

PRO MED PREVENTIVE CARE GUIDELINES

AGE GROUP: SENIORS

SCREENING	MALES	FEMALES
History & Physical (Include all V/S: B/P: Hgt; Wgt)	Periodic exam	Periodic exam
Vision Screen	Annual Benefit	Annual Benefit
Glaucoma screen	Annual benefit for people at high risk	Annual benefit for people at high risk
SCREENING TESTS		
Colorectal screen: FOBT- Fecal Occult Blood Test OR	1 x q 12 months	1 x q 12 months
Colorectal screen: Flex sigmoidoscopy : OR	1 x every 48 months (HN q 5 yrs?)	1 x every 48 months (HN q 5 yrs?)
Colorectal screen: Colonoscopy	1 x every 24 months if at high risk	1 x every 24 months if at high risk
Pap Test ; (Include women with hysterectomy if cervix present)		Q 24 mos. After age 65 at MD discretion. Depends on risk & prior screening results
Clinical Breast Exam		Periodic exam
Mammogram		Q 12 months
Cardiovascular screen: Lab: Total Cholesterol	Frequency at MD discretion	Frequency at MD discretion
Prostate Cancer Screen	1 x q 12 months	
Bone Mass: Osteoporosis Screen: (Dexa scan)		1 x every 24 months
Diabetes Screening: Type II: Lab	Screen for pts with HTN or high lipids	Screen for pts with HTN or Hyperlipidemia
TB skin test	Screen for asymptomatic high risk pts	Screen for asymptomatic high risk pts
IMMUNIZATIONS		
TD booster		
Influenza	1 time q year (fall or winter)	1 time q year (fall or winter)
Pneumococcal	1 time	1 time
Hepatitis B	Only for medium to high risk patient	Only for medium to high risk patient
EDUCATION/ COUNSELING		
Advance Directive	DOCUMENT MEDICAL AT OFFICE	IN RECORD ROUTINE VISIT
Injury Prevention: Seta belts: Motorcycle. Bicycle/ ATV helmets: Smoke detectors; Safe storage firearms: Fall prevention: Set hot water heater at 120-130 degrees		
Dental health : Regular dental visits; floss and brush daily		
Sun Protection		
Sexual Behavior: STD/HIV/AUDS prevention. Avoid high risk behavior; Condoms		
Substance Abuse: Tobacco cessation: Avoid alcohol/ Drugs while driving, swimming , boating		
Mental Health: Depression		
Diet & Exercise: Limit fat and cholesterol; caloric balance: Obesity : Regular physical activity; Adequate Calcium for females: Osteoporosis		
Domestic Violence		
Polypharmacy		
Hormone Prophylaxis: (HRT) Discuss with peri, and post menopausal women		

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These guidelines for healthy individuals should not be considered medical advice in any form, type or manner. Medical advice and health recommendations are best discussed between member and physicians.