

# Clinical Guidelines

## Adult Preventive Services (ages 65+)

### *Prevention of Healthcare-associated Infection in Primary and Community Care\**

#### Major Recommendations

Screening	Recommendation (Ages 65+)
Health Assessment Screening, History, and Counseling	One health maintenance examination (HME) at least every 2 years, including: <ul style="list-style-type: none"> <li>• Height, weight, and body mass index (BMI)</li> <li>• Risk evaluation and counseling (nutrition, overweight/obesity, physical activity, dental health, tobacco use, immunizations, HIV prevention, STD prevention and sexual health, sexual abuse, polypharmacy including OTC and herbal preparations when appropriate, sun exposure)</li> <li>• Safety (domestic violence, seat belts, helmets, firearms, smoke and carbon monoxide detectors)</li> <li>• Behavioral assessment (depression, suicide threats, alcohol/drug use, anxiety, stress reduction, coping skills)</li> </ul>
Blood Pressure Measurement	At every office visit and, at minimum, every 2 years; BP 120/80 mm Hg or higher or presence of risk factors, more frequently
Cervical Cancer Screening Pap Smear	May discontinue after age 65, based on clinical judgment according to risk status
Cholesterol and Lipid Screening	Measure a complete fasting lipoprotein profile (ie, total cholesterol, LDL-C, HDL-C, and triglycerides) every 5 years if initial test is normal in low-risk adults. If multiple risk factors are present, more frequently
Colorectal Cancer Screen- ing for Average Risk Adults	Fecal occult blood test (FOBT) annually or sigmoidoscopy every 5 years, or double contrast barium enema every 5 years, or colonoscopy every 10 years
Diabetes Mellitus Screening	Fasting plasma glucose (FPG) every 3 years and at clinical discretion
Glaucoma Screening	Every 2 years; screen annually if high risk
Immunizations	
Tetanus Diphtheria Acellular Pertussis/Tetanus- diphtheria	Every 10 years
Influenza Pneumonia	Yearly Once at age 65; booster may be needed after 5 years
Mammography and Clinical Breast Exam	Ages 50 to 70 years: Every 1 to 2 years Age 70+ years: Shared decision making after age 70
Osteoporosis Screening	Women aged >65 regardless of risk factors
Prostate Cancer Screening	Shared decision making after age 70

\*Michigan Quality Improvement Consortium. Adult preventive services (ages 50-65+). Southfield, MI: Michigan Quality Improvement Consortium; September 2006. Available at: [www.guideline.gov/summary/summary.aspx?doc\\_id=9786&nbr=005239&string=preventive+AND+service](http://www.guideline.gov/summary/summary.aspx?doc_id=9786&nbr=005239&string=preventive+AND+service). Accessed August 3, 2007.