

# Preventive Activities for the Wellness Promotion Services

## Flow chart for the Adolescent and Adult Lifecycle

Screening Elements	Frequency	Evidence based CLINICAL STRATEGY / NOTES	12 - 19		20 - 39		40 - 60		60+	
			M	F	M	F	M	F	M	F
<b>LIFE STYLES/BEHAVIOURAL</b>										
Weight	Every 2 years	Every 12 months and Periodically, 18 years and older for risk group (diabetes and CVD etc)	✓	✓	✓	✓	✓	✓	✓	✓
(S) Smoking	Every 12 months	Every 6 months for risk group, mental illness, chemical dependency	✓	✓	✓	✓	✓	✓	✓	✓
(N) Nutrition	Every 2 years	Every 6 months for overweight, obese, high CV AR (>15%), family history CVD <60 years, type 2 diabetes	✓	✓	✓	✓	✓	✓	✓	✓
(A) Alcohol – early detection of problem drinking	Every 3 years Opportunistically	Every 12 months for high BP, liver disease, major organ damage, pre/pregnancy, history of mental health problem, drug taking	✓	✓	✓	✓	✓	✓	✓	✓
(P) Physical activity	Every 12 months	Every visit teenage girls, chronic disease or CVD	✓	✓	✓	✓	✓	✓	✓	✓
<b>IMMUNIZATION</b> Refer to Protocol										
Tetanus-Diphtheria (Td)	Refer to Protocol	Every 10 Years, 18 years and older	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol
Varicella (VZV)	Refer to Protocol	Susceptible only —Two doses at 18 years and older	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol
Measles, Mumps, Rubella	Refer to Protocol	Women of childbearing age — One dose (18-50 years)	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol	Refer to Protocol
Rubella		Childbearing age at their first clinical encounter		✓		✓		✓		✓
Pneumococcal	One dose	One dose, 65 years and older and for high risk group				✓	✓	✓	✓	✓
Influenza	Every 1 year	Yearly, 50 years and older				✓	✓	✓	✓	✓
Hepatitis B		For high risk group	✓	✓	✓	✓	✓	✓	✓	✓
<b>COMMUNICABLE DISEASES / SEXUALLY TRANSMITTED INFECTIONS (STIs)</b>										
Chlamydia	Opportunistically	18-25 yrs for sexually active women. Every 1 yr for those at high risk		✓		✓		✓		✓
Syphilis Infection (VDRL)	Opportunistically	Persons at increased risk for syphilis and all pregnant women	✓	✓	✓	✓	✓	✓	✓	✓
Pulmonary Tuberculosis		Tuberculin skin testing is recommended for asymptomatic high-risk persons, students (universities demands)	✓	✓	✓	✓	✓	✓	✓	✓
<b>PREVENTIVE VASCULAR DISEASES</b>										
Blood pressure	Every 2 years	Every 2 years for persons with SBP and DBP below 130 mm Hg and 85 mm Hg. Every 12 months with lifestyle risk factors. Every 6 months for high risk and opportunistically otherwise.	✓	✓	✓	✓	✓	✓	✓	✓
Hemoglobin / Hematocrit	Opportunistically	Pregnant women		✓		✓		✓		✓
Type 2 diabetes	Every 3 years	Every 12 months with IGT/IFG, and Periodically adults with hypertension or hyperlipidemia. From 10 yrs if at risk and obese.	✓	✓	✓	✓	✓	✓	✓	✓
(Lipid profile) - Total Cholesterol - HDL	Every 5 years	Every 5 years for men 35 years and older & women 45 years & older. And for men aged 20 to 35 years & women aged 20 to 45 years if they have other risk factors for CVD. Every 1-2 years 45+ years with risk factors and family history premature CVD. Every 12 months with increased CV risk & existing diagnoses			✓	✓	✓	✓	✓	✓
<b>PSYCHOSOCIAL/MENTAL</b>										
Depression / Stress	Opportunistically	At every encounter – every 2 years with high risk	✓	✓	✓	✓	✓	✓	✓	✓
<b>CANCER</b>										
Skin cancer	Every 12 months	From 13 years for those at high risk	✓	✓	✓	✓	✓	✓	✓	✓
Cervical cancer (Pap Smear)	Every 1-3 years	Repeat at 1 to 3 Years, 18 - 70 years. Or after 3 yrs of marriage, yearly for 3 consecutive years, if negative every 3 years.		✓		✓		✓		✓
Breast cancer (Mammography)	Every 2 years	Start at < 40 yrs for high risk. Every 1 to 2 Years, 40 years and older. Mammography with or without clinical breast examination, every 1-2 years for women 40 years of age and older.				✓		✓		✓
Colorectal cancer Occult blood	Every 1-2 years	Periodically, 50 years and older, Earlier for high risk			✓	✓	✓	✓	✓	✓
Colorectal cancer Flexible sigmoidoscopy	Every 5 - 10 years	Periodically, 50 years and older, Earlier for high risk			✓	✓	✓	✓	✓	✓
<b>CHEMOPREVENTION</b>										
Aspirin (CVS Risk Ass.)		Periodically – Men 40 yrs & older. Women 50 yrs & older			✓	✓	✓	✓	✓	✓
Calcium		Women, Periodically, 18 years and older		✓		✓		✓	✓	✓
Vitamin D		Women, Periodically, 18 years and older		✓		✓		✓	✓	✓
Folic Acid		Women of childbearing age, 18-50 years		✓		✓		✓		✓
<b>ELDERLY</b>										
Visual Impairment	Every 5 years	All people aged 50 – 64 years; every 5 yrs. Every year after 65					✓	✓	✓	✓
Hearing Impairment	Every 12 months	Recommendations against screening, except for those exposed to excessive occupational noise levels. Every 12 months 65+ years				✓	✓	✓	✓	✓
Falls risk	Every 12 months	Every 6 months with history of 1 or more falls or multiple risk factors						✓	✓	✓
Osteoporosis (BMD)		Women, routinely, > 65 yrs or > 60 yrs at increased risk for fractures.					✓	✓	✓	✓
Polypharmacy	Opportunistically	With risk factors for medication related problems. Taking > five regular medications or taking > 12 doses per day, or significant changes in medication regimen during the past 3 months.						✓	✓	✓
<b>OTHER TESTS</b>										
ABO Grouping and Rh (D) Incompatibility		Perform Rh (D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy. Repeated Rh (D) antibody testing for all unsensitized Rh (D) negative women at 24 and 28 weeks' gestation, unless the biological father is known to be Rh (D) negative.		✓		✓		✓		✓
Stool exam R&M	Every 1 year	Food handlers	✓	✓	✓	✓	✓	✓	✓	✓

Colour index →	Recommended for Males	Recommended for Females
	Recommended for Risk Group	Not Recommended as a Screening