

Physical Examination

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

A comprehensive physical examination is required at each C&TC visit.

C&TC standards

General

A comprehensive physical examination is required at every C&TC visit.

Personnel

A licensed healthcare provider must complete the physical exam: physician, nurse practitioner, physician assistant, or a registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health.

Documentation

Documentation must include normal and abnormal findings. Providers must document the refusal of or inability to perform any portion of the physical exam and the reason.

Refer to the documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage for documentation examples or to use as a template with your electronic medical record.

Procedure

The exam should be performed with the patient unclothed and appropriately draped. A pelvic exam is not part of a

routine C&TC exam. See Bright Futures Guidelines for Health Supervision fourth edition for the examination components that are important for specific ages during the comprehensive physical examination.

Develop chaperone policies to ensure a safe and comfortable examination for pediatric patients. Consider use of a chaperone during observation of sensitive areas in older children and adolescents (Berhane et al., 2025).

For patients with a history of trauma, adopt trauma informed approaches. Check in with the patient during the exam to make sure they are comfortable, avoid sudden unexpected touch by informing them each time you are about to touch them, and keep as much of their body covered as possible (Antonikowski et al., 2024).

Refer to the C&TC [Health History and Social Drivers of Health](#) fact sheet for information on adolescent and provider one-on-one time.

Professional recommendations

American Academy of Pediatrics

A complete physical examination is included as part of every health supervision visit (Hagan et al., 2017).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)

For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource links

- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [C&TC Health History and Social Drivers of Health Fact Sheet \(www.health.state.mn.us/docs/people/childreneyouth/ctc/healthhistory.pdf\)](http://www.health.state.mn.us/docs/people/childreneyouth/ctc/healthhistory.pdf)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)

- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)

References

- Antonikowski, A. A., Malhotra, K., Allen, J.-S., Galbriath, D., & Gerber, M. R. (2024). Trauma-informed health care practice in the adolescent well visit. *Primary Care, 51*(4), 561-570. <https://doi.org/10.1016/j.pop.2024.05.010>
- Berhane, A., Hackell, J. M., Wallace, S., Committee on Practice and Ambulatory Medicine, & Committee on Adolescence (2025). Use of chaperones for the pediatric and adolescent encounter: Policy statement. *Pediatrics, 155*(6). <https://doi.org/10.1542/peds.2025-071810>
- Hagan, J. F., Shaw, J. S., Duncan, P. M. (Ed.). (2017). *Bright Futures, 4th ed.* American Academy of Pediatrics. <https://doi.org/10.1542/9781610020237>