

# Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-25

UCSF Division of Adolescent and Young Adult Medicine



Guidelines as of 04/2016, subject to change.

	Preventive Services	All (√)	At Risk (+)	Screening Test/ Procedure and Other Notes
<b>Nutrition/exercise/obesity</b>				
<input type="checkbox"/>	Hypertension/Blood Pressure	√		Screen every 3-5 years with BP <130/85 mm Hg w/ no other risks
<input type="checkbox"/>	Obesity/BMI	√		[Weight (lb.)/Height (in)] x 703
<input type="checkbox"/>	Cholesterol level		+	Ages 20+; Test: Total cholesterol, HDL-C samples
<input type="checkbox"/>	Healthy diet		+	Intensive behavioral dietary counseling
<b>Substance Use</b>				
<input type="checkbox"/>	Alcohol (screening and counseling)	√		<a href="#">NIAAA Screening</a> , <a href="#">AUDIT</a> , √ Bright Futures
<input type="checkbox"/>	Tobacco screening and counseling for non-pregnant adults	√		5-A Framework (Ask, Advise, Assess, Assist, Arrange), combination pharmacotherapy and behavioral interventions
<input type="checkbox"/>	Tobacco screening and counseling for pregnant women	√		5-A Framework (Ask, Advise, Assess, Assist, Arrange), should undergo behavioral interventions
<input type="checkbox"/>	Illicit Drugs (screening and counseling)	√		√ Bright Futures* and ACOG**, USPSTF insufficient evidence
<b>Mental Health/Depression</b>				
<input type="checkbox"/>	Depression (screening and treatment)	√		Screening instruments: PHQ, EPDS (in post-partum women)
<input type="checkbox"/>	Suicide Screening	√		√ Bright Futures and ACOG, USPSTF insufficient evidence
<b>Safety/Violence</b>				
<input type="checkbox"/>	Family/partner violence	√		HITS; OAS/OVAT; STaT; HARK; CTQ-SF; and WAST
<input type="checkbox"/>	Fighting	√		√ Bright Futures and ACOG
<input type="checkbox"/>	Helmets	√		√ Bright Futures and ACOG
<input type="checkbox"/>	Seat belts	√		√ Bright Futures and ACOG
<input type="checkbox"/>	Guns	√		√ Bright Futures and ACOG
<input type="checkbox"/>	Bullying	√		√ Bright Futures only
<b>Reproductive Health</b>				
<input type="checkbox"/>	HIV	√		HIV Screening
<input type="checkbox"/>	STI (screening and counseling)		+	High-Intensity Counseling Interventions
<input type="checkbox"/>	Syphilis		+	VDRL
<input type="checkbox"/>	Gonorrhea (females)		+	NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk
<input type="checkbox"/>	Chlamydia (female)		+	NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk
<input type="checkbox"/>	Chlamydia & Gonorrhea (male)		+	√ Bright Futures only
<input type="checkbox"/>	Birth Control Methods	√	+	√ ACOG, + Bright Futures
<input type="checkbox"/>	Pregnancy		+	+ Bright Futures
<b>Cancer Screening</b>				
<input type="checkbox"/>	Cervical Cancer		+	Females ages 21+: Cytology (pap smear) every 3 years
<input type="checkbox"/>	Testicular Cancer (self/clinician exam)	√		√ Bright Futures for all males 18-21, USPSTF recommends against
<input type="checkbox"/>	BRCA-Related Cancer		+	Family Hx of breast, ovarian, tubal, or peritoneal cancer
<b>Infectious Diseases including CDC Immunization Recommendations</b>				
<input type="checkbox"/>	Td/Tdap	√		Td booster every 10 years
<input type="checkbox"/>	Human papillomavirus	√		9vHPV vaccine for males and females up to age 26; 3 lifetime doses
<input type="checkbox"/>	Varicella (LIVE VACCINE)	√ ***		2 lifetime doses at least 4 weeks apart ***See below
<input type="checkbox"/>	Measles, mumps, rubella	√		1 or 2 lifetime doses
<input type="checkbox"/>	Influenza	√		1 dose annually
<input type="checkbox"/>	Pneumococcal		+	PCV13: 1 lifetime dose   PPSV23: 1-2 lifetime doses
<input type="checkbox"/>	Hepatitis A	√		2 or 3 lifetime doses
<input type="checkbox"/>	Hepatitis B	√		3 lifetime doses
<input type="checkbox"/>	Meningococcal Quadrivalent	√		2 lifetime doses
<input type="checkbox"/>	Serogroup B Meningococcal		+	Men B vaccine (2 or 3-dose series) to those 16-23 years old
<input type="checkbox"/>	Hepatitis C Screening		+	Anti-HCV antibody testing, polymerase chain reaction testing

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

√ = All young adults    + = Young adults at risk

For more information, please view the [appendix](#), and visit the [official website](#).

\* [Bright Futures](#): recommendations are for annual visits, up to age 21.

\*\* [American Congress of Obstetricians and Gynecologists](#) (ACOG) recommendations, up to age 26.

\*\*\* The varicella vaccine should **NOT** be given to patients with these [contraindications](#).

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