Preventive Care Checklist Form®

For average-risk, routine, male health assessments



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Please note:

Bold = Good evidence (from the Canadian Task Force on Preventive Health Care)

Italics = Fair evidence (from the Canadian Task Force on Preventive Health Care)

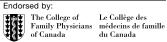
Plain text = Guidelines (from other Canadian sources)

(See reverse for references, insert for explanations)

Name:	Sex:
DOB:	Age:
Health Card:	Tel:
Address:	

Date:

1					
Current	t Concerns	Lifestyle/Habits			
			moking:		
		ribei	Alcohol:		
		Calcium Drug Sodium	Drugs:		
		Exercise: Sex	ual History:		
			Family Planning/ Contraception:		
		Family: Slee	y: Sleep:		
		Relationships:			
		Update Cumulative Patient Profile			
		☐ Family History ☐ I	ily History		
		☐ Hospitalizations/Surgeries ☐ /	Allergies		
Functio	nal Inquiry				
No	rmal Remarks	Normal Remarks			
HEENT:		MSK:			
CVS:		Neuro:			
Resp:		Derm:			
GI:		Mental Health: Depression scree	n ☐ positive ☐ negative		
GU:		Constitu			
Sexual Function:		Constitu- tional SX:			
Function.					
Education/ Counseling	Behavioural □ adverse nutritional habits □ dietary advice on fat/cholesterol (30-69 yrs) □ adequate calcium intake (1000 to 1500 mg/d) ¹ □ adequate vitamin D (200 IU in 50-64, 400-800 IU in ≥ 65 yr) ¹	Alcohol ☐ Yes ☐ No ☐ case finding for problem drinking ☐ counseling for problem drinking	Personal Safety hearing protection noise control programs seat belts		
	regular, moderate physical activity	Elderly Yes No			
- 70	weight loss counseling if overweight	(if concerns)	Parents with children		
lation stated	☐ avoid sun exposure, use protective clothing ☐ safe sex practices/STD counseling	fall assessment (if history of falls)	Yes No		
popu wise a	Sale sox practices/012 counseling		poison control		
For general population unless otherwise stated	Smoking Yes No	Oral Hygiene	prevention smoke detectors		
or ger less (smoking cessation	brushing/flossing teeth	non-flammable		
д un	☐ nicotine replacement therapy ☐ dietary advice on fruits and green leafy vegetables	fluoride (toothpaste/supplement) tooth scaling and prophylaxis	sleepwear hot water thermostat		
	referral to validated smoking cessation program	smoking cessation	settings (<54°C)		



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HR:	BP:	RR:	HT:	WT:	ВМІ:	Waist Circumference: Hip Circumference:	Ratio:	
Eyes:		Snelle	ŭ	R	Abdo:			
Nose:				L	Ano-Rectum:			
Ears:		whisp	ered voice test:	R	Genitalia:			
Mouth/	Throat:			L	Neuro:			
Neck/T	hyroid:				Derm:			
CVS:					MSK/Joints:			
Resp:					Extremities:			
Age		21-64	years			≥ 65 years		
Labs/Investigations	OR Sigmo Gonorrhea/Ch Fasting Lipid F	idoscopy lamydia/ Syph Profile (≥40 yi Glucose, at l 3	-2 years (age ≥ OR ☐ Colonomilis/HIV/HBV ⁵ s r or sooner if at ris deast q3 yrs (≥44 risk ¹	oscopy creen (high risk) sk) ²	OR Sigmo	or inquire/whispered voice test)	e often if at risk) ³	
Immunizations	☐ Tetanus vaccine q10yr ☐ Influenza vaccine q1yr ☐ Varicella vaccine (2 doses) ☐ Varicella Immunity ☐ Pneumococcal vaccine (high risk) ⁴ ☐ Acellular pertussis vaccine ⁴			☐ Tetanus vaccine q10yr ☐ Influenza vaccine q1yr ☐ Varicella vaccine (2 doses) ☐ Pneumococcal vaccine ⁴ ☐ Acellular pertussis vaccine ⁴				
Asses	sment and Pla	ans:						
Date:	05				Signature:			
Referenc	C 3							

Unless otherwise stated, recommendations come from the Canadian Task Force on Preventive Health Care: The Canadian Guide to Clinical Preventive Health Care. Ottawa: Minister of Supply and Services Canada and http://www.ctfphc.org/

- 1. Scientific Advisory Board, Osteoporosis Society of Canada. Clinical practice guidelines for the diagnosis and management of osteoporosis. CMAJ 2002;167(10 suppl):S1-34. 2. Working Group on Hypercholesterolemia and Other Dyslipidemias. Recommendations for the management and treatment of dyslipidemia and the prevention of cardiovascular disease: 2006 update. Can J Cardiol 2006;22(11) 913-927.
- 3. Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Assn 2003 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2003;27 (Suppl 2).
- 4. National Advisory Committee on Immunization. Canadian Immunization Guide, 7th edition. Ottawa: Minister of Public Works and Government Services Canada; 2006. 5. Expert Working Group on Canadian Guidelines for STIs. Canadian Guidelines on Sexually Transmitted Infections, 2006 edition. Ottawa: Public Health Agency of Canada.



Physical Examination