### Adult Preventive Care Flowsheet

**Date of Service** Assess every visit. Record any change or at least annually. Document refusals.  

<table>
<thead>
<tr>
<th>Diet &amp; Physical Activity</th>
<th>Tobacco Use</th>
<th>Alcohol Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI of ≥30 or waist circumference &gt;40 in. for men, &gt;35 in. for women</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wt: ___ lbs BMI: ___ kg/m²</td>
<td>q Checkmed</td>
<td>q Never</td>
</tr>
<tr>
<td></td>
<td>q Counseled</td>
<td>q Never</td>
</tr>
<tr>
<td></td>
<td></td>
<td>q Current</td>
</tr>
<tr>
<td></td>
<td></td>
<td>q Secondhand Smoke</td>
</tr>
</tbody>
</table>

**Tobacco Use**  
- q Never  
- q Former: Stop Date ___/____/____  
- q Current

**Alcohol Use**  
- q Never: ___ drinks per ___(day/wk/mo)  
- q Never: ___ drinks per ___(day/wk/mo)  
- q Never: ___ drinks per ___(day/wk/mo)  
- q Never: ___ drinks per ___(day/wk/mo)  
- q Never: ___ drinks per ___(day/wk/mo)

**Health Guidance**  
- Aspirin (75-100 mg qd or 325 mg qod)  
- Men 45-79 yrs. at increased risk for MI and women 55-79 yrs. at increased risk of ischemic stroke  
- Depression Screening  
- Frequency based on risk  
- Preconception Counseling  
- Not applicable  
- Other: [ ]

**Date of Service** Document refusals.

**Immunizations**  
- Influenza  
- q yr. if ≥50 yrs. or high-risk  
- Pneumococcal  
- q Once at ≥65 yrs. or 1 to 2 doses if high-risk  
- Tetanus/Diphtheria/Pertussis (TD/Tdap)  
- q 10 yrs. or after 5 yrs. if exposed  
- Other Immunizations:

**Screening and Tests**  
- Lipid Profile  
- At least q 5 yrs. for women ≥45, men ≥35, and anyone at high-risk for CAD ≥20  
- q |  |
- Colorectal Cancer Screening  
- FOBT q 1-2 yrs., flex sig + FOBT q 5 yrs. or colonoscopy q 10 yrs. if ≥50 yrs.  
- q FOBT | q FOBT | q FOBT | q FOBT | q FOBT |
- Cervical Cancer  
- q 3 yrs. for sexually active women 21-65 yrs.  
- q |  |
- Chlamydia  
- q yr. in sexually active ≤25 yrs. or high-risk females  
- q |  |
- Mammogram  
- q 1-2 yrs. for women ≥40 yrs. up to age 70  
- q |  |
- Bone Density  
- Women who are ≥65 yrs. or ≥60 yrs. at high risk  
- q |  |
- Hypertension  
- Measure every 1-2 yrs. or more often if indicated  
- q |  |
- Diabetes Screening  
- FPG q 3 yrs. if BP sustained at >135/80  
- q |  |

**Other:** [ ]

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1 Alcohol screening questions: When was the last time you had more than 3 (for women or men ≥65 yrs.)/4 (for men) drinks in one day? (positive screen = within the past 3 months) How many drinks do you have per week? (positive screen = ≥7 for women/men ≥65 yrs./≥14 for men)  
2 Depression screening questions: Over the past two weeks, have you felt down, depressed, or hopeless? Over the past two weeks, have you felt little interest or pleasure in doing things? (positive screen = yes to either question)  

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Approved 8/27/08  
This flowsheet is not meant to be a comprehensive list of preventive services that may be indicated for a given patient. It was designed to assist clinicians in providing priority preventive services, not to replace a clinician's judgment. For references, copies of the guideline, and additional resources, go to [www.coloradoguidelines.org](http://www.coloradoguidelines.org) or call 720-297-1681 or 1-866-401-2092.
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<tr>
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<td> Never</td>
<td> Never: Screened for alcohol use(^1)</td>
</tr>
<tr>
<td>Wt: ___ lbs</td>
<td>BMI: ___ kg/m(^2)</td>
<td>Current: ___ drinks per ___ (day/wk/mo)</td>
</tr>
<tr>
<td>BMI: ___ kg/m(^2)</td>
<td> Counseled</td>
<td> Never: Current: ___ drinks per ___ (day/wk/mo)</td>
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**Table continued...**

### Health Guidance

- **Aspirin (75-100 mg qd or 325 mg qod)**
  - Men 45-79 yrs. at increased risk for MI and women 55-79 yrs. at increased risk of ischemic stroke

- **Depression Screening\(^2\)**
  - Frequency based on risk

- **Preconception Counseling**
  - Not applicable

- **Other:**

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#### Immunizations

- **Influenza**
  - q yr. if ≥ 50 yrs. or high-risk

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  - Once at ≥ 65 yrs. or 1 to 2 doses if high-risk

- **Tetanus/Diphtheria/Pertussis (TD/Tdap)**
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- **Other Immunizations:**
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**continued...**

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