



GENERAL ADULT PREVENTIVE SCREENING CLINICAL PRACTICE GUIDELINES

The following screenings are appropriate for all adults age 18 and older. Their medical record should contain documentation of the following:

General Screenings:

1. Blood Pressure – Grade A Recommendation

- a. Screening for high blood pressure in adults age 18 and older.

2. Lipid Disorders – Grade A Recommendation

- a. Men – screening to be completed every 5 years and to start at 35 years of age.
- b. Women – screening to be completed every 5 years and to start at 45 years of age if at risk of coronary artery disease.
- c. Persons at increased risk screening to start at 20 years of age. Grade B recommendation

3. Type II Diabetes – Grade B Recommendation (CHP measure)

- a. Fasting plasma glucose or A1C screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese.

4. Colorectal – Persons age 50 - 75 Grade A Recommendation (CHP measure)

- a. Fecal Immunochemical Test in the past 15 months
- b. Flexible sigmoidoscopy in the past 5 years
- c. Colonoscopy in the past 10 years

5. Depression – Grade B Recommendation

- a. Screening to be performed when staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and follow-up

6. Obesity – Grade B Recommendation (CHP BMI measure)

- a. Screening for all adults for obesity and, if BMI is ≥ 30 , to offer intensive counseling and behavioral interventions to promote sustained weight loss
 - a. Overweight – BMI 25.0-29.9
 - b. Obesity I – BMI 30.0-34.9
 - c. Obesity II – BMI 35.0-39.9
 - d. Extreme Obesity – BMI greater than 40



7. Tobacco – Grade A Recommendation (CHP Smoking Cessation measure)

- Screening all adults for tobacco use and to offer tobacco cessation interventions for those who use tobacco products

8. Hep C – Grade B Recommendation

- Screening for adults at high risk, or a one-time screening for adults born between 1945 and 1965

9. Domestic Violence – Grade B Recommendation

- Women of childbearing age for intimate partner violence, such as domestic violence and provide or refer women to interventional services

10. Alcohol Abuse – Grade B Recommendation

- Screen adults 18 and older for misuse and provide persons engaged in risky or hazardous drinking with brief behavior counseling interventions

11. Lung Cancer – Grade B Recommendation

- Screen adults annually aged 55 to 80 who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 with low-dose computed tomography (LDCT). Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

12. Men: AAA – Grade B Recommendation

- One-time screening for abdominal aortic aneurysm (AAA) by ultrasonography in men aged 65-75 who have ever smoked

12. Women- (Grade B Recommendation)

a. Mammograms to be provided biennial for women aged 50-74 (**CHP measure**)

b. Pap test: (**CHP measure**)

1. Age 21-29 Pap alone every 3 years
2. Age 30-65 Pap with HPV testing every 5 years (Preferred) OR Pap alone every 3 years (*Grade A Recommendation*)

c. Bone mineral density screening for women over age 65 and in younger women with fracture risk \geq that of a 65 year old white woman who has no additional risk factors (*Grade B recommendation*)

13. Infectious Disease



- a. HIV – screen adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened annually. (*Grade A Recommendation*)
- b. Syphilis – screening provided for all persons at risk (*Grade A Recommendation*)
- c. Gonorrhea / Chlamydia – screening provided to all sexually active women aged 24 and younger and for older women who are at increased risk (*Grade B Recommendation*) (**CHP Measure**)

Definitions of Infectious Disease High Risk:

HIV – considered high risk if a patient reports 1 or more risk factors such as: men who have had sex with men

- after 1975; men and women having unprotected sex with multiple partners; past or present injection drug users;
- men and women who exchange sex for money or drugs or have sex partners who do; individuals who have past
- or present sex partners with HIV, bisexual, or injection drug users, person's being treated for sexually transmitted
- diseases and persons with a history of blood transfusions between 1975 & 1985

Syphilis – include men who had sex with men, and engage in high-risk sexual behavior, commercial sex workers, persons who exchange sex for drugs, and those in adult correctional facilities

Gonorrhea & Chlamydia – history of previous gonorrhea infection and other sexually transmitted infections, new or multiple sexual partners, inconsistent condom use, sex work and drug use

Hepatitis C – past or current injection drug use, receipt of a blood transfusion before 1992. Additional risk factors include long-term hemodialysis, being born to an HCV-infected mother, incarceration, intranasal drug use, getting an unregulated tattoo, and other percutaneous exposures (such as in health care workers or from having surgery before the implementation of universal precautions).

Grade A Recommendations – USPSTF recommends the service. There is a high certainty that the net benefit is substantial.

Grade B Recommendations – USPSTF recommends the service. There is a high certainty that the net benefit is moderate or there is a moderate certainty that the net benefit is moderate to substantial.

Source:

U.S Preventive Task Force: Adult Screenings <http://www.uspreventiveservicestaskforce.org>

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