

MedStudy - General Internal Medicine

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Section 8 - Preventive Medicine

Preview/Review

- Which patient education topics should you review and counsel patients about periodically?
 - Tobacco
 - Firearms
 - Alcohol/Substance abuse
 - Physical activity level
 - Obesity
- Memorize Table 15-14

Screening Exam Recommendations	
Screening	Protocol
Counseling about smoking	Each visit
Blood pressure	Each visit; at least every 2 years
Cholesterol	• Men 35-65 years of age & women 45-65 years of age every 5 years • If on lipid-lowering agents, check every 6-12 months • If screening total cholesterol is near threshold, repeat periodically
Breast exams	Proven unreliable. See Oncology
Mammograms	Can begin at age 40. See Oncology
Digital rectal exam	No longer recommended
Fecal occult blood test (FOBT)	Yearly after 50 years of age (not needed after colonoscopy)
Colonoscopy	See Gastroenterology
Pap smear	Every 3 years
PSA	Inconclusive

- What are the screening indications for patients at risk for AAAs? Do they apply to women?

- One-time U/S screening for abdominal aortic aneurysms (AAAs) is recommended in men 65-75 years of age if they have a history of smoking or in men > 60 years of age if they had a sibling or parent with AAA
- Repeat screening is not recommended
- CT or MRI ordered for other indications can be used for AAA screening if the infrarenal aorta was visualized and measured
- No organization recommends screening in women
- Should you do PSA screening in a 75-year old man?
 - The American College of Physicians (ACP 2013) recommends that annual PSA be discussed with men between 50-69 years of age to determine if they want the test based on benefits and harms
 - No PSA screening is recommended for men > 70 years of age or in whose life expectancy is < 10-15 years
 - In general, discuss screening at 40 years of age with African Americans and in patients with a family history of early prostate cancer
- At what age should Pap smear screening begin?
- What are the USPSTF indications for lung cancer screening?
- Which external factors contribute to pressure ulcers in immobilized patients?
- Which prevention strategies can benefit patients at risk for pressure ulcers?
- What is the difference between airborne and droplet precautions?

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