



2007 Prevention Guidelines For Adults

Contra Costa Health Plan and Contra Costa Regional Medical Center

History & Physical

The California Department of Health Care Services (DHCS) requires that within 120 days of enrollment, CCHP offers:

- “Staying Healthy” or Individual Health Education Behavioral Assessment (IHEBA) – Health questionnaire as part of the initial health assessment of new [English](#) and [Spanish, Chinese, Hmong, Lao, Russian, and Vietnamese](#) patients. Forms in all required languages available at: <http://www.dhs.ca.gov/ps/ocpm/html/staying%20healthy.htm>
- Initial Health Assessment (IHA) – A complete History and Physical including preventive care, a health risk assessment, education, and counseling (anticipatory guidance).

Years of Age	18	25	35	45	55	65	70	75
SCREENING								
Weight and BMI	Yearly for All Patients Seen for Other Health Care Services							
Abdominal Aortic Aneurysm (AAA) - Men							Men ≥ 65: Ultrasound Once if ever smoked	
Blood Pressure	Yearly for All Patients Seen for Other Health Care Services							
Breast Cancer – Mammogram				High Risk	Women 40 to 49: Discuss	All Women ≥ 50: Every 1-2 years		
Breast Cancer – BRCA Mutation Testing	Women with family history associated with increased risk for BRCA 1 or BRCA 2 genes – refer for genetic counseling and evaluation for BRCA testing							
Cervical Cancer – Pap Smear	Women: Start 3 Years after Onset of Sexual Activity or by age 21. Repeat annually or every 2-3 years after 2 normal annual paps.						May stop age > 65 with 3 normal paps or hyst.	
Colon Cancer						All ≥ 50: Frequency depends on method		
Prostate Cancer	No Recommendation							
Cholesterol – Men	High Risk			Periodically: Yearly if High Risk				
Cholesterol- Women	High Risk				Periodically: Yearly if High Risk			
Chlamydia	Yearly if Sexually Active		High Risk					
HIV	Offer screen to all adults seen for other health care services. Screen adults at increased risk for HIV infection annually. Screen all prenatal patients.							

Upper Age Limits Should be Individualized for Each Patient



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Osteoporosis - Women										HR	Routine DEXA age 65+	
Tuberculosis	High Risk											
COUNSELING												
Alcohol Misuse	Screen and provide behavioral counseling interventions											
Aspirin	Men ≥ age 40 years, postmenopausal women, and All with increased coronary heart disease risk											
Tobacco Use	Screen and provide tobacco cessation interventions											
IMMUNIZATION												
Human Papilloma Virus (HPV)	Women up to age 26											
Influenza	High Risk					Annually age ≥ 50						
MMR	All persons born 1957 or after who lack evidence of immunity						Not needed in those born before 1957					
Pneumovax	High Risk										Once. Give booster if 1st dose before age 65.	
Tetanus Diphtheria Booster and Tetanus Diphtheria Acellular Pertussis	All adults: Tetanus Diphtheria (Td) Booster – 1 dose every 10 years <u>or</u> one final dose at age ≥ 50 Adults 19-64: Give a SINGLE dose of Adacel Tetanus Diphtheria Acellular Pertussis (Tdap) As a ONE TIME substitute for a Td booster											
Shingles – Zostavax											Once ≥ 60	

These Prevention Guidelines for Adults are based on the recommendations of the USPSTF and the CDC and the requirements of California DHS. Please see the accompanying text for details and internet citations. Text available at www.cchealth.org/topics/providers/