

8.5.2 MEN'S PERIODIC PHYSICAL ASSESSMENT

Policy: Men are less likely than women to seek preventive health care. Periodic health screening through physical assessment and selected laboratory testing provide an opportunity to detect a number of medical conditions in an early, often asymptomatic phase, which permits treatment before significant morbidity develops.

Title X clinics must offer health services to men. References used in preparing these guidelines include:

1. Guidelines from the US Preventive Services Task Force (USPSTF)
2. Title X Program Requirements and QFP
3. CDC Adult Health Maintenance Guidelines

Procedure: The following table represents recommended screening by age. The areas which are required screening by Montana Clinical protocol manual guidelines are marked as "must". Screening which are recommended are marked by an "x". Unmarked boxes represent screening options that may or may not be appropriate and should be client centered.

The periodic physical assessment includes:

1. General overall appearance – All male clients
2. Height, weight and Body Mass Index (BMI) – All male clients
3. Blood pressure – All male clients
4. A targeted exam based on the chief complaint should be performed. Components of the physical exam may include:
 - a. HEENT, as indicated
 - b. Heart/lungs, as indicated
 - c. Abdomen, inguinal nodes
 - d. Extremities
 - e. Prostate/rectal, if indicated
 - f. External/internal genitalia, if indicated
 - i. Penis
 - ii. Scrotum – spermatic cord, testes, vas deferens, epididymis, inguinal canal
 - g. Skin

Laboratory testing, as indicated:

1. STI screening
2. Human Immunodeficiency virus (HIV) – CDC recommends sexually active persons aged 13 to 64 should be tested for HIV at least once.
3. Diabetes testing – recommended to screen for type 2 in asymptomatic adults with sustained blood pressure (treated or untreated) greater than 135/80
4. Lipid profile screening
 - a. USPSTF strongly recommends screening men aged 35 and older
 - b. USPSTF recommends screening men aged 20 to 35 who are at increased risk for coronary heart disease
5. Thyroid screening, as indicated
6. Bone density screening – men > 50 years with known thyroid disease
7. Colorectal cancer – **USPSTF/CDC recommends screening beginning at age 50 for persons of average risk. Screening should begin earlier than age 50 if there is a personal or family history of CRC or polyps.** Methods include:
 - a. Annual high sensitivity fecal occult blood testing or fecal immunochemical test (FIT/FOB) client collected. Each method required two or three sample of stool collected

- by the client at home and returned for analysis. A single stool sample obtained by digital rectal exam is not adequate for the detection of colorectal cancer.
- b. Flexible sigmoidoscopy every 5 years combined with high-sensitivity fecal occult blood testing every 3 years.
 - c. Colonoscopy every 10 years (preferred).
8. Prostate specific antigen (PSA) – ACS does not recommend routine testing for prostate cancer. The PSA and digital rectal exam should be offered to males annually beginning at age 50, men at high risk should be offered screening beginning at age 45.
 9. Hepatitis C one-time testing for persons born between 1945-1965 and unaware of their Hepatitis C infection status.
 10. Other laboratory tests as indicated
 - d. Immunization screening annually (see CDC guidelines for screening adolescents and adults)
 - e. Glucose screening for men
 - f. Tuberculosis skin testing, per CDC Guidelines

Post Assessment Discussion

Following the periodic physical assessment (**done as indicated**), the provider must have a discussion with the client.

1. This discussion must follow a client centered approach.
2. Any potential physical findings and/or laboratory results, as appropriate.
3. The client must demonstrate clear understanding that they will be notified of abnormal test results.
4. Client questions must be addressed and counseling documented in the client record.
5. Revisits may be scheduled and documented as appropriate.

Table Format

The following table represents recommended screenings by age for males. The areas which are required screening by Montana Title X Family Planning Clinical Protocol Manual guidelines are marked as “must.” Screenings which are recommended are marked by an “x.” “Med hx” represents medical history. “+fm hx” indicates positive family history. Unmarked boxes represent screening options that may or may not be appropriate and should be client centered.

Periodic Physical Assessment - Men				
	Ages 13-18	Ages 19-39	Ages 40-64	Ages 65 & Older
Screening				
History	x	x	x	x
Determining need for service (see MT TX FP Administrative Manual, Policy 8.3.1 <i>Determining Need for Services</i>)	x	x	x	x
Comprehensive health history (see MT TX FP Administrative Manual, Policy 8.4.1 <i>Comprehensive Health History</i>)	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Sexual health assessment (see MT TX FP Administrative Manual, Policy 8.3.3 <i>Sexual Health Assessment</i>)	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Reproductive life plan (see MT TX FP Administrative Manual, Policy 8.3.2 <i>Reproductive Life Plan</i>)	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Dietary/nutrition assessment	x	x	x	x
Physical activity	x	x	x	x
Use of complementary and alternative medicine	x	x	x	x
Tobacco, alcohol, other drug use	x	x	x	x
Intimate Partner Violence/Domestic Violence/Abuse/Neglect (see MT TX FP Administrative Manual, Policy 8.3.5 <i>Intimate Partner Violence/ Domestic Violence</i>)	x	x	x	x
Physical Examination				
Height	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Weight	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Body mass index (BMI)	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Blood pressure	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Secondary sexual characteristics (Tanner staging)	x			
Oral cavity			x	x
Neck, adenopathy, thyroid		x	x	x
Abdomen	x	x	x	x
Genital exam (if clinically indicated)				
Skin	x	x	x	x
Laboratory Testing				
Periodic				
Chlamydia and gonorrhea testing (if sexually active) Per CDC guidelines	x	x	x	x
Human Immunodeficiency Virus (HIV) testing (if sexually active) and if positive STI	x	x	x	x
High-Risk Groups				
Colorectal cancer screening (per guidelines)				
Fasting glucose testing (per guidelines)				
Genetic testing/counseling (per guidelines)				
Hemoglobin level assessment (per guidelines)				
Hepatitis C Virus testing (per guidelines)				
Lipid profile assessment (per guidelines)				
Sexually transmitted infection testing (per guidelines)				
Tuberculosis skin testing (per guidelines)				

	Ages 13-18	Ages 19-39	Ages 40-64	Ages 64 and older
Evaluation and Counseling				
Sexuality				
Development				
Testicular self-examination	x	x	x	x
High-risk behaviors				
Preventing unwanted/unintended pregnancy	x	x	x	x
Emergency contraception	x	x	x	x
Postponing sexual involvement/abstinence as option	<u>Must</u>			
Contraceptive options	x	x	x	x
Sexually Transmitted Infection				
Partner selection	x	x	x	x
Barrier protection	x	x	x	x
Fitness and Nutrition				
Exercise: Discussion of program				
Dietary/Nutrition assessment (including eating disorders)				
Psychosocial Evaluation				
Suicide: Depressive symptoms				
Family involvement	<u>Must</u>			
Sexual orientation and gender identity				
Personal goal development				
Behavioral/learning disorders				
Intimate partner violence/Domestic violence/Abuse/Neglect	<u>Must</u>	x	x	x
Satisfactory school experience				
Peer relationships				
Date rape prevention/sexual coercion	<u>Must</u>			
Cardiovascular Risk Factors				
Family history				
Hypertension				
Dyslipidemia				
Obesity (BMI 30 or greater) medical risks, lifestyle changes, referral to weight loss program	<u>Must</u>	<u>Must</u>	<u>Must</u>	<u>Must</u>
Diabetes Mellitus				
Health/Risk Behaviors				
Hygiene (including dental), fluoride supplementation				
Injury Prevention				
Exercise and sports involvement				
Firearms				
Hearing				
Occupational hazards				
Recreational hazards				
Safe Driving practices				
Helmet use				
Skin exposure to ultraviolet rays				
Tobacco, alcohol, other drug use	x	x	x	x
Immunizations				
Periodic/annual screening for adolescents and adults	x	x	x	x
Influenza vaccine, annually	x	x	x	x