

Healthcare Checklist for persons with Down Syndrome

Persons with Down syndrome are prone to develop conditions such as diabetes, Alzheimer's, sleep apnea and others that require medical attention. Sometimes these may present themselves unusually as behaviour changes or loss of function. Diagnosis in a timely and accurate manner enables effective management and a better quality of life.

Down Syndrome Association (Singapore) has designed the following checklist of common medical issues to help practitioners and families keep track of recommended tests and their frequency of administration.

Healthcare Checklist for persons with Down Syndrome					
	1mth-1yr	1-5 yrs	5-13 yrs	13-21 yrs	21 + yrs
Thyroid function (fT4 + TSH)	●	●	●	●	●
Vision Screening	●	●	●	●	●
Hearing Screening	●	●	●	●	●
Dental Screening	●	●	●	●	●
Track growth (Use Down syndrome-specific growth charts, BMI)	●	●	●	●	●
Enquire about vaccinations; discuss influenza, papilloma virus	●	●	●	●	●
Cervical spine X-ray		●			
Discuss developmental concerns		●	●	●	●
Enquire about obstructive sleep apnea		●	●	●	●
Discuss skin issues		●	●	●	●
Discuss behavioral challenges, dual diagnosis (i.e. Down syndrome + co-morbidity)		●	●	●	●
Discuss diet and physical activity		●	●	●	●
Integrated screening (Hypertension, Hypercholesleretemia, Diabetes mellitus)					●
Mammogram, Papsmear, Colonic cancer, Osteoporosis, Dementia					●
Enquire about menstrual issues				●	●

● Annually
 ● Once
 ● Follow MOH guidelines