

## **GENERAL ADULT PREVENTIVE SCREENING CLINICAL PRACTICE GUIDELINES**

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

### **General Screenings:**

- 1. Blood Pressure –Grade A Recommendation**
  - a. Screening to be performed every 2 years in persons with blood pressure less than 120/80 mm Hg, and every year with systolic blood pressure of 120-139 mm Hg or diastolic blood pressure of 80 to 89 mm Hg
- 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
  - c. Persons at increased risk screening to start at 20 years of age
- 3. Type II Diabetes-Grade B Recommendation**
  - a. Fasting plasma glucose to performed in the last 3 years for persons with a sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg
- 4. Colorectal-Grade A Recommendation ( To be provided to persons age 50-75)**
  - a. Fecal Occult Blood Test (FOBT) 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**
  - a. Screening for all adults for obesity and to offer intensive counseling and behavioral interventions to promote sustained weight loss
    1. Overweight –BMI 25.0-29.9
    2. Obesity I-BMI 30.0-34.9
    3. Obesity II-BMI-35.0-39.9
    4. Extreme Obesity-BMI greater than 40
- 7. Tobacco-Grade A Recommendation**
  - a. Screening all adults for tobacco use and to provide tobacco cessation interventions for those who use tobacco products

*(continued)*

## **GENERAL ADULT PREVENTIVE SCREENING CLINICAL PRACTICE GUIDELINES (continued)**

- 8. For Men-Grade B Recommendation**
  - a. One time screening for abdominal aortic aneurysm by ultrasonography in men aged 65-75 who have ever smoked
  
- 9. For Women**
  - a. Mammograms to be provided biennial for women aged 50-75 (*Grade B Recommendation*)
  - b. Pap test to be provided within the past 3 years for women who have been sexually active and have a cervix starting at age 21 (*Grade A Recommendation*)
  - c. Bone mineral density screening for women over age 65 or patients with risk factors at age 60 (*Grade B Recommendation*)
  
- 10. Infectious Disease**
  - a. HIV-screening provided for all adults at increased risk (*Grade A Recommendation*)
  - b. Syphilis-screening provided for all persons at risk (*Grade A Recommendation*)
  - c. Gonorrhea-screening provided for all sexually active women, including those pregnant and at increased risk (*Grade B Recommendation*)
  - d. Chlamydia-screening provided to all sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at increased risk (*Grade B Recommendation*)

### **Definitions of 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  
**Grade A Recommendations**-strongly recommends clinicians provide the service to eligible patients  
**Grade B Recommendations**-recommends clinicians provide the service to eligible patients

**Source: U.S Preventive Task Force: Adult Screenings**

<http://www.uspreventiveservicestaskforce.org/uspstf/uspshlm.htm>

Reviewed by the Valley Preferred Health Services Physician Advisory Committee

[Complete list of reviewers](#)

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