

## Health Screenings – HM 5

### 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:

1. Health Habits
  - 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:

1. Age-appropriate examination as indicated:
  - a. Blood pressure, height, weight, BMI

May include (age appropriate):

- 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):

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
10. Clinical breast exam

### ASSESSMENT

Health Screenings

Effective Date: 10/1/2024

Last Reviewed: 9/20/2024

Next Scheduled Review: 10/1/2025

## PLAN

1. Provide or recommend clinical preventative services to client.

## CLIENT EDUCATION

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:
  - a. Sexuality:
    - i. High risk sexual behaviors
    - 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
    - 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 30 minutes a day
  - c. Psychosocial factors
    - 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
    - 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 are 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

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- f. Preconception counseling as needed. (See HM-4: Preconception Health)

### CONSULT / REFER TO PHYSICIAN

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) <https://rhntc.org/>
2. Home page | United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)
3. CDC Recommended Adult Immunization Schedule – United States 2020. Vaccines and Immunizations | CDC
4. Hatcher RA, Cason P., Nelson A, Edelman A., Cates W, Kowal D, Policar M., Mrazek J., Contraceptive Technology. 22nd edition. Atlanta GA: Ardent Media, Inc., 2015.
5. ND FPP Clinical Protocol HM11 Abuse, Violence and/or Intimate Partner Violence. Retrieved from <https://www.hhs.nd.gov/sites/www/files/documents/DOH%20Legacy/Family%20Planning/Grantees/Protocols/Health%20Maintenance/HM-11-Abuse-and-Violence.pdf>
6. ACOG Well-women Recommendations Well-Woman Health Care | ACOG
7. WPSI WWC 11x17 2021Update.pdf ([womenspreventivehealth.org](http://womenspreventivehealth.org))

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