



Adult Preventive Audit Review Performance & Tracking

Health Measures	Men	Women	Comment	Source
Heart Health				
Blood Pressure	Every 3 - 5 years	Every 3 – 5 years	Age 18 to 39, not at risk with a prior normal BP reading <120/80	U.S. Preventive Services Task Force
Lipid panel ≤ 5 yrs.	Annual	Annual	Age 40 or > and adults at increased risk (e.g., prior high normal BP) SBP-120-139 mmHg DBP-80-90 mmHg	<i>Screening for Hypertension in Adults</i> US Preventative Services task Force Reaffirmation Recommendation Statement JAMA April 27, 2021, Vol. 325, # 16
	Every 5 years	Every 5 years	Age 20 or > at low risk for CV disease	Centers for Disease Control and Prevention
	More freq. than every 5 years	More freq. than every 5 years	If known cardiovascular (CV) disease risk factors	Centers for Disease Control and Prevention
ASA - 81 mg daily	>40 yrs. of age	>40 yrs. of age	Only recommended if provider determines patient is high risk for heart disease & ASA will lower risk without significant bleeding risks. Or if patient has history of previous MI or stroke**	U.S. Preventive Services Task Force* *Update in progress ** U.S. Preventive Services Task Force
	>18 yrs. of age	>18 yrs. of age	Hx of heart attack, stroke, or as determined by provider**	** U.S. Preventive Services Task Force



Health Measures	Men	Women	Comment	Source
Cancer Screening				
Mammogram	N/A	>50 - 74 yrs. of age	Every 2 years: decision to screen prior to 50 yrs. of age or after 74 yrs. of age should be individualized per patient	U.S. Preventive Services Task Force
Cervical PAP	N/A	21 - 65 yrs. of age*	<p>21 - 29 years: Screening for cervical cancer every 3 years with cervical cytology alone</p> <p>30 - 65 years: Screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (co-testing)</p>	<p>U.S. Preventive Services Task Force** **Update in progress</p> <p>*Not recommended for:</p> <ul style="list-style-type: none"> • < 21 years • Hysterectomy with removal of cervix and a without history high-grade precancerous lesion • > 65 years with adequate prior screenings and are not otherwise at high risk for cervical cancer
Colorectal screen*	45 -75 yrs. of age	45 - 75 yrs. of age	Average risk factors	U.S. Preventive Services Task Force
	76 - 85 yrs. of age	76 - 85 yrs. of age	Selectively offer screening considering the patient's overall health, prior screening history and preferences. Evidence indicates the net benefit is small.	
<p>See "Practice Considerations" section and table 1 for details on screening tests and intervals Recommendation: Colorectal Cancer: Screening United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)</p>				



Health Measures	Men	Women	Comment	Source
Annual Health Risk Assessment				
Tobacco	All adults	All adults	PCP should provide interventions, including advise to stop using tobacco, brief counseling, education, and for non-pregnant, FDA approved pharmacotherapy for smoking cessation	U.S. Preventive Services Task Force
Obesity (BMI)	BMI 30 or higher	BMI 30 or higher	PCP should provide interventions, including counseling and education or refer to intensive, multicomponent behavioral interventions	U.S. Preventive Services Task Force
Alcohol	All adults	All adults	Screen for unhealthy alcohol use and provide brief behavioral counseling intervention to individuals engaged in risky or hazardous drinking	U.S. Preventive Services Task Force
Sexual Health Screening				
Chlamydia/ Gonorrhea	N/A	Annually if 24 yrs. or younger	For <i>sexually active</i> women, including pregnant persons	U.S. Preventive Services Task Force
	N/A	Annually if 25 yrs. or older	For <i>sexually active</i> women, including pregnant persons, or with an increased risk	U.S. Preventive Services Task Force
Immunizations				
Flu	Annual if six months or older	Annual if older than six months	Unless there is a contraindication	Centers for Disease Control and Prevention
Pneumonia	65 yrs. and older	65 yrs. and older		Centers for Disease Control and Prevention
	64 yrs. and younger	64 yrs. and younger	Adults who smoke or with certain medical conditions	Centers for Disease Control and Prevention
Shingles	Older than 49 yrs. of age	Older than 49 yrs.	Two doses separated by two to six months, even if history of shingles or chicken pox	Centers for Disease Control and Prevention

Note: If guidelines are updated, the most current guidelines are applicable to the PCMH audit.