



Patient Name:	DOB: ___/___/___	SEX: F/M	Date of Initial Visit:		
Allergies:	Habits: Smoking: ___	Alcohol: ___	Drugs: ___		
CRITERIA	20__	20__	20__	20__	20__
Date of Visit:					
COMPLETE HISTORY AND PHYSICAL EXAM					
INTERIM HISTORY AND DIRECTED PHYSICAL EXAM					
Physical Assessment (annually)					
Blood Pressure Measurement					
Height					
Weight					
Body Mass Index (BMI) calculated					
Screenings					
Colorectal Screening: (ages 50-80) (45 if AA, American Indian/Alaska Natives) Fecal Occult Blood (annually) or Colonoscopy (every 10 years) or Sigmoidoscopy (every 5 years)					
Mammography (annually, starting at age 40) *					
Digital Rectal Exam (DRE) (Male annually, starting at age 40)					
Papanicolaou Smear (Female age 21-65 every 3 years starting age 21, over 30 include HPV testing; over 30 interval can be extended to every 5 years by co-testing with combination PAP and HPV testing. Annual for women at high risk) Refer to GYN					
Chlamydia (all sexually active Female)					
Clinical Breast Exam (every 3 years ages 20-39, and annually, starting at age 40 per ACS)					
Cholesterol (every 5 years, high risk more often)					
Fasting Blood Glucose (every 3 years at age 45, high risk more often)					
Prostate-specific Antigen (PSA) discussion (Male starting at age 55)					
Thyroid Stimulating Hormone (TSH/Thyroxine)					
Depression Evaluation (annually)					
Vision Screening (Snellen Chart) (annually, starting at age 65)					
Test/Inquire for Hearing Impairment (annually, starting at age 65)					
Oral & Dental Evaluation (annually, starting at age 65)					
Mental Status Exam (annually, starting at age 65)					
Osteoporosis Risk Screening (assessment and testing – Women at risk at age 65 or younger)					
Abdom. Aortic Aneurysm Screen (smokers Male ages 65-75)					
Immunizations: CDC Adult Immunization Recommendations					
Tetanus – Diphtheria Booster (replace with Tdap one time dose)(every 10 years)					
Influenza Vaccine (annually)					
Pneumococcal Vaccine (once at age 65)					
Measles – Mumps – Rubella Booster (adult born during/before 1957 lacking disease or vaccination)					
Varicella /Shingles vaccine (age 60 and older)					
Hepatitis B (at high risk)					
HPV Vaccine-age appropriate (ages 9-26)					
Medications					
Calcium/Vitamin D					
Folate (women of childbearing age)					
Aspirin – Chemoprophylaxis/Counseling (men age 45 & women age 55)					
Counseling					
Diet					
Exercise					
Depression					
Safety & Injury Prevention: Seat Belt/Shoulder Belt/Appropriate Helmet Use, Smoke Detector, Hot Water Heater, Firearms, Motor Vehicle Safety					
Tobacco/Second Hand Smoking					
Alcohol/Drugs					
Abuse & Violence Prevention					
Sexual Behavior					
Protection from UV Light					
Dental Health					
Elder Abuse (annually, starting at age 65)					
Fall Prevention (annually, starting at age 65)					
OTHER					
Advance Directives					

* ICSI guideline note: All women age 40-49 should be given the opportunity to receive information about breast cancer screening and informed decision-making therefore screening mammograms could be recommended. Health Partners recommends mammograms starting age 40.



Health Partners Plans

2013 Adult and Well Elderly Preventive Health Guideline - Counseling/Anticipatory Guidance

A. Injury Prevention

1. Lap-shoulder belts
2. Bicycle/motorcycle helmets
3. Smoke detectors
4. Carbon monoxide detectors
5. Safe storage and handling of firearms; removal if appropriate
6. Occupational risk counseling
7. Motor vehicle safety (older adults)

B. Substance Abuse

1. Tobacco cessation to include pharmacotherapy, social support for cessation, and skills training/problem solving
 - a. Pregnant women and parents with children living at home should also be counseled on the potentially harmful effects of smoking on fetal and child health
 - b. Nicotine replacement therapy is recommended as an adjunct for selected patients
2. Avoid alcohol/drug use while driving, swimming, boating, using firearms, etc.
3. Screening to detect problem and hazardous drinking
4. Screening should involve a careful history of alcohol use and/or the use of standardized screening questionnaires

C. Sexual Behavior

1. STD prevention; abstinence; avoid high-risk behavior; condoms/female barrier with spermicide
2. Unintended pregnancy; contraception

D. Diet and Exercise

1. Limit fat and cholesterol; maintain caloric balance; emphasize grains, fruits and vegetables
2. Adequate calcium and vitamin D intake (females); add foods rich in calcium; supplement as needed
3. Regular physical activity
4. Intensive counseling and behavioral interventions to promote sustained weight loss in obese adults

E. Protection from UV Light

F. Elder Abuse and Violence

1. Counsel for violence prevention at home

G. Abuse and Violence

1. Counsel for violence prevention at home, school and in social situations

H. Dental Health

1. Regular visits to dental health provider
2. Floss and brush with fluoride toothpaste daily

Adapted from:

1. Institute for Clinical Systems Improvement, [Preventive Services for Adults](#), September 2012
2. Centers for Disease Control and Prevention, MMWR, ACIP Recommended Immunization Schedules for Adults , <http://www.cdc.gov/mmwr/pdf/wk/mm62e0128.pdf> January 28,2013
3. Institute for Clinical Systems Improvement, [Colorectal Cancer Screening Guideline](#), May, 31, 2012
5. NIH/NHLBI, [Third Report of the National Cholesterol Education Program \(NCEP\)](#),
[Expert Panel on Detection Evaluation, and Treatment of High Blood Cholesterol in Adults](#), May 2001 Updated 2004.
6. American Academy of Family Physicians, "Summary of Recommendations for Clinical Preventive Services, October 2012
7. US Department of Health and Human Services [Dietary Guidelines for Americans](#), 2011, <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
8. HealthyPeople 2020, <http://www.healthypeople.gov/2020/default.aspx>
9. American Diabetes Association, Diabetes Care January 2012 vol. 35 no. Supplement 1 S11-S63, Standards of Diabetes Medical Care 2012