

# Summary of Clinical Preventive Services Guidelines for Adolescents up to Age 18 (CPSG-ADOL Summary)

## UCSF Division of Adolescent and Young Adult Medicine

**NAHIC**

Guidelines as of Apr. 7th, 2020, 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 <sup>†</sup>	√		√ Bright Futures, USPSTF insufficient evidence
<input type="checkbox"/>	<b>Obesity/BMI</b>	√		<b>Screen ≥ 6 years; offer/refer to appropriate intervention</b>
<input type="checkbox"/>	Cholesterol level		+	√ Bright Futures, USPSTF insufficient evidence
<input type="checkbox"/>	Healthy diet and physical activity		+	√ Bright Futures, NHLBI
<input type="checkbox"/>	Dyslipidemia	√		√ Bright Futures recommends one screening each between ages 11-14, 15-17, & 18-21, <i>USPSTF insufficient evidence</i>
	<b>Substance Use</b>			
<input type="checkbox"/>	Alcohol (screening and counseling)	√		√ Bright Futures, <i>USPSTF insufficient evidence</i>
<input type="checkbox"/>	<b>Tobacco (education and counseling)<sup>†</sup></b>	√		<b>Provide education and brief counseling to prevent initiation</b>
<input type="checkbox"/>	Illicit Drugs (screening and counseling)	√		√ Bright Futures* and ACOG**, <i>USPSTF insufficient evidence</i>
	<b>Mental Health/Depression</b>			
<input type="checkbox"/>	<b>Depression (screening and treatment)</b>	√		<b>Routinely screen for MDD ≥ age 12, w/ adequate systems in place</b>
<input type="checkbox"/>	Suicide Screening	√		√ Bright Futures and ACOG, <i>USPSTF insufficient evidence</i>
	<b>Safety/Violence</b>			
<input type="checkbox"/>	<b>Family/partner violence</b>	√		<b>Screen women of childbearing age</b>
<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"/>	<b>HIV</b>	√	+	<b>Bright Futures and USPSTF recommend screening between ages 15-18, and screening for younger adolescents at increased risk</b>
<input type="checkbox"/>	<b>STI (screening and counseling)<sup>†</sup></b>		+	<b>High-Intensity Counseling Interventions</b>
<input type="checkbox"/>	<b>Syphilis</b>		+	<b>VDRL</b>
<input type="checkbox"/>	<b>Gonorrhea (females)<sup>†</sup></b>		+	<b>NAATs; test if ≤ 24 and sexually active</b>
<input type="checkbox"/>	<b>Chlamydia (females)<sup>†</sup></b>		+	<b>NAATs; test if ≤ 24 and sexually active</b>
<input type="checkbox"/>	Chlamydia & Gonorrhea (male) <sup>†</sup>		+	√ Bright Futures, <i>USPSTF insufficient evidence</i>
<input type="checkbox"/>	Birth Control Methods (counseling)	√	+	√ ACOG, + Bright Futures
<input type="checkbox"/>	Pregnancy (counseling)		+	+ Bright Futures
	<b>Cancer Screening</b>			
<input type="checkbox"/>	<b>Skin Cancer (counseling)</b>		+	<b>Counsel those with fair skin ages 10-24 about reducing UV exposure</b>
<input type="checkbox"/>	<b>BRCA-Related Cancer</b>		+	<b>Family Hx of breast, ovarian, tubal, or peritoneal cancer</b>
	<b>Infectious Diseases including CDC Immunization Recommendations</b>			
<input type="checkbox"/>	<b>Td/Tdap</b>	√		<b>1 dose Tdap, then Td booster every 10 years</b>
<input type="checkbox"/>	<b>Human papillomavirus</b>	√		<b>HPV vaccine for males and females up to age 26; 2-3 lifetime doses</b>
<input type="checkbox"/>	<b>Varicella (LIVE VACCINE)</b>	√ ***		<b>2 lifetime doses at least 4 weeks apart ***See below</b>
<input type="checkbox"/>	<b>Measles, mumps, rubella</b>	√		<b>1 or 2 lifetime doses at least 4 weeks apart</b>
<input type="checkbox"/>	<b>Influenza</b>	√		<b>1 dose annually</b>
<input type="checkbox"/>	<b>Pneumococcal</b>		+	<b>PCV13: 1 lifetime dose   PPSV23: 1-2 lifetime doses</b>
<input type="checkbox"/>	<b>Hepatitis A</b>	√		<b>Havrix or Vagta: 2 doses   [18+ y.o.] Twinrix: 3-4 doses</b>
<input type="checkbox"/>	<b>Hepatitis B</b>	√		<b>[11-15 y.o.] Recombivax HB: 2 doses   [18+] Heplisav-B/Twinrix: 2-3</b>
<input type="checkbox"/>	<b>Meningococcal Quadrivalent</b>	√		<b>2 lifetime doses</b>
<input type="checkbox"/>	<b>Serogroup B Meningococcal</b>		+	<b>Men B vaccine (2 or 3-dose series) to those 16-23 years old</b>
<input type="checkbox"/>	<b>Hepatitis C Screening</b>		+	<b>Anti-HCV antibody testing, polymerase chain reaction testing</b>

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

*Current evidence is insufficient to assess the balance of benefits and harms of service.*

√ = All adolescents + = Adolescents 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](#).

<sup>†</sup> USPSTF update in progress.

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