

Guidelines for preventive activities in general practice 10th edition (Red book) Lifecycle chart

Screening Case-finding



Preventive activities over the lifecycle – Adults

Chapter/Topic	Age group														Frequency	Notes	
	15–19	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			
Cancer																	
Breast																Screening: Every two years Case-finding: At least every two years	Screening: Women at average risk or slightly higher than average risk of breast cancer should participate in mammographic screening from ages 50 to 74 years as part of the national BreastScreen program. Case-finding: Undertake mammographic screening from ages 40 to 74 years for women at moderately increased risk.
Cervical																Every five years	Women and people with a cervix who are aged between 25-74 years, have ever had sexual contact and who are eligible for screening should have an HPV screening test for cervical cancer. This can be on a self-collected vaginal sample or on a clinician-collected sample.
Colorectal																Every two years	Immunochemical faecal occult blood testing (iFOBT) every two years is recommended starting at age 45 years and continuing to age 74 years for those at average risk of colorectal cancer.
Lung																Every two years or earlier for nodule follow up	Eligibility criteria: 1. Are aged between 50 and 70 years of age; AND 2. Are asymptomatic (no signs or symptoms suggestive of lung cancer); AND 3. Currently smoke or have quit smoking in the past 10 years; AND 4. Have a history of tobacco cigarette smoking of at least 30 pack-years.
Prostate																See racgp.link/prostate	See racgp.link/prostate
Skin																See racgp.link/SkinCancer	See racgp.link/SkinCancer
Cardiovascular																	
Atrial fibrillation (AF)																Opportunistically	Opportunistic clinical palpation or auscultation to detect asymptomatic AF in people aged 65 years or more.
Cardiovascular disease risk																Blood pressure (BP) (18+ years) opportunistically, no more than every two years. CVD risk (age 45 - 79) every five years unless risk factors worsen.	See racgp.link/CardiovascularDisease
Infectious diseases																	
Immunisation	Immunisation is recommended at particular ages throughout life, according to the Australian Immunisation Handbook.														See racgp.link/Immunisation	See racgp.link/Immunisation and Australian Immunisation Handbook schedule for recommendations.	
Sexually transmitted disease															Opportunistically if indicated (evidence is unclear on testing interval).	Screening for chlamydia and gonorrhoea is recommended in all sexually active women 24 years or younger but only in those who are at increased risk (see Box 1) in women 25 years or older.	
Injury prevention																	
Bullying and child abuse																Opportunistically	See racgp.link/ChildAbuse
Mental health																	
Alcohol															Every two years	Screen adults aged ≥18 years, including pregnant women, for unhealthy alcohol use. The Alcohol Use Disorder Identification Test – Consumption (AUDIT-C) tool can be used to assess this. Provide persons engaged in risky or hazardous drinking with brief behavioural counselling interventions to reduce unhealthy alcohol use.	
Anxiety																As required	See racgp.link/Anxiety
Dementia																Opportunistically	See racgp.link/Dementia
Depression																See racgp.link/Depression	See racgp.link/Depression
Gambling																Opportunistically	In patients experiencing stress, mental health issues or substance use problems; in people experiencing or perpetrating domestic violence; in people experiencing relationship breakdown; and/or in people with symptoms of compulsive gambling (see Box 1), ask about gambling behaviours (eg sports betting, wagering, card playing, pokies, casino gambling, online gambling). For example, 'In the past 12 months, have you or someone you are close to ever had issues with gambling?'
Smoking and nicotine vaping																At every opportunity starting from the age of 10 years	Ask patients whether they are currently smoking and document their smoking status. Also ask about and document the use of vaping products.
Metabolic																	
Diabetes																Determined by individual risk. See racgp.link/Diabetes for recommendations.	General population of average risk (for screening of high-risk and highest-risk populations, see racgp.link/Diabetes
Overweight and obesity															Opportunistically	Assess height, weight and calculate BMI with caution in adults without a known eating disorder and who are not pregnant.	
Physical activity															Every two years	Ask questions about frequency, duration and intensity of physical activity and sedentary behaviour.	
Musculoskeletal disorders																	
Osteoporosis															Do not routinely repeat BMD + FRAX® within two years except in special circumstances.	Use FRAX® to calculate absolute fracture risk in people aged ≥50 years with lifestyle and non-modifiable risk factors (eg parent with hip fracture). When the FRAX® risk for major osteoporotic fracture (MOF) is ≥10%, refer for dual energy X-ray absorptiometry (DXA). If the risk for MOF is <10%, DXA is not recommended. Refer for BMD assessment by DXA for people aged ≥50 years with diseases/chronic conditions/medications associated with increased fracture risk. Restratify risk with FRAX® after DXA using BMD reading and treat when: the BMD T-score is ≤−2.5, or when the BMD T-score is between −1.5 and −2.5 and the FRAX® risk for MOF is ≥20% and/or the hip fracture risk is ≥3%.	
Reproductive & Women's Health																	
Preconception															See racgp.link/Preconception	See racgp.link/Preconception	
Pregnancy - First antenatal visit															See racgp.link/FirstAntenatal	See racgp.link/FirstAntenatal	
Pregnancy - During pregnancy															See racgp.link/DuringPregnancy	See racgp.link/DuringPregnancy	
Interconception																See racgp.link/Interconception	See racgp.link/Interconception
Perinatal mental health															See racgp.link/PerinatalHealth	See racgp.link/PerinatalHealth	
Miscellaneous																	
Frailty																Every 12 months (screening). Every one - three years (case finding).	Consider screening as part of an assessment of elderly patients. Case find as an assessment of patients (age 65-74) with risk factors.

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Screening Case-finding



Preventive activities over the lifecycle – Children

Chapter/Topic	Age group						Frequency	Notes
	Neonatal	2, 4, 6 & 12 months	18 months & 3 years	3.5–5 years	6–13 years	14–19 years		
Development and behaviour								
Developmental delay and autism							Opportunistically	See racgp.link/Autism
Preventive activities in childhood							Neonatally	See racgp.link/ChildhoodDev
Infectious diseases								
Immunisation	Immunisation is recommended from birth for all children, and at particular ages throughout life, according to the Australian Immunisation Handbook.						See racgp.link/Immunisation	See racgp.link/Immunisation and Australian Immunisation Handbook schedule for recommendations.
Sexually transmissible infections							Opportunistically if indicated (evidence is unclear on testing interval)	Screening for chlamydia and gonorrhoea is recommended in all sexually active women 24 years or younger.
Injury prevention								
Bullying and child abuse							Opportunistically	See racgp.link/ChildAbuse
Mental health								
Alcohol							Every two years	Screen adults aged ≥18 years, including pregnant women, for unhealthy alcohol use. The Alcohol Use Disorder Identification Test – Consumption (AUDIT-C) tool can be used to assess this. Provide persons engaged in risky or hazardous drinking with brief behavioural counselling interventions to reduce unhealthy alcohol use.
Anxiety							As required	See racgp.link/Anxiety
Depression							See racgp.link/Depression	See racgp.link/Depression
Gambling							Opportunistically	In patients experiencing stress, mental health issues or substance use problems; in people experiencing or perpetrating domestic violence; in people experiencing relationship breakdown; and/or in people with symptoms of compulsive gambling (see Box 1), ask about gambling behaviours (eg sports betting, wagering, card playing, pokies, casino gambling, online gambling). For example, 'In the past 12 months, have you or someone you are close to ever had issues with gambling?'
Smoking and nicotine vaping							At every opportunity starting from the age of 10 years	Ask patients whether they are currently smoking and document their smoking status. Also ask about and document the use of vaping products.
Metabolic								
Overweight and obesity							Opportunistically	Assess height, weight and calculate BMI using age-appropriate charts in children and adolescents aged ≥6 years without a known eating disorder and who are not pregnant.
Physical activity							Every two years	Ask questions about the frequency (in each week), duration and intensity of physical activity and muscle strengthening activities.
Musculoskeletal disorders								
Developmental dysplasia of the hip							At newborn and postnatal checks	See racgp.link/HipDysplasia
Reproductive & women's health								
Preconception							See racgp.link/Preconception	See racgp.link/Preconception
Pregnancy - First antenatal visit							See racgp.link/FirstAntenatal	See racgp.link/FirstAntenatal
Pregnancy - During pregnancy							See racgp.link/DuringPregnancy	See racgp.link/DuringPregnancy
Interconception							See racgp.link/Interconception	See racgp.link/Interconception
Perinatal mental health							See racgp.link/PerinatalHealth	See racgp.link/PerinatalHealth
Miscellaneous								
Vision							Once, between the ages of three - five years	Vision screening in children to detect amblyopia, or its risk factors.

