

Preventive activities over the lifecycle – adults

Patient name: _____ DOB: _____ Date: _____

Activity/topic	Frequency	Notes	Page no.	Years																
				10-12	12-14	15-17	18-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	≥80
Prevention of chronic disease																				
(S) Smoking	Opportunistically: ideally every visit		42																	
(N) Overweight	Every 2 years	Every 12 months for Aboriginal and Torres Strait Islander peoples, patients with existing diabetes, CVD, stroke, gout or liver disease	43																	
Nutrition	Every 2 years	Every 6 months for overweight, obese, high CV AR, family history CVD, type 2 diabetes	45																	
(A) Alcohol: early detection of problem drinking	Every 2-4 years	Opportunistically for other risk factors	47																	
(P) Physical activity	Every 2 years	Every visit teenage girls, office workers, Aboriginal and Torres Strait Islander peoples, low SES and non-English speaking background, chronic disease or CVD, diabetes	49																	
Pre-conception care	Opportunistic	Consider for all women aged 15-49 years	11																	
Sexual health – chlamydia	Opportunistically: every 12 months	All sexually active people aged 15-29 years	38																	
Prevention of vascular disease																				
Absolute CV Risk Assessment	Every 2 years		50																	
Blood pressure	Every 2 years	Every 6-12 months with increased age and CV risk. Every 6-12 weeks for high CV risk	51																	
Cholesterol and other lipids	Every 5 years	Every 2 years for increased risk. Every 12 months with increased CV risk and existing chronic disease	53																	
Type 2 diabetes	Every 3 years	Every 12 months with impaired IGT or impaired IFG. Start at age 18 years for Aboriginal and Torres Strait Islander peoples	55																	
Stroke	Every 12 months with risk factors	Every 12 months with AF and risk factors, previous stroke or TIA or CKD	57																	
Kidney disease	Every 1-2 years with high risk	Every 12 months with hypertension or diabetes. From age 30 years for Aboriginal and Torres Strait Islander peoples	58																	
Cancer																				
Skin cancer examination	Opportunistically	With increased risk. Every 3-12 months for those at high risk	60																	
Cervical cancer	Every 2 years	To age 69 years	63																	
Breast cancer	Every 2 years	To age 69 years	65																	
Colorectal cancer (CRC)	Every 2 years	Earlier for high risk	68																	
Psychosocial																				
Depression	At every encounter for age 12-18 years; opportunistically for age 18+ years	When there is effective treatment and follow-up	73																	
Intimate partner violence	Opportunistically	Pregnant adult and adolescent women	76																	
Elderly																				
Falls risk	Every 12 months	Every 6 months with history of falls or multiple risk factors	29																	
Vision and hearing	Every 12 months		31																	
Oral hygiene	At least every 12 months	Those at increased risk	78																	
Glaucoma	No consensus on frequency	Those at increased risk. From 40 years for those of African descent	79																	
Osteoporosis																				
Women	Every 12 months		82																	
Men	Every 12 months		82																	

General Population Increased risk, e.g. Aboriginal and Torres Strait Islander peoples or low evidence

Preventive activities over the lifecycle – children

Patient name: _____ DOB: _____ Date: _____

Activity/topic*	Frequency	Age group							
		Neonatal	2, 4, 6 months	12 & 18 months	2 years	3 years†	4 years	6–13 years	14–19 years
Immunisation	Refer to the <i>Australian Immunisation Handbook</i>								
Assessment									
Metabolic screen									
Nutrition									
Physical activity									
Vision									
Hearing									
Physical examination including height and weight									
BMI	Opportunistically								
Chlamydia	For sexually active								
Family environment	When child presents with behavioural or emotional problems								
Major depressive disorder	Age 12–18 years if follow-up available								
School progress									
Preventive counselling and advice									
Settling									
Maternal health									
Teething									
Toilet training									
Social/emotional wellbeing									
Oral/dental health	'Lift the lip' check from 12 months to 13 years								
Injury prevention									
Sun protection									
Behaviour									

* For full details see pages 17–25

† The Government announced that the Universal Child Health check at age 3 and a half years will replace the current Healthy Kids check at age 4 years. A staged roll out is expected to be complete in 2014.