

# referral checklist

# 1

## STEP 1: Identify issue with growth

- Is the child's height below normal range, ie, plotting below the 3rd percentile?
- Is the child's growth velocity below normal range, ie, plotting below the 25th percentile for his/her bone age?
- Is the child's growth trend not on track to reach midparental height?

# 2

## STEP 2: Identify possible underlying condition

If the answer to any of the above is yes, consider possible underlying conditions which may include:

- Celiac disease; malnutrition; malabsorption; cystic fibrosis
- Chronic inflammatory disorders (eg, inflammatory bowel disease, rheumatoid arthritis)
- Systemic chronic diseases (eg, cardiac, kidney, liver disorders)
- Genetic or chromosomal syndromes (eg, Turner or Noonan syndrome)
- Hypothyroidism
- Iatrogenic causes affecting growth (eg, steroids)

# 3

## STEP 3: Refer

- Refer to appropriate specialist for diagnosis and/or treatment and counseling.
- Remember, early referral and diagnosis may help to optimize outcomes.