

Preventive Activities - Adults

ACTION	REFERENCE
Poverty screening	As poverty is not always apparent, there should be a low threshold for screening. This tool has been modified for each participating province/territory. The tool for Alberta: https://thewellhealth.ca/wp-content/uploads/2016/11/Poverty_flowAB-2016-Oct-28.pdf
Behaviours	
. Smoking	Ask about tobacco use at initial encounter. For those who smoke, and who have quit, ask again at intervals. https://www.nicotinedependenceclinic.com/English/CANADAPTT/Pages/About/About%20Us.aspx http://www.cancer.ca/en/support-and-services/support-services/quit-smoking/?region=on
. Weight & Waist circumference	BMI rather than weight alone should be used to assess overweight and obesity. The waist circumference should be used to assess abdominal fat content. https://www.preventioninhand.com/Search.aspx?searchtext=&searchmode=all&words&keywords=smoking&searchbytopics=0&searchbyaudience=2%3b&searchbysize=0
. Physical Activity	Adults should be active for at least 150 minutes per week both aerobic and strength. http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf
. Alcohol & Drugs	Screen for at-risk drinking in patients CFPC 2012 http://www.sbir-diba.ca/
. Safety	Injury is the leading cause of death and morbidity for young adults. The Alberta injury prevention program supports a smart risk approach: https://www.albertahealthservices.ca/injprev/Page4880.aspx
. Sun exposure /protection	Sunburn should be avoided. Physical methods (clothing and hats) complemented by sunscreens should be used for UV protection especially when sun is high (11am – 3pm in summer) CTFPHC 2014 https://canadiantaskforce.ca/guidelines/appraised-guidelines/melanoma/
Family History	Distinguish fears from genetic risk. https://www.racgp.org.au/your-practice/guidelines/genomics/
Contraception/std protection	Encourage dual method contraceptive use unless in long term exclusive relationships. http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD010915.pub2/abstract
Dietary change	
. Vitamin D 1000U daily	Screening for vitamin D in asymptomatic adults is not recommended. Review of evidence for vitamin D screening and supplementation in adults revealed no established benefits. https://www.aafp.org/afp/2018/0215/p254.html
. Fruit & Veg, salt reduction	Eat diets rich in fruits and vegetables https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/choosing-foods/vegetables-fruit.html . Alberta Health service https://www.albertahealthservices.ca/nutrition/page5621.aspx
. Folate	All women who could become pregnant should take a multivitamin containing

	0.4 mg folic acid daily. Health Canada 2013 https://www.canada.ca/en/public-health/services/pregnancy/folic-acid.html
DENTAL	No evidence to support frequent (q6 months) routine checks. http://www.cochrane.org/CD004346/ORAL_recall-intervals-for-oral-health-in-primary-care-patients Fluoride is valuable for all ages: in water preferably, or toothpaste. Mouth hygiene after meals recommended.
Immunizations	
. Tetanus/ Diphtheria/Pertussis	For those who have been previously immunized, give one dose every 10 years https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-1-key-immunization-information/page-13-recommended-immunization-schedules.html
. Pneumococcus	All aged 65+ give Pneumovax 23 (polysacharride) https://open.alberta.ca/dataset/aip/resource/4863c6c6-1d27-4c7e-abfc-c4e06020fee5/download/AIP-BP-Pneu-P-23.pdf Give Prevnar 13(conjugate) to adults 18 years of age and older with conditions resulting in high risk for Invasive Pneumococcal Disease. https://open.alberta.ca/dataset/aip/resource/1e0e2935-1d18-455c-ade0-4bb728adcec5/download/AIP-BP-Pneu-C-13.pdf When both Prevnar 13 and Pneumovax 23 are indicated for adults, the pneumococcal conjugate vaccine should be given first with a minimum interval of 8 weeks between the two vaccines. https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-1-key-immunization-information/page-13-recommended-immunization-schedules.html
. Zoster	Suggest Vaccine to >50 years. Shingrix x2 is more effective than Zostavax (90% vs 64%) https://www.cdc.gov/vaccines/vpd/shingles/hcp/shingrix/recommendations.html
. Influenza	The influenza vaccine can be given annually to anyone aged 6 months or older without a contraindication to the vaccine. Effectiveness varies: may be 50% https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2017-2018.html
. MMR	One dose of the MMR vaccine should be given to adults born in or after 1970 if they did not receive it in late adolescence. Travelers, students in post-secondary educational settings, health care workers and military personnel should receive two doses at least one month apart. https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-1-key-immunization-information/page-13-recommended-immunization-schedules.html
. HPV	In Alberta, given to girls in grades 5 and 9 since 2008. Cohort is aged 22 in 2018. Boys from 2014. Could be given as catch-up to those who missed out at school(\$500 for series of 2). May be given to adults with low chance of infection. https://www.albertahealthservices.ca/info/service.aspx?id=4209 https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/amendment-2015-update-on-

	recommended-human-papillomavirus-hpv-vaccine-immunization-schedule.html
Mental Health	
. Depression	Routine screening of asymptomatic adults for depression is not advised. CTFPHC 2013 https://canadiantaskforce.ca/guidelines/published-guidelines/depression/ Being aware of mood is still important. The 2-question screen may be reasonable for case-finding or screening higher risk patients. https://www.acfp.ca/wp-content/uploads/tools-for-practice/1515521430_tfp2032-questionscreenfv.pdf
. Safety within home	Available evidence does not justify routinely screening for intimate partner violence or elder abuse. Look out for clinical clues of IPV and neglect of elderly and vulnerable adults CTFPHC 2013 https://canadiantaskforce.ca/guidelines/appraised-guidelines/domestic-abuse/
. Dementia	Routine screening for cognitive impairment should not be done for asymptomatic adults, since the tests are not good enough for screening. CTFPHC 2015 https://canadiantaskforce.ca/guidelines/published-guidelines/cognitive-impairment/
Screening	
<i>Infections</i>	
. Chlamydia (urine test)	Screening should be done for “at risk” groups. These include sexually active adults under age 25 and pregnant women. Health Canada https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/canadian-guidelines/sexually-transmitted-infections/canadian-guidelines-sexually-transmitted-infections-30.html Self-collected vaginal swabs (SCVS) appear more sensitive in diagnosing chlamydia and gonorrhoea than health professional collected endocervical swabs and first catch urine (FCU). ACFP 2018 https://www.acfp.ca/wp-content/uploads/tools-for-practice/1522077396_tfp208vaginalselfswabsfv2.pdf
Hepatitis C	Screening for hepatitis C should be done for high-risk individuals. These include; those with current or past history of injection drug use, been incarcerated, immigrants from hepatitis C endemic regions, received health care where there is a lack of universal precautions, recipients of blood transfusions, blood products or organ transplant before 1992 in Canada, hemodialysis patients, have had needle stick injuries, or have engaged in other risks sometimes associated with HCV exposure. CTFPHC 2017 https://canadiantaskforce.ca/guidelines/published-guidelines/hepatitis-c/
<i>Cardiovascular</i>	
.Blood pressure	Measurements should be done every 3 – 5 years at appropriate primary care visits. CTFPHC 2012 https://canadiantaskforce.ca/guidelines/published-guidelines/hypertension/2
. Cholesterol & Lipids	Consider risk assessment and lipid determination in individuals older than 40 years of age or in those at increased risk regardless of age. Non-fasting lipid determination is acceptable. http://dx.doi.org/10.1016/j.cjca.2016.07.510 A CVD risk calculator should be used anytime lipids are being assessed.

	https://www.ccs.ca/images/Guidelines/Tools_and_Calculators_En/FRS_eng_2017_fnl_greyscale.pdf
. Diabetes: HbA1c	Routine screening for type 2 diabetes should be based on the individual's risk profile. CTFPHC 2012 https://canadiantaskforce.ca/guidelines/published-guidelines/type-2-diabetes/12 FINDRISC (The Finnish Diabetes Risk Score) is the preferred validated risk calculator but CANRISK (the Canadian Diabetes Risk Assessment Questionnaire) is an acceptable alternative. https://www.mdcalc.com/findrisc-finnish-diabetes-risk-score#next-steps
. Abdo aortic aneurysm	One-time screening with ultrasound for men aged 65- 80. Weak recommendation. This is largely a disease of smokers and ex smokers. Screening is not proven worthwhile for women. CTFPHC 2017. https://canadiantaskforce.ca/guidelines/published-guidelines/abdominal-aortic-aneurysm/
<i>Cancers</i>	
. Cervical	Screen asymptomatic women >25years who are or have been sexually active (weak recommendation). Strong for women 30 – 69 years. CTFPHC 2013 https://canadiantaskforce.ca/guidelines/published-guidelines/cervical-cancer/
. Breast: Mammogram	Women aged 50 – 74 years should be informed about screening using mammography every 2 to 3 years (weak recommendation). Do not routinely screen women aged 40 – 49 years.(weak recommendation).CTFPHC 2011 https://canadiantaskforce.ca/guidelines/published-guidelines/breast-cancer/
. Lung Cancer	Screen adults 55-74 years with at least a 30 pack-year smoking history who are current smokers or quit less than 15 years ago. CTFPHC 2016 https://canadiantaskforce.ca/guidelines/published-guidelines/lung-cancer/ Screening leads to a high number of false positives who then undergo further unnecessary investigations. Smoking cessation remains priority in reducing smoking induced mortality, since over 80% of smoking caused deaths are from other disease. ACPF 2016 https://www.acfp.ca/wp-content/uploads/tools-for-practice/1482257430_2016updatedtfp78lungcancerscreening.pdf
. Colorectal	Screen adults 60 -74 years (strong recommendation), 50 – 59 years (weak recommendation) CTFPHC 2016. (Note Alberta program starts at age 50.) https://canadiantaskforce.ca/guidelines/published-guidelines/colorectal-cancer/ Although ASA may decrease the incidence and mortality of colorectal cancer, there is a greater increased risk of gastrointestinal and intra-cranial bleeding. ACFP 2016 https://www.acfp.ca/wp-content/uploads/tools-for-practice/1432830691_updatedtfp47asacolorectalcaner.pdf
Problems for older ages	
.Urinary difficulty	This may be a bother, but many patients do not mention it unless asked. http://www.urospec.com/uro/Forms/ipss.pdf
. Falls, Medication review	Screen older patients for overmedication and risk of falls http://www.cfp.ca/content/57/7/771
.Fracture risk: FRAX score	Screen women aged 65 years and older and also postmenopausal women less than 65 years. There is insufficient evidence to support osteoporosis screening in men.(USPSTF 2018)

<https://www.uspreventiveservicestaskforce.org/Page/Document/draft-recommendation-statement/osteoporosis-screening1>

Osteoporosis Self-Assessment Tool (OST) is a simple, quick, and reliable screening tool. ACP 2015 https://www.acfp.ca/wp-content/uploads/tools-for-practice/1429563774_updatedtftp44screeningforosteoporosisfv2.pdf for The FRAX[®] models have been developed from studying population-based cohorts from Europe, North America, Asia and Australia.

<https://www.sheffield.ac.uk/FRAX/tool.aspx?country=19>