# Health Screenings

## DEFINITION
Health screenings are used to prevent and/or detect conditions or diseases early, when they can be treated more easily. Annual assessments provide an excellent opportunity to counsel patients about preventive care and to provide or refer for recommended services. These assessments should include screening, evaluation and counseling, and immunizations based on age and risk factors. The interval for individual services varies.

## SUBJECTIVE
Should include:
1. Health Habits
   a. Alcohol/drug/tobacco abuse
   b. Mental health history – depression, stress and domestic violence including sexual coercion
   c. Immunization history
   d. Medication/vitamins
   e. Reproductive life plan
   f. Self-awareness (skin, breast, testicular)
   g. Sexual history
   h. Review of systems
   i. Review and update medical, surgical, family and social history

## OBJECTIVE
Should include:
1. Age appropriate examination as indicated:
   a. Blood pressure, height, weight, BMI
May include (age appropriate):
   a. Assessment of heart and lungs
   b. Breast exam
   c. Pelvic examination
   d. Skin exam
   e. Thyroid exam
   f. Abdomen/ Costovertebral Angle Tenderness (CVA)

## LABORATORY
May include (specific preventive tests should be tailored to the client’s age, risk factors and based on discussion between the client and provider):
1. HIV/STD/Hepatitis B or C, Syphilis
2. Colorectal cancer screening
3. Glucose
4. Lipid screening
5. Urinalysis
6. Thyroid function test (T4, TSH)
7. Hemoglobin
8. Pap smear (per ACOG/ASCCP guidelines)
9. Vaginitis/Vaginosis

## ASSESSMENT
Client has been examined/educated on healthy habits and screening tests to help prevent certain diseases, and on conditions pertinent to their reproductive life plan and/or desire for pregnancy.

## PLAN
1. Provide or recommend clinical preventative services to client.

## CLIENT EDUCATION
1. Provide client with recommendations on screenings,
2. Provide client educational handouts, as appropriate.
3. Teach/provide hands-on education, as appropriate (i.e., self-breast exam, testicular exam, ABCD’s of skin cancer).
4. Review age and risk appropriate counseling:
   a. Sexuality:
1. High risk sexual behaviors
2. Pregnancy prevention, contraceptive options or postponing sexual involvement
3. Internet/phone safety
4. Barrier protection
5. Vaccine preventable STD’s
6. Sexual function

b. Fitness and nutrition
1. Multivitamin with Folic acid
2. Calcium intake with Vitamin D
3. Discuss https://www.choosemyplate.gov/ for healthy eating and portion control
4. Diet/nutrition for weigh control or eating disorders
5. Recommend aerobic exercise 3-4 times weekly

c. Psychosocial factors
1. Acquaintance rape prevention
2. Bullying
3. Intimate partner violence
4. Lifestyle/stress
5. Peer relationships
6. School experience
7. Self-mutilation
8. Sexual orientation/gender identity
9. Sleep disorders
10. Support systems discussed
11. Work satisfaction
12. Suicide risks, depressive symptoms

d. Health risk assessment
1. Breast/testicular awareness
2. DUI risks/distracted driving
3. Hygiene/dental care/fluoride use
4. Injury prevention (helmet use, occupational and recreational safety)
5. Piercing and tattoo safety
6. Seat belt use/distracted driving
7. Tanning/UV bed use
8. Yearly eye exams
9. Osteoporosis risks
10. Use of smoke/carbon monoxide detectors
11. Personal items such as guns; locked
12. Appropriate and safe use of medications/household cleaners
13. Poison Control Center number

e. Review immunization and provide or refer for updates as needed
f. Preconception counseling as needed. (See Health Maintenance: Preconception Health)

<table>
<thead>
<tr>
<th>CONSULT/ REFER TO PHYSICIAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. As appropriate for signs and symptoms, abnormal exam or lab/x-ray finding.</td>
</tr>
<tr>
<td>2. Services outside of the scope of the Family Planning Program, including mammogram, DEXA Scan and colonoscopy.</td>
</tr>
</tbody>
</table>

References:


5. North Dakota Family Planning Program Clinical Protocol Abuse and/or Violence