

Preventive services for adults

Table 1. Adult Preventive Services That Providers and Care Systems *Must* Assess the Need for and Offer to Each Patient. These Have the Highest Priority Value (Level I)

| Service | 21 to 39 Years | 40 to 64 Years | 65 Years and Older |
|--|---|---|---|
| Alcohol abuse; hazardous and harmful drinking screening and brief counseling | Identify those with risky or hazardous drinking, as well as those who have carried that behavior to the point of meeting criteria for dependence, and then provide brief intervention. | | |
| Aspirin chemoprophylaxis counseling | Encourage for men age 45-79 years when the potential benefit of a reduction in myocardial infarctions outweighs the potential harm of an increase in gastrointestinal hemorrhage. Encourage for women age 55-79 years when the potential benefit of a reduction in ischemic strokes outweighs the potential harm of an increase in gastrointestinal hemorrhage. | | |
| Breast cancer screening | Mammogram every 1 to 2 years for women age 50 to 75 years. (See <i>Annotation #2</i> for evidence and recommendations for other ages.) | | |
| Cervical cancer screening | No screening before age 21 regardless of age of onset of sexual activity. Screening every 2 years between ages 21-29 and every 3 years after age 30 after 3 consecutive normal Pap tests. | Every 3 years after 3 consecutive normal Pap tests. | Stop screening between ages 65-70 if no abnormal Pap tests in 10 years. |
| Chlamydia screening | All sexually active women aged 25 years and younger, and older women at increased risk for infection. | | |
| Colorectal cancer screening | Age 50 years and older or age 45 years and older for African Americans and American Indians at appropriate intervals as determined by whichever screening method is chosen. | | |
| Hypertension screening | Blood pressure every 2 years if less than 120/80; every year if 120 to 139/80 to 89 mm Hg. | | |
| Influenza immunization | Annually during entire flu season for individuals age 50 and older, those at high risk, and others. | | |

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|--|--|---|--------------------|
| Lipid screening | Fasting fractionated lipid screening for men over age 34 every 5 years. | Fasting fractionated lipid screening for men over age 34 and women over age 44 every five years. | |
| Pneumococcal immunization | Immunize high-risk groups once. Re-immunize those at risk of losing immunity once after 5 years. | Immunize at age 65 if not done previously. Re-immunize once if first received more than 5 years ago and before age 65, or an immunocompromising condition is present. | |
| Tobacco use screening and brief intervention | Establish tobacco use status for all patients and reassess at every opportunity. Provide brief intervention. | | |

Table 2. Adult Preventive Services That Providers and Care Systems *Should* Assess the Need for and Offer to Each Patient. These Have Value But Less Than Those in Level I (Level II)

| Service | 21 to 39 Years | 40 to 64 Years | 65 Years and Older |
|--|--|--|---|
| Abdominal aortic aneurysm screening | | | Men ages 65 to 75 who have smoked more than 100 cigarettes in lifetime. |
| Depression screening | Routine screening if there are systems in place to ensure accurate diagnosis, effective treatment, and careful follow-up. | | |
| Folic acid chemoprophylaxis counseling | Counsel women of reproductive age to consume 400 to 800 micrograms of folic acid per day from food sources or supplements. | | |
| Hearing screening | | Subjective hearing screen (by questionnaire) followed by counseling on hearing aid devices and making referrals as appropriate for older adults. | |
| Hepatitis B immunization | Universal routine immunization for young adults less than 40 years of age. | | |
| Herpes zoster/shingles immunization | | | Immunize at age 60 or older patients who have no contraindications. |
| Human papillomavirus | Catch up through age 26. | | |

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|--|--|----------------|---|
| (HPV) immunization | | | |
| Inactivated polio vaccine (IPV) immunization | Vaccination should occur for adults not previously immunized against polio. | | |
| Measles, mumps, rubella (MMR) immunization | Persons born during or after 1957 should have one dose of measles vaccine; a second dose may be required in special circumstances. | | |
| Obesity screening | Record height, weight and calculate BMI at least annually. | | |
| Osteoporosis screening | | | Women age 65 and older should be screened for osteoporosis. |
| Tetanus-diphtheria (Td) immunization | All adults should have completed a primary Td series. For all adults, immunize with a booster dose of Td every 10 years thereafter. | | |
| Varicella immunization | For all adults without evidence of immunity, a dose of varicella vaccine should be given followed by a second dose at an interval of at least 28 days. A catch-up second dose of varicella vaccine should be given to all children, adolescents, and adults who received only one dose previously. | | |
| Vision screening | | | Objective vision testing for adults age 65 and older. |

Guidelines taken from: Institute for Clinical Systems Improvement (ICSI). Preventive services for adults. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2010 Sep. 79 p. [167 references]