



THE POTENTIAL OF PREVENTION IN PRIMARY CARE

OCT 17th, 2024 - LEARNING LAB SUMMARY

This Learning Lab explored strategies for preventive care across all life stages within a Primary Care Network (PCN) setting. It highlighted best practices for screenings, mental health support, and lifestyle interventions while addressing service gaps and operational challenges. The session emphasized a structured, interdisciplinary approach to prevention to improve patient outcomes.

Age-Based Interventions

- Infants & Children (0-18): Immunizations, developmental screenings, and health education, with added focus on adolescent mental health, substance use, and sexual health education.
- Young Adults (19-30): Screening for sexual health, mental health (e.g., ADHD, eating disorders), and substance use, along with support for life transitions like parenthood and career development.
- Middle-Aged Adults (30-60): Cancer screenings, chronic disease prevention, lifestyle interventions, and mental health assessments.
- Older Adults (60+): Bone health, fall risk, vision and cognitive screenings, chronic disease management, and advanced care planning.

Best Practices

- Regular assessments through scheduled visits and routine appointment check-ins.
- Leveraging interdisciplinary teams, including RNs, to support screenings and patient education.
- Using screening templates, shared resources, and community referrals for comprehensive care.

Recommended Improvements

- Strengthen partnerships with schools, pharmacies, and allied health professionals to expand screening access.
- Increase awareness and communication about PCN resources.
- Expand group programming for mental health, nutrition, and lifestyle support by leveraging allied health expertise.

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