

## Digital Prescription & Assessment Format

A

### Demographic Details

- Child's Name:.....
- Age:...
- Sex: Dropdown Male/ Female/ Others
- DOB:.....
- Mother's age (years).....
- Mother's education: Dropdown
- Mother's occupation:.....
- Father's age (in years).....
- Father's education: Dropdown
- Father's occupation:.....
- Type of family: Dropdown Joint/ Nuclear
- Number of family members:.....
- Number of siblings:.....
- Details of siblings (Age and sex):.....
- Address: City, locality
- Contact:.....
- Referred By: Doctor/ Healthcare worker/ School/ Relative/ Camp
- Informant: .....

### Presenting Concerns

- Chief concerns: .....
- Duration of symptoms:.....
- Concerns noticed by school (if any).....

**Strengths of child:** .....

## B

### **Interaction history:**

- Eye contact: Dropdown- Poor / Fleeting /Suboptimal/ Sustained
- Interaction- Dropdown- No interaction/ Need based interaction/ Interaction with parents / Interaction with known people / Interaction with adults and older children/ Interaction with peers
- Quality of Interaction: age-appropriate / limited / avoids

### **Behavioral history: Tick- can tick more than one**

Repetitive behaviors (RRBs)

If yes- Details-

Patterned behavior or activities

If yes- Details-

Hyperactivity

Inattention

Impulsivity

Defiance

Obsessions and compulsions

Insisting on sameness

Object obsession

Temper tantrums

Stubbornness

Aggression

Self injurious behaviors

Mouthing of objects

Habit behaviors

Enuresis

Encopresis

Bullying others

Being bullied

Lying

Stealing

School refusal

Phobias

Separation anxiety

Lack of motivation

Tics/Movement disorder

Others:

**Emotional history (can tick more than one)**

Lack of emotions

Lack of interest

Irritability

Anxiety

Excessive crying episodes

Mania-like episodes

Others-.....

**Academic Concerns (multiple ticks)**

- Poor scholastic performance
- Difficulty in reading
- Difficulty in writing
- Difficulty in mathematics

Details- (multiple ticks)

Incomplete notebooks

Difficulty copying from the board

Poor recall of learnt material

Inattention in classroom

Poor organisation of school materials

Frequent spelling mistakes

Phonological concerns

Difficulty in comprehension

Illegible handwriting

Oral better than written

Difficulty with mirror images

Difficulty with grammar

Difficulty forming sentences

Difficulty in mathematics operations

Difficulty understanding word problems

Difficulty memorising multiplication tables

**Sensory Concerns: Dropdown**

- Tactile: Hypersensitive / Hyposensitive
- Auditory: Hypersensitive / Hyposensitive / Fear of loud sounds
- Visual: Seeks visuals / Avoids visuals
- Proprioception: Seeks pressure / Poor awareness
- Vestibular: Seeks movement / Avoids swings

### 3. Birth & Perinatal History

#### Antenatal History

- **Consanguinity: Dropdown** Yes / No  
If yes **Degree: Dropdown** 1 / 2 / 3
- **Maternal age at conception (years):**.....
- **Type of conception: Dropdown** Natural / IUI / IVF/ Adopted child
- **High-risk factors in pregnancy: Tick** Chronic hypertension/PIH/Pre-eclampsia/ Eclampsia/ GDM/ Anaemia/Hypothyroidism/ Hyperthyroidism/ Placenta Previa/ Ante partum haemorrhage/Oligohydramnios/Polyhydramnios/ Febrile illness/ UTI/ HIV/ Hepatitis B/ Hepatitis C/ Others.....

#### 4. Natal and Postnatal History

- **Place of Birth: Dropdown** Home/ Institutional/ During transportation
- **Mode of Delivery: Dropdown** NVD /Assisted/ LSCS  
**Indication for LSCS (if applicable):**.....
- **Gestational Age:**.....
- **Birth Weight:**.....
- **Cry at birth:** Yes / No
- **Resuscitation required:** Yes / No — **If yes, specify:**.....
- **NICU stay:** Yes / No
- **If yes- Duration & Indication:**.....

#### 5. Past history: Hospitalization: Yes/ NO

**Seizures:** Yes/ No

**Others:**.....

**Past/Current therapies-**.....

**Past/Current medications-**.....

**Investigations done-**

**Hearing assessment- Done/ Not done**

**If done then details:**.....

**Vision assessment Done/ Not done**

**If done then details:**.....

**Others- .....**

## 6. Family history:

Neuropsychiatric condition: Yes/ No

Details (If yes): .....

Any recent stressful events in family: Yes/ No

Details (If yes): .....

Others:.....

## 7. Developmental History

### Gross Motor

- Neck holding (3- 4months): Dropdown- Achieved/ Not achieved  
Age of attainment.....
- Roll over: - Achieved/ Not achieved  
Age of attainment.....
- Sitting without support: Achieved/ Not achieved  
Age of attainment.....
- Standing without support: Achieved/ Not achieved  
Age of attainment.....
- Walking without support: Achieved/ Not achieved  
Age of attainment.....
- Running: Achieved/ Not achieved  
Age of attainment.....
- Climbing upstairs (with one foot per step): Achieved/ Not achieved  
Age of attainment.....
- Climbing downstairs (with one foot per step): Achieved/ Not achieved  
Age of attainment.....
- Hopping: Achieved/ Not achieved  
Age of attainment.....
- Standing on one foot: Achieved/ Not achieved  
Age of attainment.....
- Skipping: Achieved/ Not achieved

Age of attainment.....

## Fine Motor

Bidextrous grasp: Achieved/ Not achieved

Age of attainment.....

- Unidextrous grasp: Achieved/ Not achieved

Age of attainment.....

- Pincer grasp (mature): Achieved/ Not achieved

Age of attainment.....

- Scribbling: Achieved/ Not achieved

Age of attainment.....

- Drinking from cup: Achieved/ Not achieved

Age of attainment.....

- Buttoning / Unbuttoning Achieved/ Not achieved

Age of attainment.....

## Language

Receptive: -

- Joint attention: Achieved/ Not achieved

Age of attainment.....

- Pointing: Achieved/ Not achieved

Age of attainment.....

- Understanding gestures: Achieved/ Not achieved

Age of attainment.....

- Following commands: **Dropdown** Not following/ 1-step / 2-step / 3-step

Expressive: -

- Cooing: Achieved/ Not achieved

Age of attainment.....

- Babbling: Achieved/ Not achieved

Age of attainment.....

- Meaningful words: Achieved/ Not achieved

Age of attainment.....

- 2 word Phrases: Achieved/ Not achieved

Age of attainment.....

- Complete sentences: Achieved/ Not achieved

Age of attainment.....

- Narrates events / stories:

### Communication & Language Assessment

Non-Verbal Communication Grading: - All dropdowns (with 1, 2, 3 ,4)

1. Need-based communication: 1-Absent / 2-Emerging/ 3-Inconsistent/ 4- Consistent
2. Drag for needs: Absent/Emerging / Inconsistent/ Consistent
3. Joint attention: Absent/Emerging / Inconsistent/ Consistent
4. Pointing: Absent/ Attempts / Cued pointing / Inconsistent meaningful pointing/ Consistent meaningful pointing
5. Understanding gestures: Absent/Emerging / Consistent
6. Following commands (gesture + verbal): Nil/1-step / 2-step / 3-step

Answering Questions: -

Able to answer questions: Dropdown Yes/ No

If yes Meaningfully responds to: What / Where / Who / Why / When / How (Checkbox)

Echolalia: Absent/ Present (No need to number)

Patterned speech: Present/ Absent (No need to number)

### **Social**

- Social smile: Achieved/ Not achieved

Age of attainment..... Same for all below

- Stranger anxiety:
- Waving bye bye:
- Comes when called:



- Copying parents in tasks:
- Asking for food and toilet:

#### Response to Name Call

- Frequency: 5-Always / 4- Often / 3-Sometimes / 2-Rarely / 1-Never

Details:

#### Sitting tolerance- (in minutes)

- For interaction.....
- For tasks.....

#### ADL Skills (Age-appropriate)- All dropdown

- Eating: 1. Dependent/ 2. Started attempting/ 3. Needs significant assistance/ 4. Needs minimal assistance/ 5. Independent
- Bathing: 1. Dependent/ 2. Started attempting/ 3. Needs significant assistance/ 4. Needs minimal assistance/ 5. Independent
- Toilet training :1. Dependent/ 2. Started attempting/ 3. Needs significant assistance/ 4. Needs minimal assistance/ 5. Independent
- Dressing: 1. Dependent/ 2. Started attempting/ 3. Needs significant assistance/ 4. Needs minimal assistance/ 5. Independent
- Undressing: 1. Dependent/ 2. Started attempting/ 3. Needs significant assistance/ 4. Needs minimal assistance/ 5. Independent

#### 8. Type of play : 1. Unoccupied/ 2. Isolated/ 3. Onlooker/4. Parallel/5. Associative/6. Cooperative

Outdoor play duration:.....

#### 9. Academic History

- Is child enrolled in school: Yes / No
- Type of school: Regular / Special
- Name of School:.....
- Grade:.....
- Hours spent in school:.....
- Board: MP/ CBSE/ ICSE/ Others
- Location:.....

- Any change of school: Yes / No
- Repetition of grade: Yes / No

Additional information:.....

#### 10. Diet History

- Food preferences:.....
- Food allergies: Yes/ No
- Junk food intake:.....
- Calorie intake:.....
- Protein intake:.....

#### Sleep History

- Total sleep duration (night):.....
- Afternoon nap: Yes / No
- Sleep disturbances: Yes/ No
- If yes description:.....

#### Daily Screen Time

- Duration: Zero/ <30 minutes/ < 1 hour/ < 2 hours/ > 2 hours/ > 5 hours
- Description:.....
- Type of screen: Mobile / TV / Tablet / Laptop

## 11. Examination

a. **Vitals:** HR:.....

RR:.....

Temperature:.....

BP:.....

b. **Anthropometry:** Weight- .....

Height/Length-.....

Head circumference-.....

BMI-.....

c. **General Examination**

Dysmorphology:.....

Neurocutaneous markers:.....

Others:.....

d. **CNS:**

### Higher Mental Functions

- Consciousness:.....
- Orientation: .....
- Memory:.....
- Speech:- Fluency:.....
  - Comprehension:.....
  - Repetition:.....
  - Naming:.....
  - Voice:.....
- Judgement:.....
- Insight:.....
- Perception:.....

### Sensory Examination

- Touch:.....

- Pain:
- Temperature:
- 2-point discrimination:
- Stereognosis:
- Graphesthesia:
- Proprioception:

#### Cranial Nerves (1–12)

- Olfactory nerve:.....
- Optic Nerve:.....
- Oculomotor, Trochlear, Abducent:.....
- Trigeminal Nerve:
- Facial Nerve:
- Vestibulocochlear Nerve:
- Glossopharyngeal Nerve:
- Vagus Nerve:
- Spinal accessory Nerve:
- Hypoglossal Nerve:

#### Neuromuscular Concerns

- Motor delay: Dropdown Gross / Fine
- Bulk of muscles:
- Tone: Hypotonia / Hypertonia
- Power:
- Reflexes:
- Gait issues:
- Posture issues:
- Other:

Cerebellar examination:.....

Meningeal signs: Present/ Absent

If present details:.....

### Oromotor Examination

- Drooling- Yes/No
- Chewing- Proper/ improper
- Swallowing- Proper/ improper
- Blowing- Proper/ Improper
- Others.....

- e. **CVS examination**:.....
- f. **Respiratory System examination**:.....
- g. **Per abdomen examination**:.....

**12. Impression:**.....

**13. Hopes from the consultation:**.....

### **14. Advice:**

- a. Intervention plan-.....
- b. Investigations-.....
- c. Medications- .....
- d. Follow up plan.....
- e. General recommendation- **Tick**
  - 1. Zero Screen Time
  - 2. Physical interactive play
  - 3. No Junk food
  - 4. No focus on academics