Lipid Screening Protocol for Primary Care Pediatrics

Screen children:

a. For risk factors starting at birth
   b. Nutrition, activity, sleep, mental health, social determinants of health/ACEs.

b. With non-fasting lipid panel (POC in clinic or lab draw) starting at age 2, if medical diagnoses that place patient at higher risk:
   a. Kidney disease
   b. Heart transplantation
   c. Kawasaki disease
   d. Chronic inflammatory disease (lupus, JIA/JRA)
   e. HIV
   f. Nephrotic syndrome
   g. Hypertension, confirmed
   h. Hypothyroidism
   i. Clinical judgement if <age 9 with obesity and/or significant known family history

c. With non-fasting lipid panel (POC in clinic or lab draw) for patient with obesity starting at age 9.
   (Consider initial HgbA1c, CBC, CMP, TSH reflex)

d. With non-fasting lipid panel (POC in clinic or lab draw) for all patients once age 9-11 and again at age 17-21.

e. With fasting lipid panel (lab draw) if non-fasting lipid panel is near referral/medical treatment range (see below).

Treat in Primary Care with PCP counseling and follow-up:
   If BMI >85%ile (consider referral to FitKids360, www.fitkids360.com, other resources)
   If mild elevations in LDL, TG, non-HDL

Refer to Healthy Weight Center at Helen DeVos Children’s Hospital:
   If under 18 years with abnormal weight gain and/or dyslipidemia

Lipid referral/medical treatment range (fasting values):
   Non-HDL >145
   LDL >130 if diabetes (should be seen in peds endocrinology), >160 if risk factors, >190 if no risk factors
   TG >250