

# *FLORIDA HEALTH CARE PLANS*

## MEMORANDUM

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To: FHCP Providers  
From: Wendy Myers M.D., President/CMO  
Date: January 26, 2009  
Subject: 2009 Adult Preventive Medicine Recommendations

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The attached represents the latest evidenced based adult preventative medicine recommendations from the CDC, USPSTF and other authorities. The changes for this year are:

- ACS Colon screening guidelines have added another risk category
- Chlamydia screening lowered the upper age requirement from 25 to 24 yrs
- Immunizations:
  - Pneumovax now includes persons 19 – 64 who smoke
  - HPV has been added for all women 27 years & younger (3 dose series)

This form is available from DMS or can be ordered from Documents Dept. in Holly Hill.

Thank you for your continued support in caring for our members.

cc: June Christiansen  
Carol Cooper



## 2009 Adult Preventative Medicine Recommendations

(Minimal standards for health maintenance. Nothing in these guidelines is meant to preclude more extensive screening for those at high risk or to preclude your use of clinical judgment.)

### Screening:

|  |   |
|--|---|
| <b>History &amp; Physical</b>                      | <b>All Adults: Annually</b>   |
| <b>Weight &amp; BMI<sup>1</sup></b>                | <b>All Adults: Weight at health care visits or at least annually. Screen for obesity using BMI.</b>   |
| <b>Blood Pressure<sup>2</sup></b>                  | <b>All Adults: Screening performed at every visit.</b>  |
| <b>Abdominal Aortic Aneurysm (AAA)<sup>1</sup></b> | <b>Men age 65 to 75 who have ever smoked: one-time AAA screening by ultrasonography.</b>  |
| <b>Mammography Screening<sup>3</sup></b>           | <b>Females age 40 and older: annual screening.</b>  |
| <b>Liquid Cytology Pap<sup>1,3</sup></b>           | Start screening <b>3 years after the start of intercourse or age 21</b> , whichever is sooner, or in younger members if HIV positive. Screening is covered <b>every year with conventional Pap for women under age 30 or every 2 years with liquid based cytology</b> . After age 30, perform Pap with liquid cytology and with HPV testing. If both are negative, repeat in 3 years. If member has had a hysterectomy for a benign condition, no more screening; if hysterectomy was for precancer, continue screening for 10 years to achieve three consecutive negative Pap tests; if hysterectomy was for cancer, continue screening as long as the patient is in reasonably good health. Stop screening at age 70 and older who have had three or more consecutive normal Pap tests. |
| <b>Colonoscopy<sup>3</sup></b>                     | <b>All Adults age 50 and older: fecal occult blood testing (FOBT) annually. Colonoscopy every 10 years. (See back of page.)</b>   |
| <b>Osteoporosis Screening w/BMD<sup>1</sup></b>    | <b>Postmenopausal women ≥ 65, regardless of additional risk factors;</b><br>Postmenopausal women <b>&lt; 65 and with one or more additional risk factors</b> for osteoporosis or a fracture. In the absence of new risk factors, repeat screening should not be done more than every two years. <sup>4</sup> Routine screening is covered only every 24 months.   |

### Routine Laboratory Examination:

|                              |   |
|------------------------------|---|
| <b>Lipids<sup>1,5</sup></b>  | <b>All Adults age 20 and older: a fasting lipoprotein profile (total cholesterol, low density lipoprotein cholesterol, high density lipoprotein [HDL] cholesterol, and triglycerides) should be obtained once every 5 years. More frequently for those with risk factors for CHD.</b> |
| <b>PSA<sup>1,6</sup></b>     | <b>Men over 50 w/anticipated life expectancy of &gt;10 years. Men age 40 to 50 w/family history of prostate Ca or African-American ethnicity w/anticipated life expectancy of &gt;10 years. Additional use of DRE may be useful in high risk.</b>                                     |
| <b>TSH<sup>7</sup></b>       | <b>All Adults age 35 and older: tested every five years.</b>  |
| <b>Chlamydia<sup>1</sup></b> | <b>All sexually active women aged 24 years and younger and other asymptomatic women at increased risk for infection along with Pap testing. Annual with urine screen or with Pap.</b>   |
| <b>HIV<sup>8</sup></b>       | <b>All members 13-64 years: should be voluntarily screened.</b>   |

### Immunizations<sup>9</sup>: (Not all vaccines are a covered benefit, therefore, co-pay may apply.)

|  |   |
|--|---|
| <b>Pneumovax</b>                           | <b>All Adults age 65 and older (one time); persons 19 – 64 who smoke, adults &lt; 65 with chronic medical conditions (repeat after age 65) with at least 5 years between immunizations.</b> |
| <b>Flu Vaccine</b>                         | <b>All adults 50 and older, all prenatal members, and those at high risk: shots are offered annually.</b>   |
| <b>Tetanus/Diphtheria Pertussis (Tdap)</b> | Booster every ten years. If pregnant, or age 65 and older use Td. If first time vaccinated and giving 3 dose series, only one dose can be Tdap.   |
| <b>Hepatitis B</b>                         | Identified high-risk adults should receive the vaccine as a preventative measure per recommended doses.   |
| <b>Zostavax</b>                            | <b>All adults 60 and over: offer single dose</b>  |
| <b>Human Papillomavirus (HPV)</b>          | <b>All women 27 years &amp; younger: offer 3 – dose series (first dose <u>must be started by</u> 26 years, 6 months and last dose prior to 27<sup>th</sup> birthday)</b>                    |

<sup>1</sup> U.S. Preventative Services Task Force. *Guide to Clinical Preventive Services, 2008*. Agency for Healthcare Research and Quality. Available at: <http://www.ahrq.gov/clinic/pocketgd08/pocketgd08.pdf>

<sup>2</sup> NHLBI. High blood pressure detection. Available at: <http://www.nhlbi.nih.gov/hbp/detect/detect.htm> Accessed October 17, 2008

<sup>3</sup> American Cancer Society. Guidelines for the early detection of cancer.

[http://www.cancer.org/docroot/PED/content/PED\\_2\\_3X\\_ACS\\_Cancer\\_Detection\\_Guidelines\\_36.asp](http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp) Accessed October 17, 2008

<sup>4</sup> American College of Obstetricians and Gynecologists ACOG Practice Guidelines for clinical management of osteoporosis

<sup>5</sup> Third Report of the Expert Panel on Detection, Evaluation, and Treatment of the High Blood Cholesterol in Adults (Adult Treatment Panel III): Executive Summary. Available at: <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3xsum.pdf> Accessed October 17, 2008

<sup>6</sup> UrologyHealth.org. Available at: <http://www.urologyhealth.org/> Accessed October 17, 2008

<sup>7</sup> American Thyroid Association Guidelines for Detection of Thyroid Dysfunction. Available at:

[http://www.thyroid.org/professionals/publications/documents/GuidelinesdetectionThyDysfunc\\_2000.pdf](http://www.thyroid.org/professionals/publications/documents/GuidelinesdetectionThyDysfunc_2000.pdf) Accessed October 17, 2008

<sup>8</sup> Centers for Disease Control and Prevention. *Revised Recommendations for HIV Testing of Adults, Adolescents, and Pregnant Women in Health-Care Settings*. MMWR 2006;55(No. RR-14): p7. <http://www.cdc.gov/mmwr/PDF/rr/rr5514.pdf> Accessed October 17, 2008

<sup>9</sup> Centers for Disease Control & Prevention. Recommended adult immunization schedule. 2009. Available at <http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm#print>