

COLORADO CLINICAL GUIDELINES COLLABORATIVE

Clinical Preventive Health Recommendations for the General Adult Population

Based on U.S. Preventive Services Task Force (USPSTF) A and B recommendations for the general population and as prioritized by the National Commission on Prevention Priorities.

This guideline is not meant to be a comprehensive list of preventive services that may be indicated for a given patient. It is designed to assist clinicians in providing priority preventive services, not to replace a clinician's judgment. Summary of high risk definitions and all USPSTF recommendations by A, B, C, D, I grade are available at <http://www.coloradoguidelines.org/guidelines/prevention.asp>.

Preventive Services for Adults ♀ Services for women only.	Age (Years)							
	18 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Alcohol misuse screening and brief counseling* Screen routinely.	"When was the last time you had more than 3 (for women or men >65 yrs.)/4 (for men) drinks in one day?" Positive = Within past 3 months. "How many drinks do you have per week?" Positive = more than 7 (women)/men >65 yrs./14 (men) drinks/week.							
Aspirin chemoprophylaxis* (75-100 mg qd or 325 mg qod) - discuss q 5 yrs. or more frequently.	Risk assessment tools: Men (MI): http://hp2010.nhlbi.nih.net/atp/il/calculator.asp?usertype=prof Women (Ischemic stroke): http://www.westernstroke.org/PersonalStrokeRisk1.xls		Men 45-79 yrs. to prevent MI if benefit outweighs harm for GI bleeding. Women 55-79 yrs. to prevent ischemic stroke if benefit outweighs harm for GI bleeding.					
Cervical cancer screening ♀ Pap smears - q 3 yrs.	Screen women who have been sexually active and have a cervix within 3 yrs. of onset of sexual activity or 21-65 yrs.							
Cholesterol screening* Total and HDL - q 5 yrs. or based on most recent result.	Cardiac risk assessment calculator: http://hp2010.nhlbi.nih.net/atp/il/calculator.asp?usertype=prof Screen men ≥35 yrs. Screen women 20-44 yrs. at increased risk. Screen women ≥45 yrs.							Consider discontinuing after age 65 if consistently normal.
Colorectal cancer screening* FOBT - q 1-2 yrs. Sigmoidoscopy - q 5 yrs., or Colonoscopy - q 10 yrs.	Conside screening high-risk adults earlier. See CCGC Colorectal Screening guideline for more information about high risk individuals <50 yrs. and individuals with a family or personal history of polyps or colorectal cancer.							Screen adults ≥50 yrs. with FOBT, flex sig preferably with FOBT, or colonoscopy. Use a high sensitivity guaiac-based or fecal immunochemical test (FIT). Discontinue screening based on co-morbid conditions that limit life expectancy, especially after age 75. Recommend against screening after age 85.
Hypertension screening* q 1-2 yrs. based on most recent levels.	Measure blood pressure. Hypertension is usually defined as >140/90 mmHg (or lower in certain conditions such as diabetes).							
Immunizations*	Highest priority given to influenza and pneumococcal. See CCGC Adult Immunization Schedule for complete recommendations.							
Tobacco use screening and brief intervention* Screen routinely.	Provide brief counseling, refer to the Colorado QuitLine (1-800-QUIT-NOW/1-800-784-8669), and offer pharmacotherapy.							
Breast cancer screening ♀ Mammography with or without clinical breast exam - q 1-2 yrs.	Screen women 40-70 yrs.							
Chlamydia screening ♀	Screen sexually active women <25 yrs. and all women at increased risk routinely (often done with gonorrhea). Rescreening at 6-12 months may be appropriate if previously infected.							
Depression screening* Frequency based on risk.	Screen in practices that have systems in place to assure accurate diagnosis, treatment, and follow-up. "Over the past 2 weeks, have you felt down, depressed, or hopeless?" "Over the past 2 weeks, have you felt little interest or pleasure in doing things?" Positive = yes to either question.							
Obesity screening* Screen routinely.	Screen for obesity and offer obese patients high-intensity counseling about diet, exercise, or both together with behavioral interventions for at least 3 months. Obesity defined as BMI of ≥30 or waist circumference >40 in. for men, >35 in. for women. BMI calculator: http://www.nhlbiupport.com/bmi/							Screen all women ≥65 yrs.
Osteoporosis screening ♀ DXA of hip - q 2 yrs. or less frequent based on risk.								>60 yrs. with risk factors.
Diabetes screening (type 2)*	Screen in those with sustained blood pressure (either treated or untreated) >135/80 mmHg. USPSTF does not endorse a specific screening test or frequency but screening at least ev							
Healthy diet counseling*	Offer intensive behavioral dietary counseling to those with hyperlipidemia and other known risk factors. Cardiac risk assessment calculator: http://hp2010.nhlbi.nih.net/atp/il/calculator.asp?usertype=prof							

*CCGC Guidelines and other resources related to this service are available at www.coloradoguidelines.org or by calling 720-297-1681 or 866-401-2092.
 †An "A" or "B" recommendation indicates the USPSTF found the net benefit of providing this service outweighed the harms. Complete USPSTF recommendations are available at <http://www.abrg.gov/Clinic/USpstf.htm>.
 Revised:

Preventive Health Recommendations for Targeted Populations

Based on U.S. Preventive Services Task Force (USPSTF) A and B recommendations¹ for the general population and as prioritized by the National Commission on Prevention Priorities

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Preventive Services	High Risk Adult	High Risk Recommendations
Abdominal aortic aneurysm screening with ultrasound	Screen men 65-75 yrs. once if ever smoked.	
Breast cancer preventive medication discussion	Discuss chemoprevention with women >40 yrs. at increased risk. Breast cancer risk assessment calculator at: http://www.ncbi.nlm.nih.gov/bcrisktool/Default.aspx	
Genetic counseling and evaluation for BRCA testing	Refer women with defined risk (see high risk criteria).	
Gonorrhea screening (often done with chlamydia)	Screen women <25 yrs. and women with risk factors.	
HIV screening	Screen all adults with risk factors.	
Syphilis screening	Screen all adults at increased risk.	
STI Prevention	High-intensity behavioral counseling for adults at increased risk for STIs.	

Preventive Services	Preconception/Pregnancy		
	Preconception	Pregnant Women	
Alcohol misuse screening and brief counseling ⁴	✓	✓	
Tobacco use screening and brief intervention ⁴	✓	✓	
Folic acid - in childbearing age women (The USPSTF recommends that all women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid)	✓	✓	
Chlamydia screening - women <25 yrs. or at increased risk.	✓	✓	
Gonorrhea screening - women <25 yrs. or at increased risk.	✓	✓	
Asymptomatic bacteriuria screening		✓	
Hepatitis B virus screening		✓	
HIV screening		✓	
Iron deficiency anemia screening		✓	
Promotion of breastfeeding		✓	
Rh (D) incompatibility screening - at first prenatal visit.		✓	
Syphilis screening		✓	

Preventive Services	Child/Adolescent		
	0-1 yrs.	2-5 yrs.	6-10 yrs.
Immunizations ¹	See CGCG Immunization Schedule for Children and Adolescents and/or use the Colorado Immunization Information System (CIIS) recommend function.		
Newborn hearing screening	Screen all newborns.		
Congenital hypothyroidism screening	Screen all newborns.		
Phenylketonuria screening	Screen all newborns.		
Sickle cell disease screening	Screen all newborns.		
Gonorrhea prophylaxis	Prophylactic medication for all newborns.		
Iron supplementation	6-12 mos. if at increased risk for iron deficiency anemia (recent immigrants, premature, or LBW).		
Dental caries	Oral fluoride supplementation 6 mos.-5 yrs. if primary water source deficient in fluoride.		
Vision	Screen children ≤5 yrs. as part of well child care.		
Cervical cancer screening			Screen within 3 yrs. of onset of sexual activity.
Chlamydia and gonorrhea screening			Screen sexually active females routinely. Rescreening at 6-12 months may be appropriate if previously infected.
HIV screening			Screen those with risk factors.
STI Prevention			High-intensity behavioral counseling for all sexually active adolescents.
Depression screening			Screen adolescents 12-18 yrs. for depression when systems are in place to ensure accurate diagnosis, treatment and follow-up.

¹ CGCG Guidelines and other resources related to this service are available at www.coloradoguidelines.org or by calling 720-297-1681 or 866-401-2092.
⁴ An "A" or "B" recommendation indicates the USPSTF found the net benefit of providing this service outweighed the harms. Complete USPSTF recommendations are available at <http://www.ahrq.gov/clinic/USPSTF.htm>.
 For references, copies of the guideline, and additional resources, go to www.coloradoguidelines.org or call 720-297-1681 or 866-401-2092.