



Preventative Health Visit

DEFINITION	A medical visit that involves screening, evaluation, counseling and education based on age and risk factors. Related preventative health services include services that are considered to be beneficial to reproductive health, are closely linked to family planning services, and are appropriate to deliver in the context of a family planning visit but do not contribute directly to achieving or preventing pregnancy (e.g., breast and cervical cancer screening). The annual exam includes preventative health services in accordance with nationally recognized standards of care. A preventative health visit is not a requirement for provision of any core family planning services.
SUBJECTIVE	Should include: <ol style="list-style-type: none">1. Medical history including cervical cytology history as indicated2. Pertinent family history3. Reproductive life plan4. Client pregnancy status5. Sexual health assessment6. Substance use assessment May Include as indicated: <ol style="list-style-type: none">1. Assessment for intimate partner violence2. Immunization review3. Depression screening4. Folic acid use5. Review of systems
OBJECTIVE	Should include: <ol style="list-style-type: none">1. Height, weight with calculation of BMI and blood pressure2. Pelvic exam if initiating a diaphragm or IUD for contraception3. Genital exam when performing screening for cervical cancer May Include as indicated: <ol style="list-style-type: none">1. Pelvic exam (which may include external genital inspection, speculum exam and bimanual exam) for women over 21, as indicated by patient history for women <192. Breast exam for women 21 and older3. Skin assessment4. Thyroid assessment5. Heart assessment6. Lung assessment7. Abdomen/GI assessment8. GU exam9. Lower extremities assessment10. EENT assessment11. Neurological assessment12. Lymphatic assessment
LABORATORY	Should include: <ol style="list-style-type: none">1. Pap/HPV screening per current guidelines and recommendations: pap every 3 years for women aged 21-65 or every 5 years for women 30-65 if co-testing done. *anticipate changes2. Chlamydia/gonorrhea screening for women <25 and women 25 and over based on risk factors.3. HIV/other STI screening as indicated4. Pregnancy testing if clinically indicated.5. Vaginal infection screening, if indicated

Effective Date: September 2021

Last Reviewed: June 2021

Next Scheduled Review: June 2022



	May Include as indicated: <ol style="list-style-type: none">1. Diabetes screening2. Lipid panel3. Hepatitis-C4. Other lab tests based on clinical findings
ASSESSMENT	Annual Exam
PLAN	Should include: <ol style="list-style-type: none">1. Provision of contraceptive method chosen2. Follow up of abnormal cervical cytology per ASCCP guidelines3. Treatment of positive STD findings per CDC guidelines May Include as indicated: <ol style="list-style-type: none">1. Mammogram screening referral as per USPSTF recommendations2. Nicotine cessation counseling and referral3. Education regarding the human papilloma virus vaccine
CLIENT EDUCATION	Should include: <ol style="list-style-type: none">1. Education per nationally recognized standards of care2. Education on pregnancy and STD prevention May include as indicated: <ol style="list-style-type: none">1. Education on Breast self-awareness2. Healthy lifestyle choices including diet, exercise, and risk reduction3. Immunization education and updates4. Education on bone mineral density testing within 2 years of onset of menopause USPST: Grade B recommendation to screen at 65 and older5. Education on colon cancer screening
CONSULT/ REFER TO PHYSICIAN	<ol style="list-style-type: none">1. Any screening results that indicate potential or actual presence of health concerns.2. Women with identified risks for BRCA 1 or BRCA 2 genetic mutations for genetic counseling and evaluation.

References:

1. Well-Woman Visit | ACOG
2. The Initial Reproductive Health Visit (Withdrawn) | ACOG
3. Update: Providing Quality Family Planning Services — Recommendations from CDC and the U.S. Office of Population Affairs, 2017 | MMWR
4. Providing Quality Family Planning Services | Unintended Pregnancy | Reproductive Health | CDC