

## Presbyterian Health Plan Preventive Healthcare Guidelines (for Practitioners)

Minimum recommendations for periodic health examinations for healthy, non-risk groups (unless otherwise specified), which are not to be interpreted as standards of care. The practitioner should strive to ensure that, within 6 months of the member establishing with the Primary Care Practitioner or within 6 months of a change in screening standards, preventive healthcare screenings and services are provided for applicable asymptomatic members unless a member refuses. Screenings and counseling services, as well as member refusal of these services, should be documented in the medical record.

Infancy-Age 1	
<b>Screenings</b>	Tot-to-Teen Health Check at birth, 1, 2, 4, 6, 9, and 12 months (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division) Screening for Sickle Cell Anemia for all newborns with confirmatory testing no later than 2 months of age
<b>Counseling</b>	<p><b>Parental Counseling:</b> Prevention of unintended mistimed pregnancies Prevention of tobacco use/secondhand smoke</p> <p>Benefits of a healthy diet  <ul style="list-style-type: none"> <li>➤ Breastfeeding</li> <li>➤ Iron-enriched formula and foods</li> </ul> </p> <p>Prevention of motor vehicle injuries:  <ul style="list-style-type: none"> <li>➤ Child safety car seats</li> <li>➤ Airbag safety</li> </ul> </p> <p>Prevention of household and recreational injury prevention:  <ul style="list-style-type: none"> <li>➤ Smoke detectors</li> <li>➤ Flame retardant sleepwear</li> <li>➤ Hot water heater temperature &lt; 120-130 degrees F</li> <li>➤ Window/stair guards, pool fence</li> <li>➤ Safe storage of drugs, toxic substances, firearms, and matches</li> <li>➤ Poison control phone number</li> <li>➤ CPR training for parents/caretakers</li> </ul> </p> <p>Prevention of dental and periodontal disease (baby bottle tooth decay) Sleep positioning</p>
<b>Immunizations</b>	For recommended Immunization Schedule for birth to 18 years, see the ACIP Immunization Schedule at <a href="http://www.cdc.gov/vaccines/recs/acip/default.htm">http://www.cdc.gov/vaccines/recs/acip/default.htm</a> or the “Done by One” Childhood and Adolescent Schedule at <a href="http://www.phs.org/shots">www.phs.org/shots</a> .

### Sources:

1. State of New Mexico Medical Assistance Division, New Mexico Administrative Code 8.305.8.16 “Standards for Preventive Health Services” (<http://www.nmcpr.state.nm.us/nmac/parts/title08/08.305.0008.htm>)
2. Tot-to-Teen Health Checks are federally mandated for Medicaid as part of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Services
3. U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2006, and pertinent updates at <http://www.ahrq.gov/clinic/uspstfix.htm>
4. Guidelines for Perinatal Care, 5<sup>th</sup> Edition, 2002, American Academy of Pediatrics (<http://www.aap.org>) and American College of Obstetricians and Gynecologists (<http://www.acog.org>);
5. Recommended “Done by One” Childhood and Adolescent Immunization Schedule – New Mexico, 2007; compatible with recommendations of the Advisory Committee on Immunization Practices (<http://www.cdc.gov/vaccines/recs/acip/default.htm>), the American Academy of Pediatrics (<http://www.aap.org>), and the American Academy of Family Physicians (<http://www.aafp.org/online/en/home.html>)

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<b>Ages 1-10</b>			
<b>Screenings</b>	Tot-to-Teen Health Check at 15, 18, and 24 months; and 3, 4, 5, 6, 7, 8, 9 and 10 years (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division)		
<b>Counseling</b>	<p>Parental counseling:</p> <ul style="list-style-type: none"> <li>➤ Prevention of tobacco use/secondhand smoke</li> <li>➤ Benefits of physical activity</li> <li>➤ Benefits of healthy diet</li> <li>➤ Iron-enriched foods (infants and toddlers)</li> <li>➤ Limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables (age <math>\geq 2</math> yr.)</li> </ul> <p>Prevention of motor vehicle injuries</p> <ul style="list-style-type: none"> <li>➤ Child safety car seats (&lt;5 yr.)</li> <li>➤ Lap/shoulder belts (<math>\geq 5</math> yr.)</li> </ul> <p>Prevention of household and recreational injuries</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>➤ Bicycle helmets, avoid bicycling near traffic</li> <li>➤ Flame retardant sleepwear</li> <li>➤ Window/stair guards, pool fence</li> <li>➤ Poison control phone number</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>➤ Smoke detectors</li> <li>➤ Hot water heater temperature &lt; 120-130 degrees F</li> <li>➤ Safe storage of drugs, toxic substances, firearms, and matches</li> <li>➤ CPR training for parents/caretakers</li> </ul> </td> </tr> </table> <p>Prevention of dental and periodontal disease</p> <ul style="list-style-type: none"> <li>➤ Regular visits to dental care provider (usually every 6 months for children with teeth)</li> <li>➤ Floss, brush with fluoride (after age 3) toothpaste daily</li> <li>➤ Oral fluoride supplement</li> <li>➤ Prevention of baby bottle tooth decay (infants and toddlers)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bicycle helmets, avoid bicycling near traffic</li> <li>➤ Flame retardant sleepwear</li> <li>➤ Window/stair guards, pool fence</li> <li>➤ Poison control phone number</li> </ul>	<ul style="list-style-type: none"> <li>➤ Smoke detectors</li> <li>➤ Hot water heater temperature &lt; 120-130 degrees F</li> <li>➤ Safe storage of drugs, toxic substances, firearms, and matches</li> <li>➤ CPR training for parents/caretakers</li> </ul>
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<b>Immunizations</b>	For recommended Immunization Schedule for birth to 18 years, see the ACIP Immunization Schedule at <a href="http://www.cdc.gov/vaccines/recs/acip/default.htm">http://www.cdc.gov/vaccines/recs/acip/default.htm</a> or the “Done by One” Childhood and Adolescent Schedule at <a href="http://www.phs.org/shots">www.phs.org/shots</a>		

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2. Tot-to-Teen Health Checks are federally mandated for Medicaid as part of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Services
3. U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2006, and pertinent updates at <http://www.ahrq.gov/clinic/uspstfix.htm>
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<b>Ages 11-20</b>	
<b>Screenings</b>	Tot-to-Teen Health Check at 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20 years (see Preventive Health Guidelines for Children and Adolescents from the New Mexico Medical Assistance Division)
<b>Counseling</b>	<p>Prevention of tobacco use/tobacco cessation</p> <p>Benefits of physical activity</p> <p>Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables)</p> <p>Adequate calcium intake (females)</p> <p>Multivitamin with folic acid (females planning/capable of pregnancy)</p> <p>Prevention of motor vehicle injuries (lap/shoulder belts)</p> <hr/> <p>Prevention of household and recreational injuries</p> <ul style="list-style-type: none"> <li style="display: inline-block; width: 45%;">➤ Smoke detectors</li> <li style="display: inline-block; width: 45%;">➤ Safe storage/removal of firearms</li> <li style="display: inline-block; width: 45%;">➤ Avoid drinking and illicit drug use</li> <li style="display: inline-block; width: 45%;">➤ Bicycle/skateboard/roller-blade/motorcycle/ATV helmets</li> </ul> <hr/> <p>Prevention of dental and periodontal disease</p> <ul style="list-style-type: none"> <li>➤ Regular visits to dental care provider (usually every 6 months)</li> <li>➤ Floss, brush with fluoride toothpaste daily</li> </ul> <hr/> <p>Prevention of HIV infection and other sexually transmitted diseases</p> <p>Prevention of unintended or mistimed pregnancies</p>
<b>Immunizations</b>	<p><b>For birth to 18 years:</b> See the ACIP Immunization Schedule at <a href="http://www.cdc.gov/vaccines/recs/acip/default.htm">http://www.cdc.gov/vaccines/recs/acip/default.htm</a> or the “Done by One” Childhood and Adolescent Schedule at <a href="http://www.phs.org/shots">www.phs.org/shots</a></p> <ul style="list-style-type: none"> <li>➤ Human Papilloma Virus (HPV): Females ages 11-12</li> </ul> <p><b>For 19-20 years:</b></p> <ul style="list-style-type: none"> <li>➤ Tdap: 1dose (adults 19-65)</li> <li>➤ Measles and mumps for adults born after 1956 who lack evidence of immunity and for adolescents and young adults in settings where such individuals congregate</li> <li>➤ Meningococcal: Recommended for college freshmen living in dormitories</li> <li>➤ Hepatitis B: for all young adults not previously immunized</li> </ul>

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### Ages 21-64

<b>Screening for:</b>	<p>Breast Cancer by mammography alone or with Clinical Breast Exam every 1-2 years for women age 40 and older Annual clinical breast exam for women ages 52-64 Cervical cancer by Pap smear testing with onset of sexual activity, but at least by age 21. Then at least every 3 years if prior testing normal. Annually for high-risk individuals. Chlamydia for all sexually active women ages 25 and younger and other asymptomatic women at increased risk Colorectal cancer for all individuals ages 50 and older by annual fecal occult blood testing or by sigmoidoscopy or colonoscopy at a periodicity determined by the practitioner. Type 2 Diabetes for high-risk individuals Hypertension every 2 years or more frequently as necessary Lipid disorders every 5 years for men ages 35 and older (age 20 and older if high-risk) and women 45 and older (20 and older if high-risk) Obesity by periodic height, weight, and BMI measurements Rubella for all women of childbearing age Tuberculosis for asymptomatic high-risk individuals High risk for behavioral health condition at first encounter with a PCP after enrollment Alcohol and drug abuse using CAGE AID tool for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators Depression—in clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*</p>
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<b>Ages 21-64</b>	
<b>Counseling</b>	<p>BRCA1 and BRCA2 genetic counseling, if clinically appropriate</p> <p>Prevention of tobacco use/tobacco cessation</p> <p>Benefits of physical activity</p> <p>Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables)</p> <p>Prevention of motor vehicle injuries (Lap-shoulder belts)</p> <hr/> <p>Prevention of household and recreational injuries</p> <ul style="list-style-type: none"> <li>➤ Bicycle/motorcycle/ATV helmets</li> <li>➤ Safe storage/removal of firearms</li> <li>➤ Smoke detectors</li> <li>➤ Avoid alcohol/drug use while driving, swimming, boating, etc.</li> </ul> <hr/> <p>Prevention of dental and periodontal disease</p> <ul style="list-style-type: none"> <li>➤ Regular visits to dental care provider (usually every 6 months)</li> <li>➤ Floss, brush with fluoride toothpaste daily</li> <li>➤ Oral fluoride supplement</li> </ul> <hr/> <p>Prevention of HIV infection and other sexually transmitted diseases</p> <p>Prevention of unintended or mistimed pregnancies</p> <p>Adequate calcium intake (females)</p> <p>Multivitamin with folic acid (females planning/capable of pregnancy)</p> <p>Discussion of prevention of chronic diseases in perimenopausal and postmenopausal women</p> <p>Discussion of aspirin for the primary prevention of cardiovascular events for individuals at increased risk for coronary artery disease</p> <p>PCP's shall be required to refer clients, when appropriate in the professional opinion of the PCP, to behavioral health providers</p>
<b>Immunizations</b>	<ul style="list-style-type: none"> <li>➤ Tetanus, diphtheria, pertussis (Td/Tdap): ➤1 dose Td booster every 10 years      ➤ Substitute 1 dose of Tdap for Td</li> <li>➤ Measles and mumps for adults born after 1956 who lack evidence of immunity and for adolescents and young adults in settings where such individuals congregate</li> <li>➤ Hepatitis B for all young adults not previously immunized</li> <li>➤ Influenza vaccine annually for adults ages 50 and older or adults at-risk</li> <li>➤ A single dose of zoster vaccine is recommended for adults aged ≥60 years regardless of whether they report a prior episode of herpes zoster. Persons with chronic medical conditions may be vaccinated unless a contraindication or precaution exists for their condition.</li> </ul>

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<b>Ages 65 and older</b>	
<b>Screening for:</b>	<p>Breast Cancer by mammography alone or with Clinical Breast Exam every 1-2 years for women.                      Annual clinical breast exam for women ages 65-69                      Cervical cancer by Pap smear testing at least every 3 years if prior testing normal. Annually for high-risk individuals.                      Colorectal cancer for all individuals age 50 and older by annual fecal occult blood testing or sigmoidoscopy or colonoscopy at a periodicity determined by the practitioner                      Abdominal aortic aneurysm by ultrasonography (one-time screening for men ages 65-75 with a smoking history)                      Type 2 Diabetes for high-risk individuals                      Hearing impairment through questioning/counseling                      Hypertension every 2 years or more frequently as necessary                      Lipid disorders every 5 years                      Osteoporosis for women age 65 and older by a method and at intervals to be determined by the practitioner**                      Obesity by periodic height, weight, and BMI measurements                      Tuberculosis for asymptomatic high-risk individuals                      Diminished visual acuity                      High risk for behavioral health condition at first encounter with a PCP after enrollment                      Alcohol and drug abuse using CAGEAID tool for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators                      Depression in clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*</p>

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<b>Ages 65 and older</b>	
<b>Counseling</b>	<p>Prevention of tobacco use/tobacco cessation            Benefits of physical activity            Benefits of healthy diet (limit fat and cholesterol, maintain caloric balance, emphasize whole grains, fruits, vegetables)            Prevention of motor vehicle injuries (lap/shoulder belts)</p> <hr/> <p>Prevention of household and recreational injuries:</p> <ul style="list-style-type: none"> <li>➤ Fall prevention</li> <li>➤ Smoke detectors</li> <li>➤ CPR training for household members</li> <li>➤ Set hot water heater to &lt; 120-130 degrees F</li> <li>➤ Safe storage/removal of firearms</li> <li>➤ Bicycle/roller-blade/motorcycle/ATV helmets</li> <li>➤ Avoid alcohol/drug use while driving, swimming, boating, etc.</li> </ul> <hr/> <p>Prevention of dental and periodontal disease:</p> <ul style="list-style-type: none"> <li>➤ Regular visits to dental care provider (usually every 6 months)</li> <li>➤ Floss, brush with fluoride toothpaste daily</li> </ul> <hr/> <p>Prevention of HIV infection and other sexually transmitted diseases            Adequate calcium intake (females)            Discussion of prevention of chronic diseases in perimenopausal and postmenopausal women            Discussion of aspirin for the primary prevention of cardiovascular events for individuals at increased risk for coronary artery disease            PCP's shall be required to refer clients, when appropriate in the professional opinion of the PCP, to behavioral health providers</p>
<b>Immunizations</b>	<p>Tetanus-diphtheria (Td) boosters            Influenza vaccine annually            Pneumococcal vaccine. Revaccination not recommended unless vaccine received prior to age 65, then administer if &gt;/=5 years have elapsed since previous dose.</p>

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<b>Pregnancy</b>		
<b>Note: Guidelines for pregnant women are meant to complement age-appropriate guidelines.</b>		
<b>Screenings</b>	Screening for preeclampsia Screening for D(Rh) Incompatibility Screening for neural tube defects Screening for hemoglobinopathies Screening for vaginal and rectal Group B Streptococcal infection Urine culture Rubella serology or vaccination history Hepatitis B surface antigen Screening for syphilis Screening for gonorrhea Screening for chlamydia (< age 25) Screening for iron deficiency anemia	Offer screening for Down Syndrome Offer screening for HIV Screening to detect high risk for behavioral health condition at first encounter with a PCP after enrollment Screening for alcohol and drug abuse using standardized screening tools for high-risk individuals at a periodicity determined by the results of the first screen and other clinical indicators Depression—In clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up*
<b>Counseling</b>	Tobacco cessation/effects of passive smoking Alcohol/other drug use Nutrition, including adequate calcium intake Multivitamin with folic acid Breastfeeding	Lap/shoulder belts Infant safety car seats STD prevention Importance of postpartum visit Unintended and mistimed pregnancy (at postpartum visit)
<b>Immunizations</b>	Influenza for women who will be in the second or third trimester during influenza season Rubella after delivery, if needed	

### Sources:

1. State of New Mexico Medical Assistance Division, New Mexico Administrative Code 8.305.8.16 “Standards for Preventive Health Services” (<http://www.nmcpr.state.nm.us/nmac/parts/title08/08.305.0008.htm>)
2. Tot-to-Teen Health Checks are federally mandated for Medicaid as part of Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) Services
3. U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2006, and pertinent updates at <http://www.ahrq.gov/clinic/uspstfix.htm>
4. Guidelines for Perinatal Care, 5<sup>th</sup> Edition, 2002, American Academy of Pediatrics (<http://www.aap.org>) and American College of Obstetricians and Gynecologists (<http://www.acog.org>);
5. Recommended “Done by One” Childhood and Adolescent Immunization Schedule – New Mexico, 2007; compatible with recommendations of the Advisory Committee on Immunization Practices (<http://www.cdc.gov/vaccines/recs/acip/default.htm>), the American Academy of Pediatrics (<http://www.aap.org>), and the American Academy of Family Physicians (<http://www.aafp.org/online/en/home.html>)

\*Please see <http://www.ahrq.gov/clinic/uspstf/uspstfdepr.htm> for more information or call PHP Behavioral Health Services at:

- 923-5470 or 1-800-453-4347 (Commercial/Medicare Advantage)

\*\* Subject to Medicare coverage guidelines