

Lakeland Care
 PROTOCOL ORDERS
Adult Preventative Care Protocols
Ages 18 - 49

Diagnosis/Chief Complaint	
Patients ages 18 - 49 years of age are recommended to have a Wellness visit at least once every 3 years.	
Lab Evaluations/Results	
<p>*Initial fasting lipid profile (i.e. total, LDL-C, HDL-C, triglycerides) for: Males ≥ 35 years of age Females ≥ 45 years of age Or males and females age ≥ 20 years of age if risk factors of clinical atherosclerotic cardiovascular disease Screen every 4-6 years if initial test normal.</p> <p>*Blood glucose screening for BMI>25 beginning age 35</p> <p>*Cervical cancer screening women ages 21-65 years with cytology every 3 years, or to lengthen screening interval, combination of cytology & HPV every 5 years when age 30 or older.</p> <p>*Screen all patients age 15-65 for HIV; screen all increased risk patients (no age limit) annually.</p> <p>*Screen for HCV infection in persons at high risk for infection. Recommend one-time screening for all adults 18 years and older</p> <p>*Chlamydia and gonorrhea screening for all sexually active women age 24 years or younger and in older women who are at increased risk for infection.</p>	
Diagnostic Evaluation/Results	
<p>*Mammography screening before the age of 50 years should be an individual decision taking patient context into account, including patient's values regarding specific benefits and harms.</p> <p>*Screen populations at increased risk for latent TB</p> <p>*Note: starting in 2022 payers will begin moving towards screening for colorectal cancer starting at age 45 and continuing from age 50 to 75 years.</p>	
Plan of Care	
<p>Immunizations based upon CDC & MCIR guidelines.</p> <ul style="list-style-type: none"> • Influenza annually. • HPV series completed for males and females up to age 45 • Td or Tdap booster every 10 years • COVID-19 per CDC recommendations <p>Assess for tobacco use, alcohol use and other substances or risk behaviors during wellness exams.</p> <ul style="list-style-type: none"> • Record height, weight and BMI annually with appropriate counseling based on BMI documented • Monitor blood pressure at every visit <p>Screen for Partner Violence, such as domestic violence, and provide or refer for intervention services</p>	
Additional Care	
Depression screening using PHQ 2/9 at all Wellness Visits	
Approval/Signatures	
Physician Section Leader:	Date:
Medical Director:	Date:

DISTRIBUTION

All recipients of this protocol must acknowledge their receipt and understanding of the protocol by referring any questions or problems with the protocol within ten days of the issue date to their immediate supervisor. If no questions or problems are communicated, it will be assumed that the protocol has been read and understood. All questions regarding this protocol its implementation may be referred to the Medical Director of **practice name**

Original Date: 3-25-15
 Reviewed Dates: 4-28-16, 12-16-21
 Revised Dates: 3-11-20, 1-27-22