Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-26

NAHIC

UCSF Division of Adolescent and Young Adult Medicine

Guidelines as of 02/2014, subject to change.

| Nutrition/Exercises/Obesity | <u> IIV</u> | | | | Guidelines as of 02/2014, subject to change. | |
|--|-------------|--|-------------|-------------|---|--|
| Hypertension/Blood Pressure | | Preventive Services | All (√) | At Risk (+) | Screening Test/ Procedure and Other Notes | |
| Obesity/BMI | | Nutrition/Exercise/Obesity | | | | |
| Cholesterol level | | Hypertension/Blood Pressure [†] | √ | | Screening every 2 years with BP <120/80 | |
| Healthy diet | | | √ | | [Weight (lb.)/Height (in)] x 703 | |
| Substance Use Alcohol (screening and counseling) Alcohol (screening and counseling) White Alcohol (screening and counseling) White Bright Futures (screening and counseling) White Bright Futures and ACOG** Mental Health/Depression Depression (screening and treatment) Screening Questions; Staff-assisted depression care supports should be in place Suicide Screening Suicide Screening and treatment) Safety/Violence Intimate Partner Violence Helmets V V Seright Futures and ACOG Safety/Violence Helmets V V Seright Futures and ACOG Safety Futures and ACOG Safety Futures and ACOG Suicide Screening Savallable Highting V V Seright Futures and ACOG Safety Futures and ACOG Safety Futures and ACOG Safety Futures and ACOG Suicide Screening Savallable Highting V Seright Futures and ACOG Safety Futures and ACOG Suicide Screening Savallable Highting V Seright Futures and ACOG Safety Futures and ACOG Suicide Screening Savallable Highting V Seright Futures and ACOG Suicide Screening Savallable Suicide Screening Savallable Highting V Seright Futures and ACOG Suicide Screening Savallable Suicide Screening Savallable Highting V Hight Futures and ACOG Suicide Screening Savallable Suicide Screening Savallable Hilly Screening Suicide Screening Suicide Screening Savallable Suicide Screening Suicide Screening Suicide Screening Suicide Screening Suicide Screening S | | Cholesterol level | | + | Ages 20+; Test: Total cholesterol, HDL-C samples | |
| Alcohol (screening and counseling) | | Healthy diet [†] | | + | Intensive behavioral dietary counseling | |
| Tobacco (screening and counseling) | | Substance Use | | | | |
| Illicit Drugs (screening and counseling) | | Alcohol (screening and counseling) | √ | | NIAAA Screening, AUDIT, | |
| Mental Health/Depression | | Tobacco (screening and counseling) | √ | | 5-A Framework (Ask, Advise, Assess, Assist, Arrange) | |
| □ Depression (screening and treatment) √ Screening Questions; Staff-assisted depression care supports should be in place □ Suicide Screening* √ √ √ Bright Futures and ACOG Safety/Violence □ Intimate Partner Violence + Women; multiple screenings available □ Flighting √ √ Bright Futures and ACOG □ Helmets √ √ Bright Futures and ACOG □ Alcohol while driving √ √ Bright Futures and ACOG □ Bullying √ ✓ Bright Futures and ACOG □ Bullying √ ✓ Bright Futures only □ Bullying √ ✓ Bright Futures only □ Reproductive Health Image: Productive Health □ HIV √ HIV Screening □ STI (screening and counseling)* + High-Intensity Counseling Interventions □ Stphilis + VDRL □ Chlamydia (female)* + High-Intensity Counseling Interventions □ Chlamydia (femal | | Illicit Drugs (screening and counseling) | √ | | √ Bright Futures* and ACOG** | |
| Suicide Screening | | Mental Health/Depression | | | | |
| Safety/Violence Intimate Partner Violence | | Depression (screening and treatment) | √ | | Screening Questions; Staff-assisted depression care | |
| Safety/Violence | | | | | supports should be in place | |
| Intimate Partner Violence | | Suicide Screening [†] | $\sqrt{}$ | | √ Bright Futures and ACOG | |
| Fighting | | Safety/Violence | | | | |
| Helmets | | Intimate Partner Violence | | + | Women; multiple screenings available | |
| Seat belts | | Fighting | $\sqrt{}$ | | √ Bright Futures and ACOG | |
| Alcohol while driving | | Helmets | $\sqrt{}$ | | √ Bright Futures and ACOG | |
| □ Guns √ √ Bright Futures and ACOG □ Bullying √ √ Bright Futures only Reproductive Health THV √ HIV Screening □ STI (screening and counseling) [†] + High-Intensity Counseling Interventions □ Syphilis + VDRL □ Gonorrhea [†] + NAATs; Vaginal Culture (Self swab preferred) □ Chlamydia (female) [†] + NAATs; Vaginal Culture (Self swab preferred) □ Chlamydia (male) [†] + NAATs; Vaginal Culture (Self swab preferred) □ Chlamydia (male) [†] + NAATs; Vaginal Culture (Self swab preferred) □ Chlamydia (male) [†] + V ACOG, + Bright Futures only □ Birth Control Methods √ + V ACOG, + Bright Futures; Sexually active without contraception, late or absent menses, or heavy irregular bleeding □ Cervical Cancer + Pemales ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer + Pemales ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer + Pemales ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer + Pemales ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer </td <td></td> <td>Seat belts</td> <td>√</td> <td></td> <td>√ Bright Futures and ACOG</td> | | Seat belts | √ | | √ Bright Futures and ACOG | |
| Reproductive Health | | Alcohol while driving | √ | | √ Bright Futures only | |
| Reproductive Health HIV | | Guns | V | | √ Bright Futures and ACOG | |
| HIV | | Bullying | √ | | √ Bright Futures only | |
| STI (screening and counseling) Syphilis | | Reproductive Health | | | | |
| Syphilis | | HIV | √ | | HIV Screening | |
| Gonorrhea | | STI (screening and counseling) † | | + | High-Intensity Counseling Interventions | |
| Chlamydia (female) † | | Syphilis | | + | VDRL | |
| Chlamydia (male) | | Gonorrhea [†] | | + | NAATs; Vaginal Culture (Self swab preferred) | |
| □ Chlamydia (male) † + √ Bright Futures only □ Birth Control Methods √ + √ ACOG, + Bright Futures □ Pregnancy + + Bright Futures; Sexually active without contraception, late or absent menses, or heavy irregular bleeding Cancer Screening □ Cervical Cancer + Females ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer √ - - USPSTF; √ Bright Futures for all males 18-21 □ BRCA-Related Cancer + Family Hx of breast, ovarian, tubal, or perionteal cancer □ Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014 □ Hepatitis C Screening + At risk □ Td/Tdap √ Booster every 10 years □ Human papillomavirus √ HPV 4 vaccine for males and females, 3 lifetime doses. □ Varicella (LIVE VACCINE) √*** 1 or 2 lifetime doses (4-8 weeks apart) ***See below □ Measles, mumps, rubella (LIVE VACCINE) √*** 1 or 2 lifetime doses PPSV23: 1-2 lifetime doses □ Pneumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses □ Hepatitis A + 2 lifetime doses □ Hepatitis B [†] + 3 lifetime doses | | Chlamydia (female) [†] | | + | NAATs; test if ≤24 and sexually active or if ≥25 and at | |
| □ Birth Control Methods √ + √ACOG, + Bright Futures □ Pregnancy + + Bright Futures; Sexually active without contraception, late or absent menses, or heavy irregular bleeding Cancer Screening □ Cervical Cancer + Females ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer √ - - USPSTF; √ Bright Futures for all males 18-21 □ BRCA-Related Cancer + Family Hx of breast, ovarian, tubal, or perionteal cancer □ Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014 □ Hepatitis C Screening + At risk □ Td/Tdap √ Booster every 10 years □ Human papillomavirus √ HPV 4 vaccine for males and females, 3 lifetime doses. □ Varicella (LIVE VACCINE) √**** 2 lifetime doses (4-8 weeks apart) ***See below □ Measles, mumps, rubella (LIVE VACCINE) √**** 1 or 2 lifetime doses ***See below □ Influenza (LIVE FOR NASAL) √**** 1 dose annually ***See below □ Preumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses □ Hepatitis A + 2 lifetime doses □ Hepatitis B [†] + 3 lifetime doses | | | | | increased risk | |
| Pregnancy + Bright Futures; Sexually active without contraception, late or absent menses, or heavy irregular bleeding Cancer Screening Cervical Cancer + Females ages 21+: Cytology (pap smear) every 3 years Testicular Cancer | | | | + | √ Bright Futures only | |
| Cancer Screening Cervical Cancer | | Birth Control Methods | $\sqrt{}$ | + | √ ACOG, + Bright Futures | |
| Cancer Screening □ Cervical Cancer | | Pregnancy | | + | • | |
| □ Cervical Cancer + Females ages 21+: Cytology (pap smear) every 3 years □ Testicular Cancer √ - USPSTF; √ Bright Futures for all males 18-21 □ BRCA-Related Cancer + Family Hx of breast, ovarian, tubal, or perionteal cancer □ Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014 □ Hepatitis C Screening + At risk □ Td/Tdap √ Booster every 10 years □ Human papillomavirus √ HPV 4 vaccine for males and females, 3 lifetime doses. □ Varicella (LIVE VACCINE) √*** 2 lifetime doses (4-8 weeks apart) ***See below □ Measles, mumps, rubella (LIVE VACCINE) √*** 1 or 2 lifetime doses ***See below □ Influenza (LIVE FOR NASAL) √*** 1 dose annually ***See below □ Pneumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses □ Hepatitis A + 2 lifetime doses □ Hepatitis B [†] + 3 lifetime doses □ Meningococcal + 1 or more lifetime doses | | | | | or absent menses, or heavy irregular bleeding | |
| □ Testicular Cancer √ - USPSTF; √ Bright Futures for all males 18-21 □ BRCA-Related Cancer + Family Hx of breast, ovarian, tubal, or perionteal cancer Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014 □ Hepatitis C Screening + At risk □ Td/Tdap √ Booster every 10 years □ Human papillomavirus √ HPV 4 vaccine for males and females, 3 lifetime doses. □ Varicella (LIVE VACCINE) √*** 2 lifetime doses (4-8 weeks apart) ***See below □ Measles, mumps, rubella (LIVE VACCINE) √*** 1 or 2 lifetime doses ***See below □ Influenza (LIVE FOR NASAL) √*** 1 dose annually ***See below □ Preumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses □ Hepatitis A + 2 lifetime doses □ Hepatitis B [†] + 3 lifetime doses □ Meningococcal + 1 or more lifetime doses | | - | | | | |
| BRCA-Related Cancer | | | | + | | |
| Infectious Disease Screening/Immunizations (CDC Recommendations) as of 02/2014 Hepatitis C Screening | | | √ | - | · • | |
| ☐ Hepatitis C Screening + At risk ☐ Td/Tdap √ Booster every 10 years ☐ Human papillomavirus √ HPV 4 vaccine for males and females, 3 lifetime doses. ☐ Varicella (LIVE VACCINE) √ *** 2 lifetime doses (4-8 weeks apart) ***See below ☐ Measles, mumps, rubella (LIVE VACCINE) √ *** 1 or 2 lifetime doses ***See below ☐ Influenza (LIVE FOR NASAL) √ *** 1 dose annually ***See below ☐ Pneumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses ☐ Hepatitis A + 2 lifetime doses ☐ Hepatitis B [†] + 3 lifetime doses ☐ Meningococcal + 1 or more lifetime doses | | BRCA-Related Cancer | | + | Family Hx of breast, ovarian, tubal, or perionteal cancer | |
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| □ Varicella (LIVE VACCINE) √*** 2 lifetime doses (4-8 weeks apart) ***See below □ Measles, mumps, rubella (LIVE VACCINE) √*** 1 or 2 lifetime doses ***See below □ Influenza (LIVE FOR NASAL) √*** 1 dose annually ***See below □ Pneumococcal + PCV13: 1 lifetime dose PPSV23: 1-2 lifetime doses □ Hepatitis A + 2 lifetime doses □ Hepatitis B [†] + 3 lifetime doses □ Meningococcal + 1 or more lifetime doses | | | | | | |
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| ☐ Hepatitis A + 2 lifetime doses ☐ Hepatitis B [†] + 3 lifetime doses ☐ Meningococcal + 1 or more lifetime doses | | | √*** | | <u> </u> | |
| ☐ Hepatitis B [†] + 3 lifetime doses ☐ Meningococcal + 1 or more lifetime doses | | Pneumococcal | | + | | |
| ☐ Meningococcal + 1 or more lifetime doses | | - | | + | | |
| | | <u>-</u> | | + | | |
| old = US Preventive Services Task Force † At the time of publication, recommendation was being reviewed and undated. | | = | | | | |

Bold = US Preventive Services Task Force (USPSTF) A or B Recommendation or CDC recommendations for immunizations.

- $\sqrt{}$ = All young adults
- + = Young adults at risk
- = Recommended against

† At the time of publication, recommendation was being <u>reviewed and updated.</u>

- * Bright Futures: recommendations are for annual visits, up to age 21.
- ** <u>American Congress of Obstetricians and Gynecologists</u> (ACOG) recommendations, up to age 26.
- *** The varicella vaccine, MMR vaccine, and nasal influenza vaccine should **NOT** be given to patients with immunodeficiency, including those with autoimmune disease, cancer, or being treated with steroids.

Cite as: National Adolescent and Young Adult Health Information Center (2014). Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-26. San Francisco, CA: National Adolescent and Young Adult Health Information Center, University of California, San Francisco. Retrieved from http://nahic.ucsf.edu/cps/YAguidelines.

For more information, please view the <u>appendix</u>, and visit the <u>official website</u>.