

Presbyterian Health Plan Preventive Healthcare Guidelines (for Practitioners)

Minimum recommendations for periodic health examinations for healthy, non-risk groups (unless otherwise specified), which are not to be interpreted as standards of care. The practitioner should strive to ensure that within 6 months of the member establishing with the Primary Care Practitioner or within 6 months of a change in screening standards, preventive healthcare screenings and services are provided for applicable asymptomatic members unless a member refuses. Screenings and counseling services, as well as member refusal of these services, should be documented in the medical record.

Infancy-Age 1			
Screenings	Tot-to-Teen Health Check at birth, 1, 2, 4, 6, 9, and 12 months (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division) Screening for Sickle Cell Anemia for all newborns with confirmatory testing no later than 2 months of age		
Counseling	<p>Parental Counseling: Prevention of unintended mistimed pregnancies Prevention of tobacco use/secondhand smoke</p> <p>Benefits of a healthy diet</p> <ul style="list-style-type: none"> • Breastfeeding for the health benefits of child • Iron-enriched formula and foods <p>Prevention of motor vehicle injuries:</p> <ul style="list-style-type: none"> • Child safety car seats • Airbag safety <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Prevention of household and recreational injury prevention:</p> <ul style="list-style-type: none"> • Smoke detectors • Flame retardant sleepwear • Hot water heater temperature < 120-130 degrees F • Window/stair guards, pool fence </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> • Safe storage of drugs, toxic substances, firearms, and matches • Poison control phone number • CPR training for parents/caretakers </td> </tr> </table> <p>Prevention of dental and periodontal disease (baby bottle tooth decay) Sleep positioning</p>	<p>Prevention of household and recreational injury prevention:</p> <ul style="list-style-type: none"> • Smoke detectors • Flame retardant sleepwear • Hot water heater temperature < 120-130 degrees F • Window/stair guards, pool fence 	<ul style="list-style-type: none"> • Safe storage of drugs, toxic substances, firearms, and matches • Poison control phone number • CPR training for parents/caretakers
<p>Prevention of household and recreational injury prevention:</p> <ul style="list-style-type: none"> • Smoke detectors • Flame retardant sleepwear • Hot water heater temperature < 120-130 degrees F • Window/stair guards, pool fence 	<ul style="list-style-type: none"> • Safe storage of drugs, toxic substances, firearms, and matches • Poison control phone number • CPR training for parents/caretakers 		
Immunizations	For recommended Immunization Schedule for birth to 18 years, see the ACIP Immunization Schedule at http://www.cdc.gov/vaccines/recs/acip/default.htm or the “Done by One” Childhood and Adolescent Schedule at www.phs.org/shots .		

Sources:

1. National Cancer Institute at the National Institute of Health, National Cancer Institute (NCI) booklet (NIH Publications No. 09-1556) Breast Cancer; Detection and Diagnosis; Mammograms (<http://www.cancer.gov/cancertopics/wyntk/breast/page6>)
2. State of New Mexico Medical Assistance Division, New Mexico Administrative Code 8.305.8.16 “Standards for Preventive Health Services” (<http://www.nmcp.state.nm.us/nmac/parts/title08/08.305.0008.htm>)
3. Tot-to-Teen Health Checks are federally mandated for Medicaid as part of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Services
4. U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2010-2011, and pertinent updates at <http://www.uspreventiveservicestaskforce.org/recommendations.htm>
5. Guidelines for Perinatal Care, 6th Edition, 2007, American Academy of Pediatrics (<http://www.aap.org>) and American College of Obstetricians and Gynecologists (<http://www.acog.org>)
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*For more information, see <http://www.ahrq.gov/clinic/uspstf/uspstfdepr.htm> (adults) or <http://www.ahrq.gov/clinic/uspstf/uspstfchdepr.htm> (children and adolescents) or call PHP Behavioral Health Services at: 923-5470 or 1-800-453-4347 (Commercial/Medicare Advantage)

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Ages 1-10	
Screenings	Tot-to-Teen Health Check at 15, 18, and 24 months; and 3, 4, 5, 6, 7, 8, 9 and 10 years (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division)
Counseling	Parental counseling: <ul style="list-style-type: none"> • Prevention of tobacco use/secondhand smoke • Benefits of physical activity • Benefits of healthy diet
	<ul style="list-style-type: none"> • Iron-enriched foods (infants and toddlers) • Limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables (age \geq 2 yr.)
	Prevention of motor vehicle injuries <ul style="list-style-type: none"> • Child safety car seats (<5 yr.) • Lap/shoulder belts (\geq 5 yr.)
	Prevention of household and recreational injuries <ul style="list-style-type: none"> • Bicycle helmets, avoid bicycling near traffic • Flame retardant sleepwear • Window/stair guards, pool fence • Poison control phone number
Immunizations	<ul style="list-style-type: none"> • Smoke detectors • Hot water heater temperature < 120-130 degrees F • Safe storage of drugs, toxic substances, firearms, and matches • CPR training for parents/caretakers
	Prevention of dental and periodontal disease <ul style="list-style-type: none"> • Regular visits to dental care provider (usually every 6 months for children with teeth) • Floss, brush with fluoride (after age 3) toothpaste daily • Oral fluoride supplement • Prevention of baby bottle tooth decay (infants and toddlers)
Immunizations	For recommended Immunization Schedule for birth to 18 years, see the ACIP Immunization Schedule at http://www.cdc.gov/vaccines/recs/acip/default.htm or the "Done by One" Childhood and Adolescent Schedule at www.phs.org/shots

Sources:

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Ages 11-20		
Screenings	Tot-to-Teen Health Check at 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20 years (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division) Screening for clinical depression for adolescents ages 12-18 when systems are in place to ensure accurate diagnosis, treatment and follow-up*	
Counseling	<ul style="list-style-type: none"> • Prevention of tobacco use/tobacco cessation • Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables) 	<ul style="list-style-type: none"> • Adequate calcium intake (females) • Multivitamin with folic acid (females planning/capable of pregnancy) • Prevention of motor vehicle injuries (lap/shoulder belts)
	Prevention of household and recreational injuries <ul style="list-style-type: none"> • Smoke detectors • Avoid drinking and illicit drug use 	<ul style="list-style-type: none"> • Bicycle/skateboard/roller-blade/motorcycle/ATV helmets • Safe storage/removal of firearms
	Prevention of dental and periodontal disease <ul style="list-style-type: none"> • Regular visits to dental care provider (usually every 6 months) • Floss, brush with fluoride toothpaste daily 	
	Prevention of unintended or mistimed pregnancies	Prevention of HIV infection and other sexually transmitted diseases
Immunizations	For birth to 18 years: See the ACIP Immunization Schedule at http://www.cdc.gov/vaccines/recs/acip/default.htm or the “Done by One” Childhood and Adolescent Schedule at www.phs.org/shots <ul style="list-style-type: none"> • Human Papilloma Virus (HPV): Females ages 11-12 • Meningococcal: Dose 1, ages 11-12; Dose 2, ages 13-18 (recommended for college freshmen living in dormitories) For 19-20 years: <ul style="list-style-type: none"> • Tdap: 1 dose (adults 19-65) • Measles and mumps for adults born after 1956 who lack evidence of immunity and for adolescents and young adults in settings where such individuals congregate • Hepatitis B: for all young adults not previously immunized 	

Sources:

1. National Cancer Institute at the National Institute of Health, National Cancer Institute (NCI) booklet (NIH Publications No. 09-1556) Breast Cancer; Detection and Diagnosis; Mammograms (<http://www.cancer.gov/cancertopics/wyntk/breast/page6>)
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Ages 21-64

Screening for	<p>Breast Cancer by mammography alone or with Clinical Breast Exam every 1-2 years for women age 40 and older</p> <p>Annual clinical breast exam for women ages 52-64</p> <p>Cervical cancer by Pap smear testing within 3 years of onset of sexual activity, but at least by age 21. Then at least every 3 years if prior testing normal. Annually for high-risk individuals.</p> <p>Chlamydia for all sexually active women ages 25 and younger and other asymptomatic women at increased risk</p> <p>Colorectal cancer screening for all individuals ages 50-75 by:</p> <ul style="list-style-type: none"> • Annual high-sensitivity fecal occult blood testing, OR • Sigmoidoscopy every 5 years with fecal occult testing between sigmoidoscopic exams, OR • Colonoscopy every 10 years <p>Type 2 Diabetes for high-risk individuals</p> <p>Hypertension every 2 years or more frequently as necessary</p> <p>Lipid disorders every 5 years for men ages 35 and older (age 20 and older if high-risk) and women 45 and older (20 and older if high-risk)</p> <p>Obesity by periodic height, weight, and BMI measurements</p> <p>Rubella for all women of childbearing age</p> <p>Tuberculosis for asymptomatic high-risk individuals</p> <p>High risk for behavioral health condition at first encounter with a PCP after enrollment</p> <p>Alcohol and drug abuse using CAGEAID tool for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators</p> <p>Depression—in clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*</p>
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Ages 21-64	
Counseling	<ul style="list-style-type: none"> • BRCA1 and BRCA2 genetic counseling, if clinically appropriate • Prevention of tobacco use/tobacco cessation • Benefits of physical activity
	<ul style="list-style-type: none"> • Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables) • Prevention of motor vehicle injuries (Lap-shoulder belts)
	Prevention of household and recreational injuries <ul style="list-style-type: none"> • Bicycle/motorcycle/ATV helmets • Safe storage/removal of firearms
	<ul style="list-style-type: none"> • Avoid alcohol/drug use while driving, swimming, boating, etc. • Smoke detectors
	Prevention of dental and periodontal disease <ul style="list-style-type: none"> • Regular visits to dental care provider (usually every 6 months)
	<ul style="list-style-type: none"> • Floss, brush with fluoride toothpaste daily • Oral fluoride supplement
	Prevention of HIV infection and other sexually transmitted diseases Prevention of unintended or mistimed pregnancies Adequate calcium intake (females) and multivitamin with folic acid (females planning/capable of pregnancy) Discussion of prevention of chronic diseases in perimenopausal and postmenopausal women Use of aspirin for the primary prevention of cardiovascular events for individuals at increased risk for coronary artery disease: <ul style="list-style-type: none"> • Men ages 45 to 79 • Women ages 55 to 79 PCP's shall be required to refer clients to behavioral health providers, when appropriate in the professional opinion of the PCP
Immunizations	<ul style="list-style-type: none"> • Tetanus, diphtheria, pertussis (Td/Tdap): <ul style="list-style-type: none"> • 1 dose Td booster every 10 years • Substitute 1 dose of Tdap for Td • Measles and mumps for adults born after 1956 who lack evidence of immunity and for adolescents and young adults in settings where such individuals congregate • Hepatitis B for all young adults not previously immunized • Influenza vaccine annually for adults ages 50 and older or adults at-risk • A single dose of zoster vaccine is recommended for adults aged ≥ 60 years regardless of whether they report a prior episode of herpes zoster. Persons with chronic medical conditions may be vaccinated unless a contraindication or precaution exists for their condition.

Sources:

1. National Cancer Institute at the National Institute of Health, National Cancer Institute (NCI) booklet (NIH Publications No. 09-1556) Breast Cancer; Detection and Diagnosis; Mammograms (<http://www.cancer.gov/cancertopics/wyntk/breast/page6>)
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Ages 65 and older

Screening for:	<p>Breast Cancer by mammography alone or with Clinical Breast Exam every 1-2 years for women. Annual clinical breast exam for women ages 65-69 Cervical cancer by Pap smear testing at least every 3 years if prior testing normal. Annually for high-risk individuals. Colorectal cancer screening for all individuals ages 65 and older by:</p> <ul style="list-style-type: none"> • Annual high-sensitivity fecal occult blood testing, OR • Sigmoidoscopy every 5 years with fecal occult testing between sigmoidoscopic exams, OR • Colonoscopy every 10 years <p>Abdominal aortic aneurysm by ultrasonography (one-time screening for men ages 65-75 with a smoking history) Type 2 Diabetes for high-risk individuals Hearing impairment through questioning/counseling Hypertension every 2 years or more frequently as necessary Lipid disorders every 5 years Osteoporosis:</p> <ul style="list-style-type: none"> • For women age 60-65 at increased risk.** Discuss with your PCP. • For women age 65 and older by a method and at intervals to be determined by the practitioner.** Discuss with your PCP. <p>Obesity by periodic height, weight, and BMI measurements Tuberculosis for asymptomatic high-risk individuals High risk for behavioral health condition at first encounter with a PCP after enrollment Alcohol and drug abuse using CAGEAID tool for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators Depression in clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*</p>
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Ages 65 and older

Counseling	Prevention of tobacco use/tobacco cessation Benefits of physical activity Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables) Prevention of motor vehicle injuries (lap/shoulder belts)	
	Prevention of household and recreational injuries: <ul style="list-style-type: none"> Fall prevention Smoke detectors CPR training for household members Set hot water heater to < 120-130 degrees F 	<ul style="list-style-type: none"> Safe storage/removal of firearms Bicycle/roller-blade/motorcycle/ATV helmets Avoid alcohol/drug use while driving, swimming, boating, etc.
	Prevention of dental and periodontal disease: <ul style="list-style-type: none"> Regular visits to dental care provider (usually every 6 months) Floss, brush with fluoride toothpaste daily 	
	Prevention of HIV infection and other sexually transmitted diseases Adequate calcium intake (females) Discussion of prevention of chronic diseases in perimenopausal and postmenopausal women Use of aspirin for the primary prevention of cardiovascular events for individuals at increased risk for coronary artery disease <ul style="list-style-type: none"> Men ages 45 to 79 Women ages 55 to 79 PCP's shall be required to refer clients, when appropriate in the professional opinion of the PCP, to behavioral health providers	
Immunizations	Tetanus-diphtheria (Td) boosters Influenza vaccine annually Pneumococcal vaccine. Revaccination not recommended unless vaccine received prior to age 65, then administer if >=5 years have elapsed since previous dose.	

Sources:

1. National Cancer Institute at the National Institute of Health, National Cancer Institute (NCI) booklet (NIH Publications No. 09-1556) Breast Cancer; Detection and Diagnosis; Mammograms (<http://www.cancer.gov/cancertopics/wyntk/breast/page6>)
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Pregnancy		
Note: Guidelines for pregnant women are meant to complement age-appropriate guidelines.		
Screenings	Screening for preeclampsia Screening for D(Rh) Incompatibility Screening for neural tube defects Screening for hemoglobinopathies Screening for vaginal and rectal Group B Streptococcal infection Urine culture Rubella serology or vaccination history Hepatitis B surface antigen Screening for syphilis Screening for gonorrhea Screening for chlamydia (< age 25) Screening for iron deficiency anemia	Offer screening for Down Syndrome Offer screening for HIV Screening to detect high risk for behavioral health condition at first encounter with a PCP after enrollment Screening for alcohol and drug abuse using standardized screening tools for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators Depression—In clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*
Counseling	Tobacco cessation/effects of passive smoking Alcohol/other drug use Nutrition, including adequate calcium intake Multivitamin with folic acid Breastfeeding for health benefits of child	Lap/shoulder belts Infant safety car seats STD prevention Importance of postpartum visit Unintended and mistimed pregnancy (at postpartum visit)
Immunizations	Influenza for women who will be in the second or third trimester during influenza season Rubella after delivery, if needed	

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- National Cancer Institute at the National Institute of Health, National Cancer Institute (NCI) booklet (NIH Publications No. 09-1556) Breast Cancer; Detection and Diagnosis; Mammograms (<http://www.cancer.gov/cancertopics/wyntk/breast/page6>)
- State of New Mexico Medical Assistance Division, New Mexico Administrative Code 8.305.8.16 “Standards for Preventive Health Services” (<http://www.nmcpr.state.nm.us/nmac/parts/title08/08.305.0008.htm>)
- Tot-to-Teen Health Checks are federally mandated for Medicaid as part of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Services
- U.S. Preventive Services Task Force, *Guide to Clinical Preventive Services*, 2010-2011, and pertinent updates at <http://www.uspreventiveservicestaskforce.org/recommendations.htm>
- Guidelines for Perinatal Care, 6th Edition, 2007, American Academy of Pediatrics (<http://www.aap.org>) and American College of Obstetricians and Gynecologists (<http://www.acog.org>)
- Recommended “Done by One” Childhood and Adolescent Immunization Schedule – New Mexico, 2010; compatible with recommendations of the Advisory Committee on Immunization Practices (<http://www.cdc.gov/vaccines/recs/acip/default.htm>), the American Academy of Pediatrics (<http://www.aap.org>), and the American Academy of Family Physicians (<http://www.aafp.org/online/en/home.htm>)

*For more information, see <http://www.ahrq.gov/clinic/uspstf/uspstfdepr.htm> (adults) or <http://www.ahrq.gov/clinic/uspstf/uspstfchdepr.htm> (children and adolescents) or call PHP Behavioral Health Services at: 923-5470 or 1-800-453-4347 (Commercial/Medicare Advantage)

** Subject to Medicare coverage guidelines