

PREVENTIVE PEDIATRIC HEALTH CARE

30-MONTH WELL-CHILD VISIT

DEVELOPMENTAL DELAY ASSESSMENT

Parent Project Muscular Dystrophy

Child Muscle Weakness



30-MONTH NEUROMUSCULAR CHECKLIST

5 ITEMS

Challenges with neurodevelopmental screening at the 30-month well-child visit have led to persistent delays in the diagnosis of Duchenne muscular dystrophy. Duchenne is a treatable condition and earlier diagnosis can lead to earlier treatment.

The 30-month neuromuscular checklist was developed to optimize exam time with clear guidance for observations to ensure that no case of Duchenne is overlooked.

KEY CLINICAL QUESTIONS^{1,2}

KEY CONCERNING OBSERVATIONS^{1,3,4}

- 1 Did your child have difficulty walking at 24 months?
- 2 Does your child have difficulty running?
- 3 Does your child have trouble climbing stairs?

4 **Difficulty rising from floor/supine**
(Completed in >3 seconds and/or completed in an atypical way)

5 **Enlarged calves**
(Visibly prominent)

IF ANY OF THE 5 ITEMS ARE OBSERVED, A CK TEST SHOULD BE ORDERED

CK, creatine kinase.

1. Birnkrant DJ, et al. Lancet Neurol. 2018;17(3):251–67.

2. Lipkin PH and Macias MM. Pediatrics. 2020;145(1):e20193449.

3. Ciafaloni E, et al. J Pediatr. 2009;155(3):380–85.

4. Chang RF and Mubarak SJ. Clin Orthop Relat Res. 2012;470(7):1987–91.

FOR MORE INFORMATION ON DUCHENNE, VISIT PARENTPROJECTMD.ORG AND CHILDMUSCLEWEAKNESS.ORG

TIPS FOR IMPLEMENTING THE CHECKLIST

- Consider integrating this into your institution's EHR system as a Clinical Decision Support (CDS) tool
- Consider integrating these questions/observations into pre-appointment forms for caregivers to complete immediately prior to the 30-month visit

GUIDELINES RECENTLY RELEASED BY BRIGHT FUTURES AND ENDORSED BY THE AAP HIGHLIGHT THE IMPORTANCE OF MONITORING FOR DEVELOPMENTAL DELAYS^{1,2}

Recommendations for Preventive Pediatric Healthcare (Bright Futures/AAP)

Developmental screening for all children should take place during well child visits at 9, 18, and 30 months^{1,2}

AAP Guideline Recommendations

If a developmental delay suggests a neuromuscular problem, CK levels should be measured^{3,4,5,6}

AAP, American Academy of Pediatrics; CK, creatine kinase.

1. Lipkin PH, et al. *Pediatrics*. 2020;145(1):e20193449.

2. Available at: https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf. Last accessed: July 2024.

3. CK Testing. Available at: <https://childmuscleweakness.org/ck-test/>. Last accessed: July 2024.

4. Ciafaloni E, et al. *J Pediatr*. 2009;155(3):380–5.

5. van Ruiten HJA, et al. *Arch Dis Child*. 2014;99(12):1074–7.

6. D'Amico A, et al. *Neuromuscul Disord*. 2017;27(5):447–51.



DEVELOPMENTAL DELAY? DO A CK

DIAGNOSTIC DELAY LEADS TO TREATMENT DELAY. DO YOUR PART TO DIAGNOSE DUCHENNE AS EARLY AS POSSIBLE.

FOR MORE INFORMATION ON DUCHENNE, VISIT [PARENTPROJECTMD.ORG](https://parentprojectmd.org) AND [CHILDMUSCLEWEAKNESS.ORG](https://childmuscleweakness.org)