

# Revised Screening Maneuvers Menu for Adults **2017**

## Alberta Screening and Prevention Program (ASaP)

| Maneuver   | Age (Years) | Interval General Population |
|--|-------------|-----------------------------|
| Blood Pressure   | 18+         | Annual                      |
| Height   | 18+         | At least once               |
| Weight   | 18+         | 3 years                     |
| Exercise Assessment  | 18+         | Annual                      |
| Tobacco Use Assessment   | 18+         | Annual                      |
| Influenza Vaccination  | 18+         | Annual                      |
| Mammography  | 50-74       | 2 years                     |
| Colorectal Cancer Screen<br>One of:<br><ul style="list-style-type: none"> <li>• FIT</li> <li>• Flex Sigmoidoscopy</li> <li>• Colonoscopy</li> </ul>      | 50-74       | 2 years                     |
|  |             | 5 years                     |
|  |             | 10 years                    |
| Pap Test<br><br>Do Pap test<br>Optional Pap test<br>DO <u>NOT</u> DO Pap test  | 25-69       | 3 years                     |
|  | 21-24       |                             |
|  | <21         |                             |
| Plasma Lipid Profile<br>Non-Fasting  | 40-74       | 5 years                     |
| Cardiovascular Risk<br>Calculation   | 40-74       | 5 years                     |
| Diabetes Screen<br>One of:<br><ul style="list-style-type: none"> <li>• Fasting Glucose</li> <li>• Hgb A1c</li> <li>• Diabetes Risk Calculator</li> </ul> | 40+         | 5 years                     |

The age and interval of given information is suitable for the general population. The need of individual patients will vary. For each maneuver, the physician/provider should offer testing as appropriate. See evidence-based practice points on reverse.

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# 2017



| Screening Maneuver                   | Evidence-Based Practice Points   |
|--------------------------------------|--|
| Blood Pressure (B/P)                 | <ul style="list-style-type: none"> <li>Ideally use an automated office blood pressure (AOBP). No defined testing interval.</li> <li>Consider more frequent B/P testing with aging, comorbidities, and presence of other risk factors. Suspected hypertension (even once) requires ambulatory (24-hour) B/P testing (if available) or home B/P monitoring. Ambulatory B/P and home B/P thresholds are lower (&gt; 135/85).</li> </ul>   |
| Height & Weight                      | <ul style="list-style-type: none"> <li>Height &amp; Weight needed for some CV &amp; Diabetes risk calculators and a loss of height may indicate osteoporosis. Suggest “10 Tips for Obesity Management in Primary Care” for practical suggestions. <a href="#">Click here</a> to access.</li> </ul>   |
| Exercise Assessment                  | <ul style="list-style-type: none"> <li>Recommend 30 minutes 5 days per week, or 20 to 25 minutes every day. Major muscle groups and bone strengthening activity <math>\geq 2</math> days per week.</li> <li>For <math>\geq 65</math> years, similar recommendations with added benefit of improved functional abilities. Patients should undertake physical activities that enhance balance and prevent falls if mobility is poor.</li> </ul>  |
| Tobacco Use Assessment               | <ul style="list-style-type: none"> <li>Including smokeless tobacco. Assessment may start at age 12 but no assessment interval is defined.</li> <li>Reducing tobacco use or quitting entirely is the standard but readiness to change will determine the approach selected. See pcnACT Best Practice Algorithm. <a href="#">Click here</a> to access this resource.</li> </ul>  |
| Influenza Vaccination                | <ul style="list-style-type: none"> <li>Annual for all Albertans over the age of 6 months (free of charge).</li> </ul>  |
| Mammography                          | <ul style="list-style-type: none"> <li>See Toward Optimized Practice (TOP) <a href="#">Breast Cancer Screening Guideline 2015</a>.</li> </ul>  |
| Colorectal Cancer Screening          | <ul style="list-style-type: none"> <li>The Fecal Immunochemical Test (FIT) for asymptomatic average risk adults at 1-2 year intervals; colonoscopy recommended for those testing positive.</li> <li>Referrals for more invasive testing (i.e., colonoscopy) is not recommended for average risk asymptomatic patients or those with a negative FIT.</li> </ul>   |
| Pap Test                             | <ul style="list-style-type: none"> <li>See TOP <a href="#">Cervical Cancer Screening Guideline 2016</a>.</li> <li>Pap testing - start after 3 years from onset of sexual activity or age 25, whichever is later. Screen at 3-year intervals.</li> <li>Routine screening at age 21 to 24 is optional, consider higher risk and patient choice. Evidence of benefit vs harms is currently equivocal in this age range.</li> </ul>  |
| Plasma Lipid Profile Non-Fasting     | <ul style="list-style-type: none"> <li>See updated TOP <a href="#">Prevention and Management of CVD Risk in Primary Care Guideline 2015 (revised in 2017)</a>.</li> <li>Start at any age for patients with established cardiovascular risk factors; most patients can stop screening at 75.</li> <li>For practical purposes, age has been harmonized to 40 for both men and women for non-fasting lipid profile every 5 years.</li> </ul>  |
| Cardiovascular (CV) Risk Calculation | <ul style="list-style-type: none"> <li>See updated TOP <a href="#">Prevention and Management of CVD Risk in Primary Care Guideline 2015 (revised in 2017)</a>. For practical purposes, age has been harmonized to 40 for both men and women for CV risk calculation.</li> <li>Framingham or any CV risk tool embedded in Alberta qualified EMRs. Other risk tools: 1. The Best Science Medicine Risk Calculator (<a href="#">click here</a>); 2. University of Edinburgh Cardiovascular Risk Calculator (<a href="#">click here</a>); 3. Canadian Cardiovascular Society’s Lipid Guidelines App (<a href="#">click here</a>).</li> </ul> |
| Diabetes Screening                   | <ul style="list-style-type: none"> <li>Most guidelines recommend screening every 3-5 years; more recently define diabetes as Hgb A1c <math>\geq 6.5\%</math>.</li> </ul>   |