



Health Screenings

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 patients 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	Should include: <ol style="list-style-type: none"> 1. Health Habits <ol style="list-style-type: none"> a. Alcohol/drug/tobacco abuse b. Mental health history – depression, stress and domestic violence including sexual coercion c. Immunization history d. Medication/vitamins e. Reproductive life plan f. Self-awareness (skin, breast, testicular) g. Sexual history h. Review of systems i. Review and update medical, surgical, family and social history
OBJECTIVE	Should include: <ol style="list-style-type: none"> 1. Age appropriate examination as indicated: <ol style="list-style-type: none"> a. Blood pressure, height, weight, BMI May include (age appropriate): <ol style="list-style-type: none"> a. Assessment of heart and lungs b. Breast exam c. Pelvic examination d. Skin exam e. Thyroid exam f. Abdomen/ Costovertebral Angle Tenderness (CVAT)
LABORATORY	May include (specific preventive tests should be tailored to the client’s age, risk factors and based on discussion between the client and provider): <ol style="list-style-type: none"> 1. HIV/STD/Hepatitis B or C, Syphilis 2. Colorectal cancer screening 3. Glucose 4. Lipid screening 5. Urinalysis 6. Thyroid function test (T4, TSH) 7. Hemoglobin 8. Pap smear (per ACOG/ASCCP guidelines) 9. Vaginitis/Vaginosis testing
ASSESSMENT	Health Screenings
PLAN	<ol style="list-style-type: none"> 1. Provide or recommend clinical preventative services to client.
CLIENT EDUCATION	<ol style="list-style-type: none"> 1. Provide client with recommendations on screenings, 2. Provide client educational handouts, as appropriate. 3. Teach/provide hands-on education, as appropriate (i.e., self-breast exam, testicular exam, ABCD’s of skin cancer). 4. Review age and risk appropriate counseling: <ol style="list-style-type: none"> a. Sexuality: <ol style="list-style-type: none"> i. High risk sexual behaviors



	<ul style="list-style-type: none"> ii. Pregnancy prevention, contraceptive options or postponing sexual involvement iii. Internet/phone safety iv. Barrier protection v. Vaccine preventable STD's vi. Sexual function b. Fitness and nutrition <ul style="list-style-type: none"> i. Multivitamin with Folic acid ii. Calcium intake with Vitamin D iii. Discuss MyPlate U.S. Department of Agriculture for healthy eating and portion control iv. Diet/nutrition for weigh control or eating disorders v. Recommend aerobic exercise 3-4 times weekly c. Psychosocial factors <ul style="list-style-type: none"> i. Acquaintance rape prevention ii. Bullying iii. Intimate partner violence iv. Lifestyle/stress v. Peer relationships vi. School experience vii. Self-mutilation viii. Sexual orientation/gender identity ix. Sleep disorders x. Support systems discussed xi. Work satisfaction xii. Suicide risks, depressive symptoms d. Health risk assessment <ul style="list-style-type: none"> i. Breast/testicular awareness ii. DUI risks/distracted driving iii. Hygiene/dental care/fluoride use iv. Injury prevention (helmet use, occupational and recreational safety) v. Piercing and tattoo safety vi. Seat belt use/distracted driving vii. Tanning/UV bed use viii. Yearly eye exams ix. Osteoporosis risks x. Use of smoke/carbon monoxide detectors xi. Personal items such as guns; locked xii. Appropriate and safe use of medications/household cleaners xiii. Poison Control Center number e. Review immunization and provide or refer for updates as needed f. Preconception counseling as needed. (See HM-4: Preconception Health)
<p>CONSULT/ REFER TO PHYSICIAN</p>	<ul style="list-style-type: none"> 1. As appropriate for signs and symptoms, abnormal exam or lab/x-ray finding. 2. Services outside of the scope of the Family Planning Program, including mammogram, DEXA Scan and colonoscopy.



References:

1. Preventive Health Care | Reproductive Health National Training Center (rhntc.org)
2. Home page | United States Preventive Services Taskforce (uspreventiveservicestaskforce.org) CDC Recommended Adult Immunization Schedule – United States 2020. Vaccines and Immunizations | CDC
3. 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. (Retrieved 6/10/2021)
4. ND FPP Clinical Protocol HM_11_Abuse_and_or_Violence_6.pdf (ndhealth.gov)
5. ACOG Well-women Recommendations Well-Woman Health Care | ACOG
6. WPSI_WWC_11x17_2021Update.pdf (womenspreventivehealth.org)