



CANINE LIFE STAGE HEALTH CHECKLIST

FOR ALL LIFE STAGES

General (PE and Consultation)

- Conduct a thorough physical exam, including 5 vital assessments (TPR, pain, nutritional assessment).
- Provide transportation advice, including safety (restraint), motion sickness, and anxiety.
- Discuss boarding and grooming.
- Consult about current medications and supplements, nutraceuticals, and herbs.
- Make recommendations concerning frequency of visits.
- Provide or recommend appropriate client education online resources.
- Document and review trends on important clinical parameters in the medical record.

Pet Lifestyle and Safety Risk Assessment

- Discuss and emphasize daily exercise needs appropriate to age.
- Make recommendations concerning exercise, mental stimulation, and enrichment.
- Discuss the pet's exposure to other animals (wild or domestic).
- Discuss housing, confinement, temperature, and sanitation, including general safety considerations.
- Consult on exposure to toxins (plants and other hazards), infectious and parasitic disease (boarding, grooming, dog parks, geographic location, travel, and exposure to other animals).

Zoonoses and Human Safety

- Educate about zoonotic risks including endoparasites (e.g., hookworms, roundworms, tapeworms), dermatophytosis, toxoplasmosis, geographically relevant ectoparasite-transmitted diseases, rabies, *Salmonella*, and *Campylobacter* spp.
- Discuss family member risk factors to zoonotic disease transmission.
- Provide bite prevention education.
- Discuss the importance of properly removing feces from the environment and how to do it.
- Discuss risks of raw food.

Behavior

- Consult on fear and stress-reducing handling and pre-visit anxiolytics.
- Conduct evaluations for specific behaviors of concern.
- Discuss normal behavior.
- Ask open-ended questions about changes and any specific client concerns.
- Advise that behavior recommendations and consultations are available.
- Evaluate emotional and behavioral history.

Nutrition

- Regularly evaluate for needed change in nutrition/diet based on reproductive and health concerns.
- Conduct screening or extended nutritional assessments as indicated. See *AAHA Nutritional Assessment Guidelines for Dogs and Cats* for additional information.
- Discuss supplement use.
- Use medical records to identify trends in weight and BCS/MCS.
- Modify diet per BCS/MCS.
- Evaluate the feeding schedule, food choice, and quantity.

Parasitology

- Year-round control of intestinal parasites per CAPC/CDC and *AAHA/AVMA Preventive Care Guidelines*.
- Perform routine fecal examination for intestinal parasites.
- Recommend year-round heartworm preventive per CAPC and *AAHA/AVMA Preventive HealthCare Guidelines*.
- Recommend year-round flea and tick control per CAPC Guidelines or defer to the *AAHA/AVMA Preventive Healthcare Guidelines*, which acknowledge clinical discretion based on risk assessment for tick control.
- Perform routine examination for fleas and ticks.

Vaccinations

- Evaluate risk assessment and use of noncore vaccinations as indicated, as per current AAHA guidelines.
- Evaluate current information about use of serology/vaccine titers.

Dentistry

- Evaluate the existence and adequacy of home care/daily dental hygiene.
- Perform oral exam and document assessment of dental condition.

Reproduction

- Examine genitalia of intact and neutered/spayed animals.
- Verify and document neuter/intact status.

Breed-Specific Screening

- Evaluate and report findings for genetic or developmental disorders or diseases that occur at higher frequency in particular breeds (e.g., osteoarthritis, neoplasia).

BCS: body condition score
CAPC: Companion Animal Parasite Council
CDC: Centers for Disease Control and Prevention
MCS: muscle condition score