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Leading with Prevention: Screenings, Vaccines, and Safety

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MOUNTAIN COMMUNITY HEALTH ADULT PREVENTIVE CARE - WOMEN

Vaccines	19-26	27-39	40-49	50-64	65-74	75+
Influenza (annual)	✓	✓	✓	✓	✓	✓
COVID-19	✓	✓	✓	✓	✓	✓
Tdap/Td (q10 yrs)	✓	✓	✓	✓	✓	✓
HPV	✓ (3 shots)	SDM (to 45)				
Zoster (RZV) – Shingrix (series of 2) (Given at 0, 2-6 months)				(At pharmacy)	✓	✓
Pneumococcal	Conditionally given based on risk factors			✓	✓	✓
RSV				SDM		✓
Hep A (once, series of 2) (Given at 0, 6 months)	Conditionally given for high-risk adults					
Hep B (once, series of 3) (Given at 0, 1, and 6 months)	Given if no evidence of immunity or high-risk					
MMR	Given once if no evidence of immunity					
Meningococcal	Given once if high-risk (asplenic, college freshman, etc.)					
Cancer Screenings						
Cervical cancer (ages 21-29, q3 yrs) (ages 30-65, q5 yrs with HPV)	✓ (≥21)	✓	✓	✓	Stop if adequate prior	
Breast cancer (ages 40-55, annually) (ages 55+, every 1-2 yrs)			✓	✓	✓	SDM
Colorectal cancer - Colonoscopy q10 yrs - FIT test annually - Cologuard q3 yrs			✓ (≥45)	✓	✓	SDM (to 85)
Lung cancer (LDCT) (annually in patients with 20 pack yr and smoke or quit < 15 years)				✓	✓	✓ (to 80)
Cardiometabolic Screenings						
Diabetes (q3 yrs if normal)		SDM (35+)	✓	✓	✓ (SDM≥70)	SDM
Lipid disorders (ages 20-39, q4-6 yrs) (ages 45+, check q5 yrs if normal or every 1-2 yrs if elevated/high-risk)	SDM	SDM	✓	✓	✓	✓

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	19-26	27-39	40-49	50-64	65-74	75+
Statin therapy			Consider therapy if 1 or more CVD risks met (HTN, DM, HLD, smoking) and CVD risk of 7.5-10% and prescribe statin if CVD risk of 10%+			SDM
Infectious Disease Screenings						
HIV (≥1 lifetime per increased risk)	✓	✓	✓	✓	✓	SDM
Hepatitis C (once)	✓	✓	✓	✓	✓	✓ (prior to 79)
Chlamydia / Gonorrhea	✓ (<25 and sexually active)	Consider test if increased risk of infection				
Hepatitis B (only for increased risk)	✓	✓	✓	✓ (SDM≥60)	SDM	
Safety and Preventive Counseling						
Intimate partner violence	✓	✓	✓	✓		
Fall risk assessment					✓	✓
Vision/hearing					Check if up to date and if significant changes noted	
Bone and Vascular Health						
Osteoporosis (DEXA) (q2 yrs for high risk, q3-4 yrs for moderate risk, and q5-10 yrs for low risk)				SDM	✓	✓
Form						
Advanced Directives	Discuss and establish medical care goals at least once					

Abbreviations: SDM - Shared decision making

**Months for Zoster/HepA/HepB indicate timing between doses*

Conditional Risk Factors:

HPV: for ages 27-45, consider if unvaccinated but less likely to be beneficial if already exposed to HPV

Pneumococcal: for ages 19-49, consider PCV20 if patient has COPD, DM, CHF, immunosuppressed, cirrhosis, renal failure, etc.

RSV: for ages 50-74, consider if patient has CVD, lung disease, end-stage renal disease, DM, immunocompromised, cirrhosis, neuromuscular disorders

Hep A/B vaccines: consider if history of HIV, chronic liver disease, IV substance use, sexual activity and practices, etc.

Diabetes: for ages 35-40, check A1C if history of elevated BMI

Lipids: for ages 20-39, check lipid panel if family or personal history of heart disease, lipid disorders, etc.

Chlamydia/Gonorrhea: for ages 25+, consider test if increased risk due to sexual activity and practices

DEXA: for ages < 65, consider if 1 or more risk factors, which includes menopausal status, low body weight, parental history of hip fracture, cigarette smoking, and excess alcohol consumption