

Preventive activities over the lifecycle – adults

Patient name _____

DOB _____

Date _____

Activity/topic	Frequency	Notes	Page no.	Years											
				10–14	15–17	18–19	20–24	25–29	30–34	35–39	40–44	45–49	50–54	55–64	65+
Prevention of chronic disease															
(S) Smoking	Opportunistically, ideally every visit		33												
(N) Weight	Every 2 years	Every 12 months for Indigenous Australians, diabetes, CVD, stroke, gout, liver or gallbladder disease	34												
Nutrition	Every 2 years	Every 6 months for overweight, obese, high CV AR, family history CVD, type 2 diabetes	36												
(A) Alcohol – early detection of problem drinking	Every 3–4 years	Opportunistically for other risk factors	37												
(P) Physical activity	Every 2 years	Every visit adolescent girls, Indigenous Australians, NESB, chronic disease or CVD	39												
Prevention of vascular disease															
Absolute cardiovascular risk assessment	Every 2 years	More frequently if change of treatment indicated	41												
Blood pressure	Every 2 years	Every 12 months with increased age and CV risk. Every 6 months for high CV risk. From 15 years of age for Indigenous Australians	42												
Cholesterol and lipids	Every 5 years	Every 2 years >45 years of age and increased risk. Every 12 months with increased CV risk and existing chronic disease	43												
Type 2 diabetes	Every 3 years	Start at 18 years of age for Indigenous Australians	44												
Stroke	Every 12 months with risk factors	Every 12 months with AF and risk factors, previous stroke or MI or chronic kidney disease	45												
Kidney disease	Every 5 years	Every 12 months with HTN, diabetes, family history or presence of kidney disease. From 35 years of age for Indigenous Australians	46												
Cancer															
Skin cancer examination	Opportunistically	With increased risk – up to every 3 months for high risk	48												
Cervical cancer	Every 2 years	Women with a cervix from 18 years of age, or 1–2 years after becoming sexually active. Ceasing at age 69 years if two normal smears in previous 5 years	51												
Breast cancer	Every 2 years	Women aged 50–69 years	52												
Colorectal cancer	Every 2 years	Earlier for high risk	54												
Preconception															
Preconception care	Opportunistically	Consider for all women aged 15–49 years	11												
Sexual health															
Chlamydia	Opportunistically	All sexually active females aged <25 years	30												
Psychosocial															
Depression	Opportunistically	When there is effective treatment and follow up	58												
Intimate partner violence	Opportunistically	For pregnant and adolescent women	60												
Elderly															
Falls risk	Every 12 months	Every 6 months with history of falls or risk factors	24												
Vision and hearing	Every 12 months		25												

■ Population based activity □ Increased risk (eg. Aboriginal people and Torres Strait Islanders)