

FEMALE 21 TO 49 Age Appropriate Primary Prevention Manoeuvres

(*Intended use for primary prevention and screening. Additional testing and physical examination for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity- safe sex, sti counselling:

Supplements to consider:

Vitamin D 400-2000ui/day

Calcium intake - 1000mg/day mainly from diet

Pregnant or lactating 1500-2000mg

Examination

HT: WT: WC: BMI: BP:

Focused system:

Pelvic:

Investigations/ Screening Tests

- **Cervical cancer: start age 25 if sexually active, Q3yrs if normal**
- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- **Family planning: Rubella serology**
- Diabetes: *FINDRISC score >14*
- Lipids: *Risk Assessment*
- Vision screen :19-40 every 10 years
41-49 every 5 years unless high risk

Immunizations

1. Td, TdaP vaccine x 1 in lifetime, HPV, MMR

2. Influenza

3. Pneumococcal only if high risk

4. Meningococcal conjugate

5. Varicella, polio

IMP/PLAN

FEMALE 50 TO 64 Age Appropriate Primary Prevention Manoeuvres

(* Intended use for primary prevention and screening. Additional testing and physical examination for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: Consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity-safe sex, sti counselling if **high risk**:

Supplements to consider:

Vitamin D 1000-2000ui/day

Calcium intake - 1200mg/day mainly from diet

Examination

HT: WT: WC: BMI: BP:

Focused system:

Pelvic:

Investigations/ Screening Tests

- **Cervical cancer: Q3yrs if normal**
- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- Diabetes: *FINDRISC score >14*
- **Lipids: Risk Assessment**
- **Colon cancer: FIT/FOBT q2yrs or Flexible sigmoidoscopy every 10 years**
- Breast Cancer: mammogram every 2 years
- Osteoporosis: screen based on risk factors
- Vision screen: 50-55 every 5 years
56-64 every 3 years unless high risk

Immunizations

1. Td, TdaP

2. Influenza

3. Pneumococcal

4. Herpes Zoster

5. Varicella, polio

IMP/PLAN

FEMALE 65+ Age Appropriate Primary Prevention Manoeuvres

(* Intended use for primary prevention and screening. Additional testing and physical examination as required for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: Consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity-safe sex, sti counselling if **high risk**:

Supplements to consider:

Vitamin D 1000-2000ui/day

Calcium intake - 1200mg/day mainly from diet

Examination

HT: WT: WC: BMI: BP:

Focused system:

Pelvic:

Investigations/ Screening Tests

- **Cervical cancer: Q3yrs if normal, Stop age 69 if 3 norm past 10yrs**
- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- Diabetes: *FINDRISC score >14*
- **Lipids: Risk Assessment**
- **Colon cancer: FIT/FOBT q2yrs or Flexible sigmoidoscopy every 10 years, stop age 75**
- Breast Cancer: mammogram every 2 years stop age 75
- **Osteoporosis: screen once above age 65**
- Vision screen: annually

Immunizations

1. Td, TdaP

2. Influenza

3. Pneumococcal

4. Herpes Zoster

5. Varicella, polio

IMP/PLAN

MALE 21 TO 49 Age Appropriate Primary Prevention Manoeuvres

(*Intended use for primary prevention and screening. Additional testing and physical examination for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: Consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity- safe sex, sti counselling:

Supplements to consider

Vitamin D 400-2000ui/day

Calcium intake - 1000mg/day mainly from diet

Examination

HT: WT: WC: BMI: BP:

Focused system:

Investigations/ Screening Tests

- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- Diabetes: *FINDRISC score >14*
- Lipids: *Risk Assessment*
Age 40 and over
- Vision screen: 19-40 every 10 yrs
41-49 every 5 years unless high risk

Immunizations

1. Td, Tdap, HPV, MMR

2. Influenza yearly

3. Pneumococcal only if high risk

4. Meningococcal conjugate

5. Varicella, polio

IMP/PLAN

MALE 50 TO 64 Age Appropriate Primary Prevention Manoeuvres

(* Intended use for primary prevention and screening. Additional testing and physical examination for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: Consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity-safe sex, sti counselling if **high risk**:

Supplements to consider:

Vitamin D 1000-2000ui/day

Calcium intake - 1200mg/day mainly from diet

Examination

HT: WT: WC: BMI: BP:

Focused system:

Investigations/ Screening Tests

- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- Diabetes: *FINDRISC score >14*
- **Lipids: Risk Assessment**
- **Colon cancer: FIT/FOBT q2yrs or Flexible sigmoidoscopy every 10 years**
- Osteoporosis: screen based on risk factors
- Vision screen 50-55 every 5 years
56-64 every 3 years unless high risk

Immunizations

1. Td, TdaP

2. Influenza

3. Pneumococcal

4. Herpes Zoster

5. Varicella, polio

IMP/PLAN

MALE 65+ Age Appropriate Primary Prevention Manoeuvres

(* Intended use for primary prevention and screening. Additional testing and physical examination for pre-existing conditions and presenting complaints is recommended)

BOLD: good evidence

Italics: fair evidence

Normal: Consensus

Pt concerns:

History/Counselling

Smoking:

Alcohol:

Other:

Physical activity:

Diet/nutrition:

Sun exposure:

Sexual activity-safe sex, sti counselling if **high risk**:

Supplements to consider:

Vitamin D 1000-2000ui/day

Calcium intake - 1200mg/day mainly from diet

Examination

HT: WT: WC: BMI: BP:

Focused system:

Investigations/ Screening Tests

- STI: *Gonorrhea/Chlamydia*
VDRL HIV/HBV
- Diabetes: *FINDRISC score >14*
- **Lipids: Risk Assessment**
- AAA screen: abdo U/S once ,age 65-75 who has ever smoked
- **Colon cancer: FIT/FOBT q2yrs or
Flexible sigmoidoscopy every 10 years, STOP age 75**
- *Osteoporosis: screen once above age 65*
- Vision screen: annually

Immunizations

1. Td, TdaP

2. Influenza yearly

3. Pneumococcal

4. Herpes Zoster

5. Varicella, polio

IMP/PLAN