

Do healthy children need regular blood tests?

One of the questions I hear most often as a **#pediatrician** is:

"Doctor, can we do a complete set of blood tests just to make sure everything is okay?"

I usually smile and reply: *"There are more than 10,000 known human diseases. No single blood test can screen for all of them."*

That captures an important principle of **#evidence-based medicine**: being thorough doesn't mean ordering more tests—it means ordering the *right* test for the *right* child at the *right* time.

For children who are healthy, growing well, and have no concerning symptoms or examination findings, routine "full body" blood tests are rarely needed. Unnecessary tests can uncover incidental abnormalities, leading to further investigations, anxiety, and discomfort.

A true child health check-up is much more than a blood test. It starts with listening, followed by a careful history, growth assessment, and physical examination. Only then do we decide if investigations are necessary.

As parents, wanting reassurance is completely understandable. But in most cases, clinical judgement provides more reassurance than a blanket panel of blood tests.

Good paediatric care isn't about testing for everything—it's about knowing *when, why and what truly needs to be tested.*

What are your thoughts? How do you manage when parents ask for routine blood tests for a healthy child?

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