

Scope and Target Population:

The scope of this guideline is to provide a comprehensive approach to the provision of preventive services, counseling, education, and disease screening for average-risk, asymptomatic adults aged 18 and over. This guideline generally does not address the needs of:

- pregnant women
- individuals with chronic disorders
- high-risk populations (there are occasional exceptions where noted)

This guideline targets asymptomatic adults seeking health care who would benefit from preventive services. This resource is intended to assist in the prioritization of screening maneuvers, tests and counseling opportunities. It is not intended to diagnose or treat any condition. Consequently, once a health issue or condition has been uncovered, other guidelines (such as the Lipid Management in Adults guideline or Hypertension Diagnosis and Treatment guideline) will take precedence during any further diagnosis and management.

Aim:

1. Increase the rate of patients up-to-date with Level I preventive services.

Clinical Highlights:

- All clinic contacts – whether acute, chronic or for preventive services – are opportunities for prevention. Incorporate appropriate preventive services at every opportunity.
- Address or initiate adult preventive services that providers and care systems *must* assess the need for and recommend to each patient. These have the highest priority value.
 - Alcohol abuse; hazardous and harmful drinking screening and brief counseling
 - Aspirin chemoprophylaxis counseling
 - Breast cancer screening
 - Cervical cancer screening
 - Chlamydia screening
 - Colorectal cancer screening
 - Hypertension screening
 - Influenza immunization
 - Lipid screening
 - Pneumococcal immunization
 - Tobacco use screening and brief intervention
- Provide timely feedback, appropriate interventions and optimal follow-up.

Additional Background:

The guideline was developed using an evidence-based approach, which emphasizes the critical evaluation of scientific evidence. The guideline also identifies those services that should not be included in light of similarly strong evidence.