

AlohaCare Hawaii

Clinical Practice Guideline: Adult Preventive Health¹	
Section: Care Management	Total Number of Pages: 1
Original Date Adopted: 12/20/02	Review / Revision Date: 5/22/2009

Physical Exam:	21-49	50-60	61-64	65 and Over
Routine Exam	Every 2 Years	Every Year	Every Year	Every Year
Blood Pressure	Every 2 Years	Every Year	Every Year	Every Year
Height & Weight	Every 2 Years	Every Year	Every Year	Every Year
Screening:				
Vision	every two years	1-3 years	1-3 years	1-2 years
Hearing	-----	-----	-----	Every Year
Mental Health	Ongoing	Ongoing	Ongoing	Ongoing
Rubella Blood Test or Vaccination (Women Only)	Once for women of childbearing age	-----	-----	-----
Mammogram with Clinical Breast Exam (Women Only)	Recommend baseline between 40-49 and Every 1 – 2 Years	Every 1-2 Years	Every 1-2 Years	Every 1-2 Years
Tests:				
Cholesterol (Starting at age 35 For Men and 45 for Women)	Every 5 Years	Every 5 Years	Every 5 Years	Every 5 Years
Pap Smear (Women Only)	Every year for three years. If all three tests are negative, then may be at least every three years <i>unless considered to be high risk. Recommended frequency then at your doctor's discretion.</i>	Every year for three years. If all three tests are negative, then may be reduced to every three years <i>unless considered to be high risk. Recommended frequency then at your doctor's discretion.</i>	Every year for three years. If all three tests are negative, then may be reduced to every three years <i>unless considered to be high risk. Recommended frequency then at your doctor's discretion.</i>	Every year for three years. If all three tests are negative, then may be reduced to every three years <i>unless considered to be high risk. Recommended frequency then at your doctor's discretion.</i>
Fecal Blood Work	-----	Every Year	Every Year	Every Year
Flexible Sigmoidoscopy	-----	Every 10 Years	Every 10 Years	Every 10 Years
Immunizations:				
Tetanus-Diphtheria Booster	Every 10 Years	Every 10 Years	Every 10 Years	Every 10 Years
Flu Vaccine	-----	Every Year	Every Year	Every Year
Pneumococcal Vaccine	-----	-----	-----	Once Only
Health Guidance				
Substance Abuse	Ongoing	Ongoing	Ongoing	Ongoing
Injury Prevention	Ongoing	Ongoing	Ongoing	Ongoing
Birth Control/Sexual Behavior	Ongoing	Ongoing	Ongoing	Ongoing
Diet & Exercise	Ongoing	Ongoing	Ongoing	Ongoing
Smoking Cessation (tobacco use, screening and counseling)	Ongoing	Ongoing	Ongoing	Ongoing
Dental Care	Ongoing	Ongoing	Ongoing	Ongoing
Domestic Violence	Ongoing	Ongoing	Ongoing	Ongoing

REFERENCES

ⁱ Guidelines based on U.S Preventative Services Task Force

VISION SCREENING

- American Academy of Ophthalmology resources page. American Academy of Ophthalmology website. Available at : http://www.aao.org/education/library/ppp/upload/Comprehensive_Adult_Medical_Eye_Exam.pdf, Accessed March 30, 2006

FLEXIBLE SIGMOIDOSCOPY

- U.S. Preventive Services Task Force. Screening for colorectal cancer: recommendations and rationale. Ann Intern Med 2002 Jul 16;137(2):129-31.p

PNEUMOCOCCAL VACCINE

- Department of Health and Human Services Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule October 2005 - September 2006. Approved by the Advisory Committee on Immunization Practices (ACIP).

FLU VACCINE

- Department of Health and Human Services Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule October 2005 - September 2006. Approved by the Advisory Committee on Immunization Practices (ACIP).

TETANUS – DIPHTHERIA BOOSTER

- Department of Health and Human Services Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule October 2005 - September 2006. Approved by the Advisory Committee on Immunization Practices (ACIP).

FECAL BLOOD WORK

- Institute for Clinical Systems Improvement (ICSI). Colorectal cancer screening. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2005 Jun. 57 p

PAP SMEAR

- Ontario Cervical Screening Program, Gynecology Cancer Disease Site Group. McLachlin CM, Mai V, Murphy J, Fung Kee Fung M, Chambers A. Cervical screening. Toronto (ON): Cancer Care Ontario (CCO); 2005 May 20. 39 p
- Browman GP, Levine MN, Mohide EA, Hayward RSA, Pritchard KI, Gafni A, et al. The practice guidelines development cycle: a conceptual tool for practice guidelines development and implementation. J Clin Oncol 1995;13(2):502-12.p
- National Guideline Clearing House, Cervical Screening. Available at http://www.guideline.gov/summary/summary.aspx?doc_id=7356&nbr=004354&string=PAP+AND+Smear Accessed on March 30, 2006

CHOLESTEROL SCREENING

- Berg AO. Screening adults for lipid disorders. Recommendations and rationale. Am J Prev Med 2001 Apr;20(3 Suppl):73-6.p

MAMMOGRAM w/ CLINICAL BREAST EXAM

- U.S. Preventive Services Task Force. Screening for breast cancer: recommendations and rationale. Ann Intern Med 2002 Sep 3;137(5 Part 1):344-6.p

RUBELLA BLOOD TEST OR VACCINATION

- Institute for Clinical Systems Improvement (ICSI). Routine prenatal care. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2005 Aug. 80 p.

HEARING

- Institute for Clinical Systems Improvement (ICSI). Preventive services in adults. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2005 Oct. 81 p.
- Preventative services in adults. National Guidelines Clearing House. Available at: http://www.guideline.gov/summary/summary.aspx?doc_id=8412&nbr=004709&string=HEARING Accessed March 30, 2006

BLOOD PRESSURE

- Institute for Clinical Systems Improvement (ICSI). Preventive services in adults. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2005 Oct. 81 p

HEIGHT AND WEIGHT

- Michigan Quality Improvement Consortium. Adult preventive services (ages 18-49). Southfield (MI): Michigan Quality Improvement Consortium; 2005 Jul. 1 p.