

UVM ScholarWorks

Leading with Prevention: Screenings, Vaccines, and Safety

Item Type	Presentation
Authors	Puthumana, Rhea
Publisher	University of Vermont
Rights	Attribution 4.0 International
Download date	2026-05-15 08:39:23
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Link to Item	https://hdl.handle.net/20.500.14849/9891



Recommended preventive screenings for _____

Date ____/____/____ Blood Pressure _____ Heart Rate _____

Immunizations (as applicable)

- Shingles Vaccine (Shingrix) – Requires 2 doses **Completed/ In progress/ Declined/ N/A**
- COVID Vaccine / Booster - Annually **Completed/ Declined**
- Influenza Vaccine - Annually **Completed/ Declined**
- Tetanus Vaccine (Td/Tdap) - Renewed every 10 years **Next due:** _____
- HPV Vaccine – Series of 3 shots for ages <26 yrs **Completed/ In progress/ Declined/ N/A**
- RSV Vaccine – Once **Completed/ Declined/ N/A**
- Pneumonia Vaccine – Once **Completed/ Declined/ N/A**

Red Flag Risk Factors for RSV and Pneumonia vaccines:

- Age ≥65, chronic heart, lung, kidney, or liver disease, immunocompromised

Cancer Screenings (as applicable)

- Cervical Cancer Screening (Pap/HPV) **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(Completed every 3 years for ages 21-29 and every 5 years for ages 30-65)
Red Flag Risk Factors:
 - History of HPV infection, early onset of sexual activity, multiple sexual partners, smoking
- Colon Cancer Screening **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(Starting at age 45, if normal, colonoscopy every 10 years or Cologuard every 3 years or FIT every year)
Red Flag Risk Factors:
 - Family history of colorectal cancer, inflammatory bowel disease (Crohn's or Ulcerative colitis), personal history of polyps
- Breast Cancer Screening **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(If normal, mammogram every 1 year for ages 40-55 and 1-2 years for ages 55+)
Red Flag Risk Factors:
 - Family history of breast/ovarian cancer, BRCA mutation, early menarche or late menopause



Mountain Community Health

- Lung Cancer Screening (Low-dose CT) **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(Between ages 50-80, annually, if 20-year pack history and currently smoking or quit within last 15 years)

- Prostate Cancer Screening (PSA) **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(If normal, every 2 years for ages 55-69)
Risk Factors:
 - Family history of prostate cancer, African-American ancestry, lower urinary tract symptoms of increased urination, lack of bladder control, etc.

Osteoporosis Screening - Women ONLY

- Osteoporosis Screening (DEXA) **Completed/ Declined/ N/A**
Last done: _____ **Next due:** _____
(Start at age 65 unless increased risk of fractures)
Risk Factors:
 - Postmenopausal status, long-term steroid use, history of fractures, smoking or alcohol use, family history of fractures, rheumatoid arthritis

Abdominal Aortic Aneurysm – Men ONLY

- AAA ultrasound **Completed/ Declined/ N/A**
(For men only, check once between ages 65-75 if ever smoked)

Health Screening Labs

- Cholesterol Testing (Lipids) **Last done:** _____
- Diabetes Screening (Hemoglobin A1C) **Last done:** _____
- Chlamydia/ Gonorrhea Screening – Check if age <25 and sexually active **Yes / No / N/A**
- HIV / Hepatitis B / Hepatitis C Screening – Check once **Completed/ Declined**

Other Important Information

- Advanced Directives **Completed/In progress/Declined**