

PREVENTIVE CARE RECOMMENDATIONS

Talk with your primary care provider about these preventive services.

How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan. Check your health plan benefits or call the number on the back of your member ID card for details on coverage.*

■ Men and women ■ Women only

HEALTHY ADULT GUIDELINES

AGE	21 – 39	40 – 49	50 – 64	65 – 74	75+
CARDIOVASCULAR HEALTH					
Advice on nutrition, healthy weight and physical activity	Throughout adulthood				
Advice on avoiding tobacco exposure and use	Throughout adulthood				
Blood pressure measurement	At least annually				
Cholesterol (lipid) screening	Performed depending on risk				
Diabetes screening	Ages 35 – 70 and adjusted by health care provider based on risk				
CANCER PREVENTION					

Preventive Care Guidelines For 2014

Lee Goldman, Andrew I. Schafer



Preventive Care Guidelines For 2014:

Clinical Guidelines for Advanced Practice Nursing Karen G. Duderstadt, Rebekah Kaplan, 2016-03-17 Clinical Guidelines for Advanced Practice Nursing An Interdisciplinary Approach Third Edition is an accessible and practical reference designed to help nurses and students with daily clinical decision making Written in collaboration with certified nurse midwives clinical nurse specialists nurse practitioners nutritionists pharmacists and physicians it fosters a team approach to health care Divided into four areas Pediatrics Gynecology Obstetrics and Adult General Medicine and following a lifespan approach it utilizes the S O A P Subjective Objective Assessment Plan format Additionally the authors explore complex chronic disease management health promotion across the lifespan and professional and legal issues such as reimbursement billing and the legal scope of practice The Third Edition has a keen focus on gerontology to accommodate the AGNP specialty and to better assist the student or clinician in caring for the aging population The authors follow the across the life span approach and focus on common complete disorders Certain chapters have been revised and new chapters have been added which include Health Maintenance for Older Adults Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section Please note that the 2016 CDC Guidelines for prescribing opioids for chronic pain in the United States were not yet available at the time the authors were updating the Third Edition See the Instructor Resources tab to read a note from the authors about their recommendations for resources around these guidelines

Office Care of Women Martin Olsen, Botros Rizk, 2016-06-06 This book covers a wide range of topics which are pertinent to the provision of excellent healthcare for women *Guidelines for Nursing Excellence in the Care of Children, Youth, and Families Second Edition* Cecily Betz, Marilyn Krajicek, Martha Craft-Rosenberg, 2017-10-28 First Edition Designated a Doody's Core Title and Winner of an AJN Book of the Year Award This distinguished title written by nationally recognized nursing experts in health care and pediatrics delivers the most current evidence based practice standards and their application These guidelines developed through systematic consensus building led by the AAN's Child Adolescent and Family Expert Panel incorporates the wisdom of 17 professional nursing and healthcare organizations regarding the core elements of pediatric nursing excellence This second edition contains substantial updates to all guidelines based on the most current research evidence and demonstrates examples of how to best apply the guidelines to nursing practice Disseminating the gold standard of care for infants children adolescents and families this text addresses access to health care genetic assessment and counseling culturally responsive care care for children and youth with disabilities and others Every chapter breaks down a guideline into its definition history and implications for clinical education policy and research in nursing practice A case study based around the analyzed guideline illustrates how the guideline should be employed in nursing practice culminates every chapter Replete with supplemental online files full of resources to apply these guidelines to nursing practice Guidelines for Nursing Excellence in the Care of Children Youth and Families represents an invaluable

resource for pediatric nurses nursing students nursing educators nursing administrators pediatric and family nurse practitioners advanced practice nurses nursing clinicians in public health school nurses and nurse researchers New to the Second Edition Significant updates to all 17 guidelines based on latest research evidence Contributions by five new nursing and health care organizations A new chapter organizational framework incorporating useful pedagogical elements Examples of applications to education research policy and clinical practice A new faculty toolkit Key Features Provides current pediatric practice standards formatted and endorsed by 17 leading professional nursing and health care organizations Includes content applicable to advanced practice nurses educators researchers and consultants Includes learning objectives description of guidelines applications to practice exemplars references and websites for additional resources

Guidelines for Nurse Practitioners in Gynecologic Settings, 12th Edition Heidi Collins Fantasia, Allyssa L. Harris, Holly B. Fontenot, 2020-03-01 Delivers the latest evidence based guidelines you need to ensure excellence in clinical practice Now in its 12th edition this authoritative resource continues to represent the gold standard for nursing management of common gynecological conditions for women throughout the life span It includes contributions from prominent specialists focusing on specific areas of gynecological health in addition to the vanguard contributions of three new lead Editors with decades of experience in varied health care settings The 12th edition is substantially updated with pivotal topics current evidence based practice guidelines real life case studies and improved patient teaching materials that foster translation of information to practice Clinical guidelines appendices and bibliographies are extensively revised to reflect the most current evidence based information research and consensus from national health organizations For qualified instructor s new PowerPoint slides and a transition guide for the 12th edition are included for ease of use in educational programs New and Revised Chapters New section on women s health adolescents sexual and gender minority persons and individuals with mental health considerations Updated breast and cervical cancer screening guidelines Acute and chronic gynecologic conditions STIs and prevention and management of HPV associated cancers Perimenopause and postmenopausal care Key Features Evidence based guidelines empirically proven to improve patient outcomes Outline format ensures quick and easy access to essential information Updated bibliography for each guideline including relevant websites with additional resources Online access to seven appendices presenting updated clinical resources assessments and screening tools Two expanded chapters include online access to case studies and EMR education templates to facilitate student learning New PowerPoint slides for ease of use by qualified instructors Transition guide to assist instructors in incorporating new edition content into their courses

Standard Treatment Guidelines for Hypertension Mr. Rohit Manglik, 2024-07-30 This manual presents standardized updated treatment pathways for hypertension ensuring uniform care practices aligned with national and international cardiovascular guidelines

Comprehensive Care of the Patient with Chronic Illness, An Issue of Medical Clinics of North America Douglas Paauw, 2015-09-07 This issue of Medical Clinics of North America Guest Edited by Douglas S Paauw

MD is devoted to Comprehensive Care of the Patient with Chronic Illness Dr Paauw has assembled a group of expert authors to review the following topics Primary Care of the Homeless Patient Primary Care of the Patient with Chronic Liver Disease Primary Care of the Transplant Patient Primary Care of the Patient with CRI Primary Care of the Patient with Alcoholism Primary Care of the Childhood Cancer Survivor Primary Care of the Immigrant Patient Primary Care of the HIV Patient Primary Care of the Patient with Chronic Lung Disease Primary Care of the Patient with Sarcoid and Primary Care of the Patient with Inflammatory Bowel Disease

Men's Health in Primary Care Joel J. Heidelbaugh, 2016-01-14 This book fills a major gap in the literature by providing comprehensive guidelines for the care of male patients through the lifecycle and across healthcare settings Devoted solely to improving men's health this book serves as an accessible practical reference for clinicians treating these patients It focuses on the psychosocial challenges that men encounter in obtaining healthcare as well as acute and chronic medical and psychological diseases The book also offers current evidence based guidelines for wellness and health maintenance Topics include the problem of help seeking preventative services sexual dysfunction cardiovascular health prostate cancer screening and testosterone deficiency Men's Health in Primary Care is a valuable resource for primary care clinicians and students in family medicine internal medicine and adolescent medicine

BATES' Guide to Physical Examination and History Taking Uzma Firdaus, 2020-04-01 Bates Guide to Physical Examination and History Taking is designed for undergraduate and postgraduate students in medicine and allied specialties

Care of Cancer Survivors, An Issue of Medical Clinics of North America Kimberly S. Peairs, 2017-10-16 This issue of Medical Clinics guest edited by Dr Kimberly Peairs is devoted to Care of Cancer Survivors Articles in this issue include Care Coordination and Transitions of Care Cancer Survivorship in Adolescents and Young Adults Long term and Late Side Effects of Specific Cancer Types Diet Physical Activity and Body Weight in Cancer Survivorship Anxiety and Depression in Cancer Survivors Cognitive Changes Related to Cancer Therapy Cardiac Disease in the Cancer Survivor Cancer related Fatigue Hormonal Changes and Sexual Dysfunction Palliative Care Issues Screening for Recurrence and Secondary Cancers and Pulmonary Disease in the Cancer Survivor

Health Promotion Throughout the Life Span - E-Book Carole Lium Edelman, Elizabeth Connelly Kudzma, 2017-07-25 Promote health and wellness for all ages and population groups Health Promotion Throughout the Life Span 9th Edition provides a comprehensive guide to leading health promotion concepts from assessment to interventions to application Its lifespan approach addresses patients unique needs with case studies and care plans with an assessment framework based on Gordon's Functional Health Patterns New to this edition is expanded coverage of genomics and QSEN competencies Written by nursing experts Carole Edelman and Elizabeth Kudzma this bestselling text covers all the latest research and trends in health promotion and disease prevention Separate chapters on population groups the individual family and community highlight the unique aspects of assessment and health promotion for each group Coverage of growth and development helps you apply health promotion concepts to each age and each stage of development

through the lifespan Case studies present realistic situations with questions asking you to apply key concepts and care plans include nursing diagnoses defining characteristics related factors expected outcomes and interventions Quality and Safety Scenario boxes focus on QSEN related competencies with examples of health promotion Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented Healthy People 2020 boxes present goals and objectives relating to national health issues and priorities Research for Evidence Based Practice boxes summarize current health promotion studies showing the links between research theory and practice Diversity Awareness boxes address cultural perspectives relating to planning care Hot Topics boxes introduce significant issues trends and controversies in health promotion Think About It clinical scenarios open each chapter and include questions to encourage critical thinking NEW An increased focus on genomics reflects scientific evidence supporting the use of genetic tests and family health history to guide public health interventions NEW Expanded discussion of QSEN competencies is included as related to health promotion NEW Guidelines and recommendations are included from the latest Guide to Clinical Preventive Services from the U S Preventive Services Task Force NEW The latest information about the Affordable Care Act is included NEW Updated photos reflect the latest in health promotion and disease prevention

Goldman-Cecil Medicine E-Book

Lee Goldman, Andrew I. Schafer, 2015-04-21 Since 1927 Goldman Cecil Medicine has been the world's most influential internal medicine resource In the ground breaking 25th edition your original purchase ensures you will be up to date without the need for a subscription Through the new more powerful Expert Consult eBook platform this living text provides continuous updates that will integrate the latest research guidelines and treatments into each chapter ensuring that the content is as current as the day this edition was first published Goldman Cecil Medicine offers definitive unbiased guidance on the evaluation and management of every medical condition presented by a veritable Who's Who of modern medicine A practical straightforward style templated organization evidence based references and robust interactive content combine to make this dynamic resource quite simply the fastest and best place to find all of the authoritative state of the art clinical answers you need Expert Consult eBook version included with print purchase Access continuous updates from Editor Lee Goldman MD who thoroughly reviews internal medicine and specialty journals updating online content to reflect the latest guidelines and translating that evidence into treatment Interactive Q A section features over 1 500 board style questions and answers to aid in preparing for certification or recertification exams Outstanding supplementary tools include figures tables videos heart and lung sounds treatment and management algorithms fully integrated references and thousands of illustrations and full color photos Search all of the text figures supplementary material and references from the book on a variety of devices and at no additional cost Expert Consult access is included with this title Practical bulleted highly templated text with easy to use features including flow charts and treatment boxes New chapters on global health cancer biology and genetics and the human microbiome in health and disease keep you on the cutting edge of medicine Today's most

current evidence based medicine guidelines help you form a definitive diagnosis and create the best treatment plans possible Focused coverage of the latest developments in biology includes the specifics of current diagnosis therapy and medication doses The reference of choice for every stage of your career Goldman Cecil Medicine is an ideal learning tool for residents physicians and students as well as a valuable go to resource for experienced healthcare professionals

Psychiatric-Mental Health Guidelines for Advanced Practice Nurses Brenda Marshall,Julie Bliss,Suzanne Drake,2024-11-20 Delivers a breadth of content encompassing all aspects of psych mental health care along the provider continuum This unique clinical reference supports APRNs and PMH NPs as they strive to provide high quality evidence based care to patients with mental health issues and conditions Designed to support the ongoing needs and changing practice requirements of these nursing professionals this new text provides a comprehensive examination of best practice psychiatric methods ethical concerns patient assessment and management strategies These accessible guidelines for clinicians in a variety of settings bring together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician s psychiatric skills With an easy to navigate format the book encompasses five distinct sections covering general psychiatric nursing guidelines diagnostic specific procedures and patient treatment planning cultural and other considerations for special populations the administrative basics for establishing an APRN practice and additional topics related to mental health Reflecting expertise from authors versed in varied practice fields and numerous subspecialties the resource combines evidence based practice advanced research and practical humanistic approaches Key Features Provides comprehensive psychiatric mental health guidelines to advanced practice nurses in easy to access format Delivers step by step coverage of conducting psychiatric assessments and making referrals Covers polypharmacy differential diagnosis and patient education Includes coverage of special populations including LGBTQ homeless and indigent veterans and survivors of war and many others

Sexual and Reproductive Health Joseph Truglio,Rita S. Lee,Barbara E. Warren,Rainier Patrick Soriano,2022-06-25 This book is a point of care resource for effective sexual and reproductive healthcare for patients of all ages sexual orientations gender identities and medical backgrounds in the primary care setting This useful guide is divided into three parts and other than part three which deals exclusively with transgender and gender diverse patients all content will relate to patients of all gender identities Part one presents sexual and reproductive health SRH using a lifespan approach including chapters on pediatrics adolescents and young adults adults and older adult patients Part two presents an approach to common SRH issues that span multiple age groups including contraception and family planning sexually transmitted infections and cancer screenings as well as sexual and reproductive health in the setting of common medical conditions Part three is dedicated to sexual and reproductive health for transgender and gender non binary patients including psychosocial medical surgical and legal aspects of health This book provides primary care clinicians with a framework for providing effective sexual and reproductive healthcare to patients of all ages

sexual orientations and gender identities in a way that is inclusive focuses on health and addresses the needs unique to specific populations

The Doctor of Nursing Practice Essentials Mary Zaccagnini, Kathryn White, 2015-12-14 The newly revised Third Edition of The Doctor of Nursing Practice Essentials A New Model for Advanced Practice Nursing is the first text of its kind and is modeled after the eight DNP Essentials as outlined by the American Association of Colleges of Nursing AACN Important Notice the digital edition of this book is missing some of the images or content found in the physical edition

Year Book of Pediatrics 2016 Michael D. Cabana, 2016-07-29 Year Book of Pediatrics brings you abstracts of the articles that reported the year s breakthrough developments in pediatrics carefully selected from more than 500 journals worldwide Expert commentaries evaluate the clinical importance of each article and discuss its application to your practice Articles are selected to cover the full breadth of the specialty from gastroenterology hematology adolescent medicine allergy and immunology to urology neurology and therapeutics and toxicology

Collins-Bride & Saxe's Clinical Guidelines for Advanced Practice Nursing Yoonmee Joo, J. V. Gatewood, Mary Anne M. Israel, Kelly Wong McGrath, 2024-05-28 Collins Bride Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section

Clinical Practice Guidelines for Midwifery & Women's Health Nell L. Tharpe, Cindy L. Farley, Robin G. Jordan, 2021-01-28 Awarded third place in the 2021 AJN Book of the Year Awards in the Adult Primary Care category Clinical Practice Guidelines for Midwifery Women s Health Sixth Edition is an accessible and easy to use quick reference guide for midwives and women s healthcare providers Thoroughly updated and revised to reflect the changing clinical environment it offers current evidence based practice updated approaches and opportunities for midwifery leadership in every practice setting The Sixth Edition features new information on diversity and inclusion sexual health opioid disorder and substance exposed newborns the Farley maneuver care for the individual who is transitioning and after transition and more timely and relevant topics Clinical Practice Guidelines for Midwifery Women s Health Sixth Edition is the perfect addition to the library of every student practicing midwife and women s healthcare provider Please see the errata for two sections on page 519 of Chapter 8 Outline format allows dense evidence based information to be absorbed easily and readily Includes additional information about global standards for midwifery education documentation essentials and the foundations of midwifery practice Covers integrative alternative and complementary therapies Provides a person centered and holistic approach to care that focuses on partnering with clients throughout the care process Every new print copy includes an access code to Navigate Essentials featuring Chapter Quizzes and the full eBook with new Patient Handouts to help nurses and students better explain the assessments they are providing Instructor resources include a Test Bank Slides in PowerPoint Format and Lecture Outlines Primary Care of Women Clinical Guidelines Intrapartum Postpartum Care of Women Standards for the Practice of Midwifery Advanced Women s Health Reproductive Healthcare for Women Primary Women s Healthcare Across the Lifespan Maternal and Well Child Care for Family Nurse Practitioners 2022 800 pages

The Washington Manual of Outpatient Internal

Medicine Thomas M. De Fer, Heather F. Sateia, 2015-03-26 The Washington Manual of Outpatient Internal Medicine is designed as a companion to the Manual of Medical Therapeutics addressing the most common encounters in outpatient internal medicine for example hypertension and diabetes Disorders treated in the ambulatory setting fall outside traditional internal medicine therefore chapters also cover dermatology otolaryngology neurology and psychiatry and ophthalmology The 2nd edition includes a complete update of all chapters *Current Challenges and New Directions in Preventive Medicine, An Issue of Medical Clinics of North America, E-Book* Marie Krousel-Wood, 2023-10-10 In this issue of Medical Clinics of North America guest editor Dr Marie Krousel Wood brings her considerable expertise to the topic of Current Challenges and New Directions in Preventive Medicine Top experts in the field provide evidence based recommendations and strategies for common preventative medicine topics including screening and vaccinations Contains 13 relevant practice oriented topics including vaccine preventable diseases and vaccine hesitancy substance use opioid use disorder and clinical care obesity implementing evidence strategies in clinical practice healthcare providers and staff coping and burnout in the era of COVID 19 lifestyle medicine and more Provides in depth clinical reviews on preventive medicine offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews **Primary Care of Women** Barbara K. Hackley, Jan M. Kriebs, 2016-08-01 Primary Care of Women Second Edition is an essential and easy to use resource for healthcare providers who offer primary care to women Ideal for new and experienced clinicians it focuses on the need to address women s health holistically Each chapter begins by discussing common symptoms and how to evaluate them before moving on to diagnosis and management of the most common conditions seen in women Topics include prevention screening management of common health problems and the presentation and management of common health issues in pregnancy Completely updated and revised the Second Edition includes new chapters on sleep disorders dental health and complementary and alternative medicine Also included is an increased focus on topics such as mental health and violence

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