

Medica Health Plans of Florida Inc. /EZ Care Plan

Preventive Health Care Guidelines:

Pediatrics & Adults Immunizations: February 2011

Screenings: 2011 Recommendations of the U.S. Preventative Services Task Force

Preventive Care Screening:	Frequency of Service:
Well child check-ups	1m, 2m, 4m, 6m, 9m, 1y, 15m, 18m, 2-20y
Height & Weight & BMI	Every visit (BMI every year)
Blood Pressure	3-6y (annual), $\geq 6y$, every 2 yrs
Hearing- pediatrics	Newborns and symptomatic children
Vision - amblyopia - pediatrics	3-5yrs
Vision, glaucoma < 65y	Every 4 yrs
> 65y	Every 2 yrs
Breast Exam - $\geq 17y$	Every year
Skin, oral, thyroid exam $\geq 13y - 40y$	Every 3 yrs
> 40y	Every year
Blood Pressure Screening - ≥ 18 yrs	Every 2y (<120/80); every 1 year (>120/80)
Abdominal Aortic Aneurysm (AAA) Screen - US	Males 65-75 yrs (hx smoking or smoker)
Rectal Exam > 40y	Every year
Iron Deficiency Anemia, Screening & Supplement	6-12m, high /average risk & pregnant women
Hemoglobin or Hct - Pediatrics	6-12m, 5y, & high risk
Age 20 - 49y - low risk	Once
$\geq 50y$	Every year
Diabetes Screening, Type 2	Hx HTN & Hyperlipidema
Lead screen - pediatrics	1y -5y & pregnant women @ > risk
Urinalysis/Culture - Pediatrics	Once before age 5yr
Adults	Age ≥ 35 yrs; every 5 years
Screen for congenital hypothyroidism	All newborns
IUP: asymptomatic bacteremia	12 - 16 weeks IUP
Tb skin test - Pediatrics, adolescents & adults	High risk; annual
T4/TSH pediatrics	4-6 days
Hepatitis B Screening - pregnant women	Initial visit, 28 and 32 weeks
Sickle cell screen - pediatrics	Newborns
Oral/.dental health	Referral by 3y; fluoride supplement, preschool > 6m
Screen for problem drinking	Young adults, adults and pregnant women
Accident prevention	Children, and adults
Screen for major depression ; 12-18y, >19y	Adolescents and adults
Screen & counsel to promote weight loss	All adults
Behavioral dietary counseling	At risk adults
Screen & counsel for tobacco use & drug abuse	Young adults and adults & pregnant women
Screen & counsel for over and under weight-	All ages
Behavioral counseling to promote breast feeding	Pregnant women
Multivitamins with folic acid	Women planning of capable of pregnancy

Osteoporosis: Calcium supplement women	Age \geq 50y every 2 yrs
Physical activity	Pediatrics and adults
UV exposure	Pediatrics and adults
Screening for idiopathic scoliosis	Adolescent
Lipid Disorder , Screening; men > 35y, women > 45y	Every 5 years (non risk)
Others, CVD risk factors [men: 20-35, women: 20-45]	Every 5 years or as needed to manage risk.
Colorectal Screening Options	Age >50years
Fecal occult blood test (FOBT)	Every year
Flexible sigmoidoscopy	Every 5 years
Double contrast barium enema (DCBE)	Every 5 years
Colonoscopy; 50 – 75 yrs [routine]	Every 10 years
Mammogram: Women 40 - 74 yrs	Every 2 years
Breast Ca, Chemoprevention Counseling	High risk women
Genetic Counseling, Evaluation for BRCA testing	High risk women
Papanicolaou (Pap) test	21-65 y, sexually active & pregnant women
Screening for Hepatitis B Virus Infection	Pregnant women; first prenatal visit
Chlamydia Screening: Sexual Active Women (Non Preg)	24yrs and <; and older women at risk
Syphilis Screening in Pregnancy	All pregnant women
Osteoporosis Screening: High Risk Women	Ages 60-64y, every 2 yrs \geq 65y
Aspirin Therapy- cardiac maintenance	Men 45-79y, women 55-79y
Folic Acid, Prevent Neural Tube Defect	Women planning or capable of pregnancy
Gonorrhea Prophylactic Medication [eye]	Newborns
Sexual Behavior Counseling	Young adults and adults at risk
Unintended Pregnancy: contraception	Women capable of pregnancy
STD prevention: condoms, spermicidal	Young adults and adults
◆Immunizations – pediatrics & adults	◆CDC 2009 Recommendations
Polio [IPV]	2, 4, 6-18m ,4-6y
Diphtheria, Tetanus & Pertussis [DtaP & Tdap]	2, 4, 6, 15-18m, 4-6,/ 11-12y, 13-18y (Tdap)
Measles, Mumps & Rubella [MMR]	12-15m, 4-6y & at risk adult
Retrovirus [Rota]	2,4,6m
Haemophilus Influenza, type B [Hib]	2, 4, 6m; 12-15m booster
Hepatitis A [HepA]	12-24m (2doses/6m apart)& @risk adults
Hepatitis B [HepB]	0, 1-2m, 6 – 18m (3 doses) & @ risk adults
Pneumococcal [PCV]	2m, 4m, 6m, 12-15m & adults, > 65y
Varicella	12-15m (1 dose), 4-6y (1 dose) and high risk adults \geq 50 y
Influenza [Flu]	6months and older (annual)
Tetanus-diphtheria (td) Booster	\geq 19y every 10 years
Rubella	Susceptible women of childbearing age
Human Papillomavirus (HPV)	11-12y females (3 doses)
Meningococcal (MCV4)	11-12 y & high risk (MCV4- 2-55y); revaccinate (MCV4) high risk; 4-10 y
Zostavax	\geq 60 y (1 dose)

**RECOMMENDED SCREENING AND
INTERVENTIONS FOR HIGH-RISK POPULATION**
Recommendation of the U.S. Preventative Services Task Force
**** CDC Guidelines**

POTENTIAL INTERVENTIONS	POPULATION
HIV test*	Pediatrics, high risk parent pregnant women,, high-risk sexual behavior or IV drug use; consider local epidemiology; standard and rapid tests approved.
Syphilis (RPR/VDRL)*	High-risk sexual behavior, including those that are pregnant consider local epidemiology
Gonorrhea screen*	High-risk sexual behavior; consider local epidemiology
PPD*	Immigrants, tuberculosis contacts, alcoholics, consider local epidemiology
Hepatitis B vaccine*	Exposure to blood products; IV drug use; high-risk sexual behavior; travelers to specific countries and + pregnant women @ 1 st visit; infants born of + mother @ birth and complete series per schedule; retest 6 months after completion of series.
Hepatitis A vaccine**	Persons living in or traveling to high-risk areas; institutionalized persons and workers in these institutions. Certain chronic medical conditions
MMR, varicella vaccine – adult **	Susceptible to measles, mumps, or complications
Diabetes screen*	Persons with elevated blood pressure or high cholesterol
Rh (D) incompatibility screen*	All pregnant women 1 st visit and @ 24 – 28 wks for unsensitized Rh (D) negative women unless the biological father is known to be Rh (D) negative.