

GENERAL ADULT PREVENTIVE CARE CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients age 50 and older, therefore their medical record should contain documentation of the following:

1. Tetanus vaccine having been provided in at least the past 10 years.
2. Influenza vaccine having been provided on an annual basis.
3. Clinical assessments completed include:
 - a. Blood pressure (goal $\leq 120/80$).
 - b. Fasting lipid profile including total cholesterol, LDL, HDL, and triglycerides in the past 5 years.
 - c. Fasting plasma glucose in the past 3 years.
4. Screened for skin lesions with malignant features.
5. Screened for colorectal cancer with one of the following:
 - a. Fecal Occult Blood Test (FOBT) in the past 15 months. (Goal is annual)
 - b. Flexible sigmoidoscopy in the past 5 years.
 - c. Dual Contract Barium Enema (DCBE) in the past 5 years.
 - d. Colonoscopy in the past 10 years.
6. Screened for depression
 - a. If patient has depression and is in the acute phase of treatment, the patient will be treated with an antidepressant medication for a minimum of 12 weeks.
 - b. If patient has depression and is in the continuation phase of treatment, the patient will be treated with an antidepressant medication for a minimum of 6 months.
7. Assessment of lifestyle habits, including:
 - a. Status of tobacco use.
 - b. Physical activity and exercise.
8. Nutritional counseling, including:
 - a. Maintenance of a healthy BMI between 18.5 and 24.9 and waist circumference <35 inches for women and <40 inches for men.
 - b. Instructions to follow a heart healthy diet.
 - c. Referral to a nutritionist or dietitian, as needed.
9. For female patients over age 40, the following may be appropriate:
 - a. Mammogram in the past 15 months (goal is annual).
 - b. Pap test in the past 15 months (goal is annual).
 - c. Bone mineral density screening for patients over age 65 or for patients with risk factors.
10. For female patients in child bearing years, the following may be appropriate
 - a. Rubella serology.

Recommending use of a multivitamin with folic acid.

(continued)

GENERAL ADULT PREVENTIVE CARE CLINICAL PRACTICE GUIDELINES (continued)

*Sources: AHRQ and USPSTF: Stay Healthy at 50+ Pub No. 08-IP001;
CDC: Preventive Screenings*

*Reviewed by Valley Preferred Health Services Physician Advisory Committee
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