Clinical Preventive Activities - Adults

Action	Frequency	Notes	Ages	J Dick	inson	https://c	calgaryfa	milymed	icine.ca/	residenc	cy/image	s/Prever	ntiveActi	vities.pd	2018	June	
			15-19		25-29	-										80+	
Poverty coreening	Do you over have difficulty me	Laking ends meet at the end of the month?"	10 10		strong re								_				
Poverty screening	Do you ever have difficulty the	aking ends meet at the end of the month?	1	Green.	strong re	comme	idalions	reliow.	weak re	commer	idalions.	Orange.	. Conside	er with G	aution.		
3ehaviours																	
Smoking	Most visits	(Smell) Unless known never-smoker															
Weight & Waist Circumference	When seen q 5 yrs	Calculate BMI															
Physical Activity	When seen q 5 yrs	Not just formal exercise in gym															
Alcohol & Drugs	When seen q 5 yrs	think safety also															
Safety	When seen q 5 yrs	vehicle, seat belts helmets risky sports															
Sun exposure/protection	When seen	Most imp. for light skin															
Family History	At intervals: q 5 yrs	Both familial disease and fears															
Contraception/std protection	If appropriate	Is she planning a pregnancy?															
Dietary Change	Парргорнаю	is she planning a pregnancy:															
Vitamin D 1000U daily		If dark-skinned; not in sun															
Fruit & Veg, Salt reduction		n dan ominou, not in our															
Folate	#	Prepregnancy															
. 0.40																	
DENTAL	When seen q 2 years	Use fluoride, brush, floss, get checked.															
mmunisations																	
Tetanus/Diptheria/Pertussis	Q10 years																
Pneumococcus, Zoster		High risk or age 65, HZ age 60+										HZ	Pneum	If not do	ne previ	ously	
Influenza	Every year	High risk especially															
MMR	Once	Check, esp pre-pregnancy															
HPV	Once	At least 2 doses															
Mental Health																	
Depression	Consider	If low mood, new mother,															
	Corisider	bereavement, chronic disease															
Safety within home	Consider (esp F)	Unexplained injuries, carer hovering	Intimate	partner	violence								Elder a	buse			
Dementia	Consider	If new presentation of anxiety, memory loss, depression										Conside	er power	of attorr	ney, goal	s of ca	re
Screening																	
Infections																	
Chlamydia (urine test)	Consider yearly	Sexually active F >1 partner															
	+																
Hepatitis C	Once, x risk activity	Check whether high risk group															
Cardiovascular															(
Blood Pressure	Every 3-5 years	More often high risk		ļ						_				+ Pulse	(At Fib)		
Cholesterol & Lipids	Every 5 years	Risk Calculation: Framingham		ļ				M		F							
Diabetes: HbA1c	Every 3-5 years	Use Risk calculator -> risk estimate															
Abdo aortic aneurysm	U/Sd Once+	M/F: if smoker >20 pack yrs											Once, o	consider	repeat a	fter 10	yrs
Cancers											•	•					
Convioal	C 2	From some years after sexually															
Cervical	Every 3 years	active															
Breast: Mammogram	Every 2-3 years	Should make informed decision						Special	risk								
Lung Cancer	Annual x3	Only for heavy smokers (or ex-)									30+ pag	ck years					
Colorectal	Every 2 years	FIT test						Special	risk								
Problems of older ages																	
Urinary difficulty	When seen, q 2-5 yrs	F Pelvic floor issues, M Prostatism		İ			İ			İ	İ						
Falls, Medication review	When seen, 2-5 yrs	Polypharmacy					İ										
Fracture risk: FRAX score	F rpt not <5yrs	FRAX risk determines testing			İ						1				Bisphos	ston?	