### 2018 Adult Preventive Care Guidelines

**Maintenance Flow Sheet**

<table>
<thead>
<tr>
<th>Patient Name:</th>
<th>Date of Birth: ____ / ____ / ______</th>
<th>Sex: M / F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies:</td>
<td>Habits Smoking: Y / N Alcohol: Y / N Drugs: Y / N</td>
<td></td>
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</tbody>
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**CRITERIA**

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 years³
- 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/


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.

6. Immunizations: CDC Adult Immunization Recommendations:
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