

# Summary of Recommended Guidelines for Clinical Preventive Services for Adolescents up to Age 18

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	√		√ 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		+	√ Bright Futures
<b>Substance Use</b>				
<input type="checkbox"/>	Alcohol (screening and counseling)	√		√ Bright Futures , USPSTF insufficient evidence
<input type="checkbox"/>	<b>Tobacco screening</b>	√		<b>Provide interventions (education, brief counseling)</b>
<input type="checkbox"/>	Illicit Drugs (screening and counseling)	√		√ Bright Futures* and ACOG**, USPSTF insufficient evidence
<b>Mental Health/Depression</b>				
<input type="checkbox"/>	<b>Depression (screening and treatment)</b>	√		<b>Screen for MDD in 12-18, w/ adequate systems in place</b>
<input type="checkbox"/>	Suicide Screening	√		√ Bright Futures and ACOG, USPSTF insufficient evidence
<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>HIV Screening age ≥15</b>
<input type="checkbox"/>	<b>STI (screening and counseling)</b>		+	<b>High-Intensity Counseling Interventions</b>
<input type="checkbox"/>	<b>Syphilis</b>		+	<b>VDRL</b>
<input type="checkbox"/>	<b>Gonorrhea (females)</b>		+	<b>NAATs; test if ≤24 and sexually active</b>
<input type="checkbox"/>	<b>Chlamydia (female)</b>		+	<b>NAATs; test if ≤24 and sexually active</b>
<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"/>	<b>Cervical Cancer</b>		+	<b>USPSTF recommends against screening ≤21</b>
<input type="checkbox"/>	Testicular Cancer (self/clinician exam)	√		√ Bright Futures for all males 18-21, USPSTF recommends against
<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>Td booster every 10 years</b>
<input type="checkbox"/>	<b>Human papillomavirus</b>	√		<b>9vHPV vaccine for males and females up to age 26; 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</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>2 or 3 lifetime doses</b>
<input type="checkbox"/>	<b>Hepatitis B</b>	√		<b>3 lifetime doses</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.**

√ = 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](#).

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