



2018 Adult Preventive Care Guidelines

Maintenance Flow Sheet

Health Partners Plans

Patient Name:	Date of Birth: ___ / ___ / _____	Sex: M / F
Allergies:	Habits	Smoking: Y / N Alcohol: Y / N Drugs: Y / N

CRITERIA	20__	20__	20__	20__
Date of Visit:				
Complete History and Physical Exam:				
Interim History and Directed Physical Exam:				
PHYSICAL ASSESSMENT (ANNUAL)				
Blood Pressure Measurement:				
Body Mass Index (BMI) calculated: All adults should be screened for obesity:				
Height:				
Weight:				
SCREENINGS				
Alcohol and Drug Use Assessment				
Chlamydia: All sexually active females				
Cholesterol: Starting at age 22, adults should be screened every 4-6 years for normal-risk people; more often if you have an elevated risk for heart disease and stroke				
Colorectal Screening¹: (ages 50-75) age 45 for African Americans Fecal Occult Blood (annually) or Colonoscopy (every 10 years) or Sigmoidoscopy (every 5 years)				
Depression Evaluation²				
Digital Rectal Exam (DRE): Males at age 40 annually				
Fasting Blood Glucose: Every 3 years at age 40, high risk more often				
HIV screening: Adults ages 21 to 64 years ³				
Mammography⁴: Females at age 45 to 54 annually. Women at ages 55 to 64 every 2 years or yearly.*				
Osteoporosis Risk Screening: Osteoporosis Risk Screening: Assessment and bone density testing for women younger than 65 years of age (who are at risk), and men aged 50 to 69 years (if there is a concern about osteoporosis based on their risk factor profile).				
Papanicolaou Smear: Female age 21-64 every 3 years starting age 21, over 30 include HPV testing; The 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.				
Prostate-Specific Antigen (PSA)⁵: PSA screenings, in conjunction with a digital rectal examination, should be offered to asymptomatic men aged 40 years or older, who wish to be screened, if estimated life expectancy is greater than 10 years.				
Thyroid Stimulating Hormone (TSH/Thyroxine)				
IMMUNIZATIONS⁶: CDC ADULT IMMUNIZATION RECOMMENDATIONS				
Hepatitis B (at high risk) Three doses				
HPV Vaccine: Age appropriate 22-26				
Influenza Vaccine: Annually				
Measles, Mumps Rubella (MMR) Booster: Adults born on or after 1957 lacking disease or vaccination.				
Pneumococcal Vaccine: Any adult member with a chronic condition				
Shingles (Zoster): 50+ two doses of recombinant zoster vaccine (RSV) or 60+ one dose of zoster virus live (ZVL).				
Tdap: One time every 10 years				
Varicella: Adult lacking disease or vaccination.				
MEDICATIONS				
Aspirin – Chemoprophylaxis/Counseling: Men age 45, women age 55				
Calcium/Vitamin D				
Folate (women planning or capable of pregnancy)⁷				
COUNSELING				
Abuse & Violence Prevention				
Advanced Directive				
Anticipatory Guidance				
Dental Health				
Diet				
Exercise				
Protection from UV Light				
Safety & Injury Prevention: Seat Belt/Shoulder Belt/Appropriate Helmet Use				
Sexual Behavior				
Smoke Detector, Hot Water Heater, Firearms, Motor Vehicle Safety				
Tobacco/Second Hand Smoking				

* NOTE: Health Partners Plans recommends mammograms starting at age 40.



Guidelines adapted from:

<https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/section1.html>

1. **Colorectal Screening:** These recommendations apply to adults, ages 50 – 75 years old. These recommendations do not apply to individuals with specific inherited syndromes (Lynch Syndrome or Familial Adenomatous Polyposis) or those with inflammatory bowel disease. For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to

<http://www.uspreventiveservicestaskforce.org/>

Screening is recommended for African Americans beginning at age 45 years old: <https://gi.org/guideline/colorectal-cancer-screening-recommendations-for-physicians-and-patients-from-the-u-s-multi-society-task-force-on-colorectal-cancer/>.

2. **Depression evaluation:** Screening is recommended for all adults over 18 years old. a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <http://www.uspreventiveservicestaskforce.org/>
3. **HIV screening:** For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents please go to <http://www.uspreventiveservicestaskforce.org/>.
4. **Mammography:** For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents please go to <http://www.uspreventiveservicestaskforce.org/>.
5. **Prostate-Specific Antigen (PSA):** All adult males.
<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/prostate-cancer-screening>.
6. **Immunizations: CDC Adult Immunization Recommendations:**
<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>.



The following topics should be discussed and reinforced at age appropriate intervals throughout adulthood:

1. Injury Prevention

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

2. Substance Abuse

- Tobacco cessation to include pharmacotherapy, social support for cessation, and skills training/problem solving
 - 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
 - Nicotine replacement therapy is recommended as an adjunct for selected patients
- Avoid alcohol/drug use while driving, swimming, boating, using firearms, etc.
- Screening to detect problem and hazardous drinking
- Screening should involve a careful history of alcohol use and/or the use of standardized screening questionnaires

3. Sexual Behavior

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

4. Diet and Exercise

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

5. Protection from UV Light

6. Elder Abuse and Violence

- Counsel for violence prevention at home

7. Abuse and Violence

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

8. Dental Health

- Regular visits to dental health provider
- Floss and brush with fluoride toothpaste daily