Prevention and Procedures

Family Medicine Clerkship

Health Promotion

- Health Maintenance (Stay healthy)
- Preventive Care (Avoid causes of illness and death)
- Counseling for Health Improvement (Primary Prevention)
- Screening for Early Disease (Secondary Prevention)
  - “Lead Time Bias”

Examples

- Primary Prevention
- Secondary Prevention

Primary Vs. Secondary

- Smoking Cessation
- Exercise
- Diet
- Alcohol/Drugs
- Safe Sex
- Violence Prevention
- Mental Health Screen
- Immunizations
- Chemoprophylaxis
- Screening Blood Tests
- Blood Pressure
- Physical Exam Maneuvers
- Mammography
- Pap Smears
- Sigmoidoscopy

“RISE”

- Risk Assessment (heart disease, cancer, AIDS, depression, etc.)
- Immunizations/Chemoprophylaxis
- Screening Tests
- Education/Counseling

Risk Assessment/Education

- Dental health
- Nutrition/exercise/weight management
- Injury/violence prevention
- Tobacco use
- Substance use (alcohol, drugs)
- AIDS prevention, contraception, menopause
- Mental health (depression, eating disorders)
- Advance directives
Smoking Cessation Guidelines
- ASK (about smoking status)
- ADVISE (to quit)
- ASSIST (nicotine replacement, counseling)
- ARRANGE (follow-up)
- Assess level of nicotine addiction (Fagerstrom Test)

4 A’s of Smoking Prevention
- Advertising - Demythologize
- Access - Limit minors’ access to tobacco: ban vending machines, enforce minor laws, higher cigarette tax
- Air - Smoke-free air in public places
- Adjust norms - Teens need to know that “everyone” is not smoking

3 C’s of Addiction
- Compulsion
- Lack of Control
- Continued use despite adverse consequences

Set a Quit Date
- Use a calendar
- Within 1 - 2 weeks
- Weekday vs. weekend

Diet/Exercise when quitting
- Overall lifestyle change
- Don’t substitute food for cigarettes
- May need to decrease calories and fat
- Watch cravings! (fat, sugar)
- Write an exercise prescription

General Dietary Guidelines
- Maintain normal weight
- Limit fats, sugars, salt
- Avoid processed foods
- Adequate fruit and vegetable intake
- Adequate fiber
**Exercise Prescription**
- Aerobics, cardio
  - Target heart rate = \((220 - \text{age}) \times 60-85\%\)
  - 3 times per week for 20-30 minutes
- Strength training (3x/wk)
- Flexibility, stretching
- Find activity that patient likes
- Start with small increments and increase

**Alcohol/Drugs**
- CAGE Questions: (Cut down, Annoyed, Guilty, Eye-opener)
- Amounts, binging
- Affect on functional status
- DUIs
- Substance use and sex
- Physical exam and lab tests

**Sexually Related Issues**
- AIDS risk assessment
- "Safer sex"
- Other STDs (chlamydia)
- Contraception, pre-conception counseling
- Menopause, osteoporosis

**Other Counseling Issues**
- Injury/violence prevention
  - Anticipatory guidance for infants, children
  - Seat belts, helmets, guns
  - Fall prevention for elderly
- Mental health screening (depression, eating disorders)
- Advance directives

**Immunizations**
- Which ones?
- At what ages?
- For whom?

**Immunizations**
- Children: Hepatitis B, DPT, Hib, Pneumococcal, Polio, MMR, Varicella, Hepatitis A
- Adults: DT, Flu, Pneumococcal, MMR? Varicella?
**Chemoprophylaxis**
- What?
- For whom?

- Calcium
- Folate
- HRT

**Screening Physical Exams**
- Which ones?
- At what ages?
- For whom?

- Height, weight, head circumference
- Blood pressure
- Vision, hearing, oral health
- Breast, testicular exams and self-exam
- Pelvic exam, DRE
- Heart, lungs, liver, spleen, vascular, thyroid, nodes
- Skin (which areas at highest risk?)

**Blood Screening Tests**
- Which ones?
- At what ages?
- For whom?

- Cholesterol
- Glucose
- PSA
- Rubella antibody
- UA
- H & H
- Lead levels
**Pap Smear**
- When to begin?
- How often?
- When to stop?

**Mammography**
- When to get baseline?
- When to begin screening?
- How often?
- When to stop?

**Endometrial Biopsy**
- Who needs it?
- At what age?

**Early Detection of Endometrial Cancer**
- Abnormal uterine bleeding
  - age > 35
  - nonpregnant
  - post-menopausal with unopposed estrogen
- Pipelle detects endometrial hyperplasia and cancer

**Colorectal Cancer Screening**
- When to start?
- What to do?
- When to stop?

**Summary: Secondary Prevention**
- Cancer Screening
  - Cervical
  - Breast
  - Endometrial
  - Colorectal
  - Skin
  - Prostate
  - Thyroid