



PREVENTIVE CARE GUIDELINES

Age	11-20	21-64	65 and Over
Frequency of Visits	At clinical discretion 12,14, 16, 18, 20 years	At clinical discretion	At clinical discretion, 65 + annually
Basic PE: Minimum Recommended Guidelines	<u>Hypertension screening</u> - Blood pressure every 2 years, using age-based BP percentile reference charts <u>Obesity screening [B]</u> - Monitor height, weight and BMI at every visit	<u>Hypertension screening [A]</u> - Blood pressure, every 2 yrs if BP <120/80, every 1 yr if BP 120-139/80-90 [A] <u>Obesity screening [B]</u> - Weight, height and BMI at every visit	<u>Hypertension screening [A]</u> - Blood pressure, every 2 yrs if BP <120/80, every 1 yr if BP 120-139/80-90 [A] <u>Obesity screening [B]</u> - Weight and height periodically Vision screening by Snellen Chart [I] Hearing, assess by history questioning [I]
Basic History	- Dietary Intake - Physical Activity - Tobacco/ETOH/Drug Use - Sexual Practices - Developmental Assessment - Depression screening (> 12), when staff assisted supports in place [B]	- Depression screen, when staff-assisted care supports in place [B] - Dietary Intake - Intimate Partner Violence screening for all women childbearing age [B] - Physical Activity - Tobacco/ETOH/Drug Use - Sexual Practices	- Depression screen, when staff-assisted care supports in place [B] - Dietary Intake - Functional Status at Home - Hearing impairment assessment - Tobacco /ETOH/Drug Use - Prior Symptoms TIA
Basic Counseling	Alcohol and Substance Use - Avoid underage drinking and illicit drug use - Avoid alcohol/drug use while driving, swimming, boating, etc. - Avoid tobacco use Diet and exercise - Adequate calcium intake (females) - Overweight and Obesity counseling - Limit total calories, simple carbohydrates, fat & cholesterol - Emphasize whole grains, fruits & vegetables 150 minutes / week of moderate intensity exercise	Alcohol misuse, screening and behavioral counseling [B] - Avoid excessive alcohol use - Use screening tool such as AUDIT or CAGE - Counseling by 5As framework [Assess, Advise, Agree to goals, Assist, Arrange support + follow up] Dental Health - Regular visits to dental care provider - Floss, brush with fluoride toothpaste daily <u>Healthy diet [B] and exercise counseling [I]</u> - Adults w/ hyperlipidemia, other CVD risk factors - Other CV risk factors include: - Smoker, HBP, DM, and first degree relative with CD (men<55, women<60) Overweight and Obesity counseling [B] - Limit total calories, simple carbohydrates, fat & cholesterol	Alcohol misuse, screening and behavioral counseling [B] - Avoid excessive alcohol use - Use screening tool such as AUDIT or CAGE - Counseling by 5As framework [Assess, Advise, Agree to goals, Assist, Arrange support + follow up] Dental Health - Regular visits to dental care provider - Floss, brush with fluoride toothpaste daily <u>Fall Prevention</u> - Exercise or physical therapy and vitamin D supplementation for all at increased fall risk, including hx fall, mobility problems, poor performance on Get-Up-and-Go test), [B], (USPSTF 5/12) <u>Healthy diet [B] and exercise counseling [I]</u> - Adults w/ hyperlipidemia, other CVD RF's ; including [Smoker, HBP, DM, and first degree relative with CD (men<55, women<60)

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	Dental Health - Regular visits to dental care provider - Floss, brush with fluoride toothpaste daily Injury Prevention - Age appropriate - Bicycle/motorcycle/all terrain vehicle helmets - Firearms - safe storage - Lap/shoulder belts - Smoke detector Sexual Behavior and STD risk [B] - STD prevention: abstinence, avoid high-risk behavior, condoms/female barrier with spermicide - Unintended pregnancy: contraception	- Emphasize whole grains, fruits & vegetables - Adequate calcium intake (females) 150 minutes / week of moderate intensity exercise - Offer or refer all BMI > 30 to intensive, multicomponent behavioral interventions [B], (USPSTF 6/12) Injury Prevention - Avoid alcohol / drug use while driving, boating, swimming - Firearms – safe storage - Lap/shoulder belts - Smoke detector Sexual Behavior and STD counseling if at increased risk [B] - STD prevention: avoid high-risk behavior, condoms/female barrier with spermicide - Unintended pregnancy: contraception - Substance Use - Tobacco use counseling [A] Risk Assessment, Genetic Counseling, and Genetic Testing for BRCA-Related Cancer in Women [B] - screen women who have family members with breast, ovarian, tubal, or peritoneal cancer with a screening tools designed to identify a family history that may be associated with mutations in breast cancer susceptibility genes (BRCA1 or BRCA2) - Women with positive screening results should receive genetic counseling and, if indicated after counseling, BRCA testing - Screening tools can be accessed at: http://www.uspreventiveservicestaskforce.org/uspstf12/brcatest/brcatestfinalrstab.htm	- Behavioral Counseling including readiness to change, social support and community resources, [C], (USPSTF 6/12) Overweight and Obesity counseling [B] - Limit total calories, simple carbohydrates, fat & cholesterol - Emphasize whole grains, fruits & vegetables - Adequate calcium intake (females) 150 minutes / week of moderate intensity exercise Injury Prevention - Avoid alcohol / drug use while driving, boating, swimming - Firearms – safe storage - Lap/shoulder belts - Prevention of falls - Set hot water heater to 120-130°F - CPR training for household members - Smoke detector Sexual Behavior and STD counseling if at increased risk [B] - STD prevention: avoid high-risk behavior - Substance Use - Tobacco use counseling [A]

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Basic Diagnostic Test	<u>Chlamydia screen [A]</u> - all sexually active females, 16-25 <u>Hepatitis B screen adolescents if at high risk [B]</u> - persons born in HR regions, e.g. sub-Saharan Africa, central and southeast Asia; 2) US born, unvaccinated whose parents were born in HR regions; 3) HIV+; 4) IVDU; 5) household or sexual contacts HBV; 6) men who have sex w/ men <u>*HIV screening [A]</u> - all adolescents and adults age 15-65 <u>Rubella screen</u> - by serology or vaccination hx at first encounter	<u>Breast cancer screening [B]</u> - Mammogram q 2 yr, 50-74 (USPSTF 2009) [Dept HHS, in Affordable Care Act, uses 2002 recommendation], mammogram q 1-2 yr age 40 and older <u>Cervical cancer screening [A] [ACOG Practice Bulletin 109]</u> - Screening for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years - Pap smear not indicated if prior total hysterectomy for benign disease <u>Chlamydia screen [A]</u> - All sexually active females ≤ 24, women ≥ 25 at high risk	<u>Abdominal Aortic Aneurysm screening [B]</u> - one time abdominal ultrasound for men 65-75 yr who ever smoked <u>Breast cancer screening [B]</u> - Mammogram q 2 yr, 50-74 [USPSTF 2009] [Dept HHS, in Affordable Care Act, uses 2002 recommendation], mammogram q 1-2 yr age 40 and older <u>Cervical cancer screening [D]</u> - Discontinue screening age 65-70 IF 3 consecutive normal within 10 years [D] <u>Colorectal cancer screening, [A] options:</u> - High sensitivity fecal occult blood test, annually, 50-75yrs - Sigmoidoscopy, 50-75yrs, q 5 yr + hsFOBT q 3 yr - Colonoscopy , 50-75 yrs, every 10 yrs - Individual consideration age 76-85 yr

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Basic Diagnostic Test		Colorectal cancer screening, [A] options: ● High sensitivity fecal occult blood test, annually, 50-75yrs ● Sigmoidoscopy, 50-75yrs, q 5 yr + hsFOBT q 3 yr ● Colonoscopy , 50-75 yrs, every 10 yrs Diabetes screening [B] ● if sustained BP > 135/80+ ● options, Hgb A1c, FBG, 2 hr post-prandial BG Hepatitis B screen adolescents if at high risk [B] ● 1) persons born in HR regions, e.g. sub-Saharan Africa, central and southeast Asia; 2) US born, unvaccinated whose parents were born in HR regions; 3) HIV+; 4) IVDU; 5) household or sexual contacts HBV; 6) men who have sex w/ men Hepatitis C screening [B] ● one time screening for adults born 1945-1965 ● all patients at high risk *HIV screening [A] - all adolescents and adults age 15-65 Lipid disorder screening [A, B] ● Fasting lipid profile, or non-fasting TC + HDL ● Men ≥ 35 and women ≥ 45 every 5 yrs, shorter intervals if prior levels close to warranting therapy [A] ● Men 20-34 and women 20-44 with other cardiovascular risk factors [B]	Diabetes screening [B] ● if sustained BP > 135/80+ ● options, Hgb A1c, FBG, 2 hr post-prandial BG Hepatitis C screening [B] ● one time screening for adults born 1945-1965 *HIV screening [A] - all adults at increased risk Lipid disorder screening [A] ● Fasting lipid profile, or non-fasting TC + HDL Osteoporosis screening [B] ● women > 64 ● men > 70, individualized risk assessment with bone density exam if high risk Prostate cancer screening [I, D] ● All men < 75 discuss with patients the potential benefits and possible harms of PSA screening, consider patient preferences, and individualize the decision to screen. ● Screening tests for selected patients include: ● Prostate Digital Rectal Exam (DRE) yearly ● Prostate Specific Antigen (PSA) yearly ● Not recommended for men > 75 [D]

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Basic Diagnostic Test		<u>Osteoporosis screening [B]</u> - Women <65 whose fracture risk $\geq$ average 65 y.o. Caucasian woman <u>Prostate cancer screening [I]</u> - USPSTF recommends against PSA-based screening for prostate cancer, [D], (USPSTF 5/12) - All men $\geq$ 50 + those < 50 at high risk; discuss potential benefits and possible harms of PSA screening, consider patient preferences, and individualize the decision to screen. Screening tests for selected patients include: - Prostate Digital Rectal Exam (DRE) yearly - Prostate Specific Antigen (PSA) yearly <u>Rubella screen</u> - all women of childbearing age <u>Syphilis screening [A]</u> - All adults at increased risk	
Basic Immunization	<u>Catch up</u> - Hepatitis B series, if not previously immunized - IPV series, if not previously immunized	<u>Catch up</u> - HPV4 all men and women < 27 who have not completed the vaccine series - Td x 3 dose series if not previously completed	<u>Recommended Immunization Schedule</u> - Influenza, every yr. - Pneumococcal vaccine, once - Tetanus-diphtheria (Td) booster every 10yrs, substitute Tdap x 1 for all > 65 (MMWR 02/12)

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	● MMR, if not previously immunized ● Varicella series, if not previously immunized Recommended Immunization Schedule ● Tdap x 1, age 11-12, or 5 yr after Td or last DTaP ● Meningococcal Vaccine-MCV4, age 11-12 years, with booster at age 16 ● HPV2 or HVP4 series for all girls and HPV4 for all boys (0,2,6mo) ● Influenza vaccine annually High Risk Groups ● Hepatitis A ● Age ≥ 12, travel related risk, chronic liver disease, clotting factor disease, homosexual males, drug abuse, close contact with adoptee from high risk area ● Pneumococcal ● Age 12 – 18, with functional anatomic asplenia, sickle cell, HIV +, CSF leak, immunocompromised, cochlear implant ● Age 19-64, above plus diabetes, chronic cardiac, pulmonary, renal or liver disease, alcoholism, cigarette smokers ● Pregnancy, immune compromising conditions are <u>contraindications</u> to: ● MMR ● Varicella	Recommended Immunization Schedule ● Influenza Vaccine – one dose annually ● Tetanus-diphtheria (Td) booster every 10 yrs. ● Tdap should be substituted for Td x 1 dose for all < 64 (only Adacel is approved for adults) ● Varicella series, if lack evidence of immunity, (e.g., lack documentation of vaccination or have no evidence of previous infection) ● MMR series, age 19-49 and lack evidence of immunity, (e.g., lack documentation of vaccination or have no evidence of previous infection) ● Herpes zoster vaccine – a single dose for all 60+ whether or not they report an episode of herpes zoster, unless contraindicated High Risk Groups ● Hepatitis A ● Travel related risk, chronic liver disease, clotting factor disease, homosexual males, drug abuse, close contact with adoptee from high risk area ● Hepatitis B ● If not previously immunized AND one or more of [Diabetes (MMWR 12/11), multiple sexual partners in 6 months, + STD, HIV+, homosexual active men, intravenous drug users, ESRD, chronic liver disease, travelers to countries with endemic Hepatitis B, workers in healthcare and public safety with frequent exposure to blood or body fluids] ● Meningococcal ● 2 dose series for adults ≥ 19 yr if not previously vaccinated AND one or more of [asplenia, complement deficiency, HIV +] ● 1 dose for adults ≥ 19 yr if not previously vaccinated AND one or more of [1st yr college dormitory resident, military recruit, travel to high risk area, work related exposure to organism] ● MMR series, age 50 + ● All adults born after 1956 should have ● documentation of ≥ 1 dose OR lab evidence immunity to all 3	● Varicella, if NOT U.S. born AND without evidence of immunity to include; a) documentation of 2 doses 4 wks apart b) documented diagnosis of episode of illness (including herpes zoster), c) lab evidence + titer ● Herpes zoster vaccine, if not previously immunized, a single dose for all 60+ whether or not they report an episode of herpes zoster, unless contraindicated High Risk Groups ● Hepatitis A ● Travel related risk, chronic liver disease, clotting factor disease, homosexual males, drug abuse, close contact with adoptee from high risk area ● Hepatitis B ● If not previously immunized AND one or more of [Diabetes (MMWR 12/11), multiple sexual partners in 6 months, + STD, HIV+, homosexual active men, intravenous drug users, ESRD, chronic liver disease, travelers to countries with endemic Hepatitis B, workers in healthcare and public safety with frequent exposure to blood or body fluids] ● Meningococcal ● 2 dose series for adults ≥ 19 yr if not previously vaccinated AND one or more of [asplenia, complement deficiency, HIV +] ● 1 dose for adults ≥ 19 yr if not previously vaccinated AND one or more of [1st yr college dormitory resident, military recruit, travel to high risk area, work related exposure to organism] Immune compromising conditions are <u>contraindications</u> to: ● MMR ● Varicella ● Herpes zoster vaccines

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		● Measles, 2nd dose MMR if one or more of [student in postsecondary institution, health-care worker, travel related exposure, persons vaccinated with killed or unknown type vaccine (prior to 1967), recent exposure to any component] ● Mumps, 2nd dose MMR if one or more of [student in postsecondary institution, health-care worker, travel related exposure, persons vaccinated with killed or unknown type vaccine (prior to 1979)] ● Pneumococcal (PPSV23) ● Age 19-64, single dose if high risk (asplenia, immunocompromised, diabetes, chronic cardiac, asthma, COPD, other chronic pulmonary, renal or liver disease, alcoholism, cigarette smokers) ● Revaccination, x 1 five yr after 1st dose for asplenia and immunocompromised, ● Pregnancy, immune compromising conditions are <u>contraindications</u> to: ● MMR ● Varicella ● Herpes zoster vaccines	
Other Primary Preventive Measures	● Multivitamin with folic acid 400-800 mcg (women planning /capable of pregnancy) [A] ● Skin Protection	Aspirin for cardiovascular disease prevention [A] ● Men 45-64 when benefits CV risk reduction outweigh risk GI bleeding ● Women 55-64 when benefits CV risk reduction outweigh risk GI bleeding Medications for Risk Reduction of Primary Breast Cancer in High Risk Women [B] ● Asymptomatic women ≥35 years without a prior diagnosis of breast cancer who are at high risk ● Engage in shared, informed decision making and offer to prescribe risk-reducing medications, if appropriate. ● selective estrogen receptor modulators tamoxifen [FDA age > 35] and raloxifene [FDA post-menopausal] Multivitamin w/folic acid 400-800 mcg (women planning/capable of pregnancy) [A] Skin Protection	Aspirin for cardiovascular disease prevention [A] ● Men 65-74 when benefits CV risk reduction outweigh risk GI bleeding ● Women 65-74 when benefits CV risk reduction outweigh risk GI bleeding Skin Protection

***Virginia State Law Governing HIV Testing:**

§ 32.1-37.2. Consent for testing for human immunodeficiency virus; condition on disclosure of test results; counseling required; exceptions.

- Prior to performing any test to determine infection with human immunodeficiency virus, a medical care provider shall inform the patient that the test is planned, provide information about the test, and advise the patient that he has the right to decline the test. If a patient declines the test, the medical care provider shall note that fact in the patient's medical file.
- Every person who has a confirmed positive test result for human immunodeficiency virus shall be afforded the opportunity for individual face-to-face disclosure of the test results and appropriate counseling. Appropriate counseling shall include, but not be limited to, the meaning of the test results, the need for additional testing, the etiology, prevention and effects of acquired immunodeficiency syndrome, the availability of appropriate health care, mental health care and social services, the need to notify any person who may have been exposed to the virus and the availability of assistance through the Department of Health in notifying such individuals.
- C. Opportunity for face-to-face disclosure of the test results and appropriate counseling shall not be required when the tests are conducted by blood collection agencies. However, all blood collection agencies shall notify the Board of Health of any positive tests.
- D. In the case of a person applying for accident and sickness or life insurance who is the subject of a test to determine infection for human immunodeficiency virus, insurers' practices including an explanation of the meaning of the test, the manner of obtaining consent, the method of disclosure of the test results and any counseling requirements shall be as set forth in the regulations of the State Corporation Commission.

§ 54.1-2403.01. Routine component of prenatal care.

- As a routine component of prenatal care, every practitioner licensed pursuant to this subtitle who renders prenatal care, including any holder of a multistate licensure privilege to practice nursing, regardless of the site of such practice, shall inform every pregnant woman who is his patient that human immunodeficiency virus (HIV) screening is recommended for all pregnant patients and that she will receive an HIV test as part of the routine panel of prenatal tests unless she declines (opt-out screening). The practitioner shall offer the pregnant woman oral or written information that includes an explanation of HIV infection, a description of interventions that can reduce HIV transmission from mother to infant, and the meaning of positive and negative test results. The confidentiality provisions of § 32.1-36.1, test result disclosure conditions, and appropriate counseling requirements of § 32.1-37.2 shall apply to any HIV testing conducted pursuant to this section. Practitioners shall counsel all pregnant women with HIV-positive test results about the dangers to the fetus and the advisability of receiving treatment in accordance with the then current Centers for Disease Control and Prevention recommendations for HIV-positive pregnant women. Any pregnant woman shall have the right to refuse testing for HIV infection and any recommended treatment. Documentation of such refusal shall be maintained in the patient's medical record.

Grade	Definition	Suggestions for Practice
A	The USPSTF recommends the service. There is high certainty that the net benefit is substantial.	Offer or provide this service.
B	The USPSTF recommends the service. There is high certainty that the net benefit is moderate or there is moderate certainty that the net benefit is moderate to substantial.	Offer or provide this service.
C	The USPSTF recommends against routinely providing the service. There may be considerations that support providing the service in an individual patient. There is at least moderate certainty that the net benefit is small.	Offer or provide this service only if other considerations support the offering or providing the service in an individual patient.
D	The USPSTF recommends against the service. There is moderate or high certainty that the service has no net benefit or that the harms outweigh the benefits.	Discourage the use of this service.
I Statement	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of the service. Evidence is lacking, of poor quality, or conflicting, and the balance of benefits and harms cannot be determined.	Read the clinical considerations section of USPSTF Recommendation Statement. If the service is offered, patients should understand the uncertainty about the balance of benefits and harms.

Preventive Services and Counseling

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

All immunizations edits are taken from the ACIP and CDC, 2013 recommended schedules for adolescents and adults, found at:

<http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html> - for child and adolescent

<http://www.cdc.gov/vaccines/schedules/hcp/adult.html> - for adults > 19

<http://www.cdc.gov/vaccines/pubs/ACIP-list.htm> - ACIP recommendations for all ages