

**11.4 HEALTH SCREENINGS**

TITLE	DESCRIPTION
DEFINITION:	Health screenings are used to prevent and/or detect conditions or diseases early, when they can be treated more easily. Annual assessments provide an excellent opportunity to counsel clients about preventive care and to provide or refer for recommended services. These assessments should include screening, evaluation and counseling, and immunizations based on age and risk factors. The interval for individual services varies.
SUBJECTIVE:	<p><b>Should Include:</b></p> <ol style="list-style-type: none"> <li>1. Health habits. <ol style="list-style-type: none"> <li>a. Alcohol/drug/tobacco abuse.</li> <li>b. Mental health history – depression, stress and domestic violence including sexual coercion.</li> <li>c. Immunization history.</li> <li>d. Medication/vitamins.</li> <li>e. Reproductive life plan.</li> <li>f. Self-awareness (skin, breast, testicular).</li> <li>g. Sexual history.</li> <li>h. Review of systems.</li> <li>i. Review and update medical, surgical, family and social history.</li> </ol> </li> </ol>
OBJECTIVE:	<p><b>Should Include:</b></p> <ol style="list-style-type: none"> <li>1. Age appropriate examination as indicated.</li> <li>2. BP, height, weight, BMI</li> </ol> <p><b>May Include (age appropriate):</b></p> <ol style="list-style-type: none"> <li>1. Assessment of heart and lungs.</li> <li>2. Breast exam.</li> <li>3. Pelvic examination.</li> <li>4. Skin exam.</li> <li>5. Thyroid exam.</li> </ol>
LABORATORY:	<p><b>May Include</b> (specific preventive tests should be tailored to the client’s age, risk factors and based on discussion between the client and provider):</p> <ol style="list-style-type: none"> <li>1. HIV/STD/Hepatitis B or C, Syphilis.</li> <li>2. Colorectal cancer screening.</li> <li>3. Glucose.</li> <li>4. Lipid screening.</li> <li>5. Urinalysis.</li> <li>6. Thyroid function test (T4, TSH).</li> <li>7. Hemoglobin.</li> <li>8. Pap smear (per USPSTF guidelines).</li> <li>9. Vaginitis/Vaginosis.</li> </ol>
ASSESSMENT:	Client has been examined/educated on healthy habits and screening tests to help prevent certain diseases, and on conditions pertinent to their reproductive life plan and/or desire for pregnancy.
PLAN:	Provide or recommend clinical preventative services to client.

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EDUCATION:	<ol style="list-style-type: none"> <li>1. Provide client with recommendations on screenings.</li> <li>2. Provide client educational handouts, as appropriate.</li> <li>3. Teach/provide hands-on education, as appropriate (e.g. self-breast exam, testicular exam, ABCD's of skin cancer).</li> <li>4. Follow the current US Preventive Services Task Force guidelines for age appropriate screening and counseling.</li> <li>5. Preconception counseling as needed (<b>See Preconception Health Services</b>).</li> </ol>
REFERRAL TO MEDICAL PROVIDER:	<ol style="list-style-type: none"> <li>1. As appropriate for signs and symptoms, abnormal exam or lab/x-ray finding.</li> <li>2. Services outside of the scope of the Family Planning Program, including mammogram, DEXA Scan, and colonoscopy.</li> </ol>
REFERENCES:	<ol style="list-style-type: none"> <li>1. <i>Guide to Clinical Preventive Services, 2014. <a href="http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html">Recommendations of the U.S. Preventive Services Task Force</a>. (http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html) (Retrieved 2/17).</i></li> <li>2. <a href="https://www.cdc.gov/vaccines/index.html">CDC Recommended Adult Immunization Schedule – United States 2016</a>. https://www.cdc.gov/vaccines/index.html (Retrieved 2/17).</li> <li>3. <i>CDC Birth – 18 and “Catch-up” Immunization Schedule – United States, 2016.</i> (www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html) (Retrieved 2/17).</li> <li>4. <i>Hatcher RA, Trussell J, Nelson A, Cates W, Kowal D, Policar M. Contraceptive Technology. 20 edition. Atlanta GA: Ardent Media, Inc., 2015. Pp. 621-650, 737-757.</i></li> <li>5. <a href="https://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations">ACOG Well-Woman Recommendations</a> https://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations (Retrieved 2/17).</li> <li>6. <i>ePSS <a href="https://epss.ahrq.gov/PDA/index.jsp">Electronic Preventive Services Selector</a></i> (https://epss.ahrq.gov/PDA/index.jsp).</li> </ol>