



## ADULT PREVENTITIVE CARE FLOW SHEET

Name:

DOB:

Adv. Directives discussed: \_\_ Yes \_\_ No

Health Counseling

		Year					
		Age					
Drugs/Alcohol (D)      Physical Activity (A) Estrogen (E)              Sexual Behavior (S) Folic Acid (F)              Tobacco (T) HIV/AIDS (H)              UV Exposure (U) Injuries (I)                  Violence/Guns (V) Nutrition (N)                Preconception (P) Mental Health (MH)        Glaucoma Ref. (GR) Medications (M)            Dental Health (DH)		Date					
		Types					
		Date					
		Types					
		Date					
		Types					
		Date					
		Types					
		Date					
		Types					
		Date					
		Types					

### Minimum Frequency

Height Weight	Annually	Date					
		Results					
Blood Pressure	Every medical encounter/or at least annually	Date					
		Results					
BMI	Annually	Date					
		Results					
TB Risk Assessment	Upon initial H&P	Date					
		Result					
Cholesterol	Men 35> Women 45> and anyone at high-risk for CAD ≥20	Date					
		Results					
Colonoscopy	Age 50 and every 10 years or annual fecal occult blood test (FOBT) plus sigmoidoscopy every 5 years	Date					
		Results					
Skin Cancer Screening	Annually	Date					
		Results					
<b>For Women:</b>							
Clinical Breast Exam	Yearly after age 40	Date					
		Results					
Mammography	Annually after age 50	Date					
		Results					
Pap Smear	Every 3 years age 21-65	Date					
		Results					
Chlamydia	Annually screening for sexually active 25 years and older if at risk	Date					
		Results					



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For Men:								
Testicular Exam Annually	Annually	Date						
		Results						
Prostate Screening	Every 1-2 years after age 40	Date						
		Results						
Suggested Result Codes: O=ordered N=Normal A=Abnormal R=Refused E=Done Elsewhere *=Next Due D=done								
Adult Immunizations:								
Tetanus – Diptheria (Td)	Every 10 years	Date						
		Results						
Influenza	Annually	Date						
		Results						
Pneumococcal	Age 65 years	Date						
		Results						
MMR	1-2 doses if unvaccinated	Date						
		Results						
Varicella (Chicken Pox)	2 doses 4-8 weeks apart without evidence of immunity	Date						
		Results						
Zostavax	Age 60 years and over	Date						
		Results						
HPV (Human Papillomavirus)	Women ages 19 to 26 years Men ages 19 to 21 years (if not completed when younger)	Date						
		Results						

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