Dental Advice and Examination of teeth Infective endocarditis advice/information if necessary	Full Thyroid function tests or TSH (finger prick)** yearly when available	Ophthalmological examination as above	Full audiological review as above

*Encourage a healthy lifestyle (healthy eating and regular exercise) at all times

**TSH(finger prick)- capillary whole blood thyroid stimulating hormone (TSH) sample –using one circle on National Newborn Screening Programme card)

From age 5 years to 19 years

Paediatric Medical Review Annually

Cardiology	Echo in early adult life to rule out mitral valve prolapse. Infective endocarditis information to be given later in life for those with cardiac history.
Hearing	2 yearly audiological review as above
Vision	2 yearly Ophthalmological examination including refraction and fundal examination and focusing ability
Thyroid	2 yearly from 5 years (venous) or TSH (fingerprick)** annually, when appropriate structures, personnel and funding are in place

A comprehensive history and careful clinical examination should be undertaken to detect other emergent health issues such as, respiratory and rheumatological complications

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Updated December 2015. (SIGHT updated July 2009)