



PRENATAL PREVENTIVE HEALTH GUIDELINES

Based primarily on the U.S. Preventive Services Task Force: Guide to Clinical Preventive Services (USPSTF), Advisory Committee on Immunization Practices (ACIP), American Academy of Pediatrics (AAP), American Academy of Family Physicians (AAFP), HEDIS Technical Specifications, American Cancer Society (ACS) and American College of Radiology (ACR) and updated by the Welborn Health Plans in 2010.

REMEMBER: ALL PREVENTION ACTIVITIES MUST BE INDIVIDUALIZED AND LOCAL VARIATIONS MAY RESPOND TO STATE LEGISLATION.

Prenatal		
	FIRST VISIT (during first trimester)	FOLLOW-UP VISITS
Basic History	Complete Medical/Gestational /Obstetrical History <ul style="list-style-type: none"> - Dietary intake - Physical activity - Tobacco/ETOH/drug use - Sexual practices - Prenatal risk assessment 	<ul style="list-style-type: none"> - Dietary intake - Physical activity - Tobacco/ETOH/drug use - Sexual practices
Basic PE: Minimum Recommended Guidelines	<ul style="list-style-type: none"> - Height and weight - Blood pressure - Fetal heart tones - Pelvic exam with OB observations - Fundus height measurement 	<ul style="list-style-type: none"> - Blood pressure - Weight - Fetal heart tones - Fundus height measurement
Basic Diagnostic Tests	<ul style="list-style-type: none"> - OB panel which includes the following: <ul style="list-style-type: none"> - Hemoglobin/Hematocrit - WBC with Diff - Platelet count - Hepatitis B Surface Antigen (HbsAg) - Rubella antibody/titer or vaccination history - Syphilis test (RPR/VDRL) - RBC Antibody Screen - RH (D) & ABO Blood type - Chlamydia screen (females <25 years) - Offer CVS (<13 wk) or amniocentesis (15–18 wk); age ≥ 35 yr - Offer hemoglobinopathy screening - Offer HIV screening - Offer torch panel which includes a screen for: <ul style="list-style-type: none"> - Toxoplasmosis - Cytomegalovirus - Herpes Simplex Virus - Rubella (usually ordered individually) 	<ul style="list-style-type: none"> - Urine culture (12–16 wk) - Offer amniocentesis (15–18 wk) (age ≥ 35 yr) - Offer multiple marker testing for Down syndrome (15–18 wk) - Offer serum alpha-fetoprotein (16–18 wk) - Culture for Group B Strep, 35-37 weeks - Offer Ultrasound of pregnant uterus as clinically appropriate

Prenatal		
	FIRST VISIT (during first trimester)	FOLLOW-UP VISITS
Basic Counseling & Education	<ul style="list-style-type: none"> - Injury prevention - Substance use - Sexual behavior - Diet and exercise - Dental health - Psycho-Social Assessment 	<ul style="list-style-type: none"> - Injury prevention - Substance use - Sexual behavior - Diet and exercise - Dental health - Encourage breast feeding - F/U on Psycho-Social Assessment
Other Primary Preventive Measures	<ul style="list-style-type: none"> - Multivitamin with folic acid 	<ul style="list-style-type: none"> - Multivitamin with folic acid - Address identified risk issues
After Delivery Check	<ul style="list-style-type: none"> - Post-partum check on or between 21 and 56 days after delivery 	
High-Risk Group Preventive Measures	<ul style="list-style-type: none"> - See interventions for high-risk populations 	



NEWBORN AND CHILD PREVENTIVE HEALTH GUIDELINES

Child - Birth to 10 Years									
CHILD AGE	AT BIRTH	1-2 MOS	3-4 MOS	5-6 MOS	8-10 MOS	12-15 MOS	18-20 MOS	2-5 YEARS	6-10 YEARS
Frequency of Visits	Well Baby Visit	Well Baby Visit	Well Baby Visit	Well Baby Visit	Well Baby Visit	Well Baby Visit	Well Baby Visit	Well Child Visits -Annually	Well Child Visits -Every two years
Screens	Weight/Length Head circumference Hearing Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Length Head circumference Physical exam with health & development hx both physical and mental	Weight/Height BP Physical exam with health & development hx both physical and mental	Weight/Height BP Physical exam with health & development hx both physical and mental
Immunizations	HBV	DTaP Hib IPV HBV PCV (DTaP, Hib & IPV must be 42 days or more after birth) Rotavirus @ 2 months	DTaP Hib IPV HBV depending on age first given PCV Rotavirus @ 4 months	DTaP Hib IPV(6-18 mos) PCV7 HBV (6-18 mos) Influenza	Rotavirus @ 8 months (if needed)	MMR DTaP (15-18 mo) Hib Varicella (12- 18 mo) PCV Influenza yearly to age yrs. Hepatitis A		DTaP (4-6 yrs) IPV (4-6 yrs) MMR (4-6 yrs) HBV series (2-18 years) Varicella 2-18 years Meningococcal (if high risk)	Update Immunizations as Appropriate HPV (age ≥ 9 at clinical discretion) Meningococcal (if high risk)
Tests	Phenylalanine Thyroxin T4 or TSH (within 3-6 days of life) Hemoglobinopathy screen			Urinalysis	Hgb/Hct Lead	Hgb/Hct PPD Lead	PPD	Vision Lead Urinalysis PPD	Vision optional Urinalysis PPD
Chemo-prophylaxis	Ocular Prophylaxis								
Counseling & Education	Injury prevention; Diet and Exercise; Substance Use; Dental Health; Developmental Milestones; Skin Protection								

CHILD, ADOLESCENT AND ADULT PREVENTIVE HEALTH GUIDELINES

Pre-Adolescent, Adolescent and Adult			
ADULT AGE	11-18	19-64	65 AND OVER
Frequency of Visits	<ul style="list-style-type: none"> - At clinical discretion - Offer comprehensive Well/Child visit with PCP or OB GYN annually (12-21 years) 	<ul style="list-style-type: none"> - At clinical discretion 	<ul style="list-style-type: none"> - At clinical discretion
Basic PE: Minimum Recommended Guidelines	<ul style="list-style-type: none"> - Blood pressure at least every two years. Refer to age-related nomograms for interpretation. * Monitor weight and height - At least every two years. - Physical exam with health & development hx both physical and mental 	<ul style="list-style-type: none"> - Blood pressure: <ul style="list-style-type: none"> - Every 2yrs, BP ≤ 140/85 - Every 1yr, BP diastolic. 85-90 - Weight and height periodically - Digital rectal exam ≥40 - Clinical breast exam - Periodic pelvic exam with pap smear (according to American Cancer Society guidelines) 	<ul style="list-style-type: none"> - Blood pressure: <ul style="list-style-type: none"> - Every 2yrs, BP ≤ 140/85 - Every 1yr, BP diastolic. 85-90 - Weight and height periodically - Vision screening by Snellen Chart - Hearing, assess by history questioning - Digital rectal exam - Clinical breast exam - Periodic pelvic exam with pap smear (according to American Cancer Society guidelines 65-70 years)
Basic History	<ul style="list-style-type: none"> - Complete Medical/Family History - Allergy History - Dietary intake - Physical activity - Tobacco/ETOH/drug use - Sexual practices 	<ul style="list-style-type: none"> - Complete Medical/Family History - Allergy History - Dietary intake - Physical activity - Tobacco/ETOH/drug use - Sexual practices 	<ul style="list-style-type: none"> - Complete Medical/Family History - Allergy History - Dietary intake - Screen for depression - Physical activity - Tobacco/ETOH/drug use - Prior symptoms TIA - Functional status at home - Hearing impairment assessment - Sexual practices - Screen for dementia with Mini-Mental Status exam every 5 years or as clinically indicated
Basic Counseling & Education	<ul style="list-style-type: none"> - Injury prevention - Substance use - Sexual behavior - Diet and exercise - Dental health - Preconception 	<ul style="list-style-type: none"> - Injury prevention - Substance use - Sexual behavior - Diet and exercise - Dental health - Preconception - Breast self-examination - Prostate cancer - Depression Screening 	<ul style="list-style-type: none"> - Injury prevention - Substance use - Sexual behavior - Diet and exercise - Dental health - Breast self-examination - Prostate cancer - Depression Screening

CHILD, ADOLESCENT AND ADULT PREVENTIVE HEALTH GUIDELINES

Pre-Adolescent, Adolescent and Adult			
ADULT AGE	11-18	19-64	65 AND OVER
Basic Immunizations	<ul style="list-style-type: none"> - Rubella, if no documented immunity - MMR, if lack immunity, or congregate with other adolescents/young adults - Hepatitis B, 11-12 yrs (series of three) - Varicella, if no history of disease or prior vaccination: <ul style="list-style-type: none"> - ≤12 yrs, one dose; - 13-18 yrs, series of 2 (consider titer first); - >18 yrs, at clinical discretion (consider titer first) - Tetanus-diphtheria (Tdap) booster every 10 yrs - Offer Adacel® HPV (at clinical discretion) - Meningococcal @ 11-12 yrs (13-18 yrs catch up immunization) 	<ul style="list-style-type: none"> - Rubella, women of childbearing age, if no documented immunity - MMR if born >1956 and lack immunity - — clinical discretion, consider titer - Tetanus-diphtheria (Td or Tdap) booster every 10 yrs - Influenza, 19-49 yrs at clinical discretion; ≥50 yrs. - Pneumococcal vaccine at clinical discretion - HPV (up to age 26 at clinical discretion) - Zoster (age ≥60 at clinical discretion) - Meningococcal (if high risk) 	<ul style="list-style-type: none"> - Influenza, every year - Pneumococcal vaccine, initial - — clinical discretion, consider titer - Tetanus-diphtheria (Td or Tdap) booster every 10 yrs - Zoster (age ≥ 60 at clinical discretion)
Other Primary Preventive Measures	<ul style="list-style-type: none"> - Multivitamin with folic acid (females planning/capable of pregnancy) - Skin protection - Chlamydia screen females ≤25 years 	<ul style="list-style-type: none"> - Multivitamin w/folic acid (women planning/capable of pregnancy) - Discuss hormone prophylaxis (peri-and postmenopausal women) - Skin protection - Fecal Occult Blood ≥ 40 - Colorectal cancer screening ≥ 50 - Mammography according to American College of Radiology guidelines 	<ul style="list-style-type: none"> - Discuss hormone prophylaxis - Skin protection - Mammography according to American College of Radiology guidelines - Colorectal cancer screening age 65-75 accordingly to age 50 and up. - Colorectal cancer screening age 75 and older do not screen routinely