

Preventive Care Checklist Form[®]

For average-risk, routine, male health assessments

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Please note:

Bold = Good evidence (from the Canadian Task Force on Preventive HealthCare)
Italics = Fair evidence (from the Canadian Task Force on Preventive HealthCare)
Plain text = Guidelines (from other Canadian sources)
(See reverse for references, insert for explanations)



Name:

Sex:

DOB:

Age:

Health Card:

Tel:

Address:

Date:

Current Concerns

Lifestyle/Habits

DIET: Fat / Cholesterol
Fiber
Calcium
Sodium
EXERCISE:
WORK:
FAMILY:
RELATIONSHIPS:

SMOKING:
ALCOHOL:
DRUGS:
SEXUAL HISTORY:
FAMILY PLANNING/
CONTRACEPTION:
SLEEP:

Update Cumulative Patient Profile

☐ Family History
☐ Hospitalizations/ Surgeries
☐ Medications
☐ Allergies

Functional Inquiry

	NORMAL	REMARKS
HEENT:	☐	
CVS:	☐	
RESP:	☐	
GI:	☐	
GU:	☐	
SEXUAL FUNCTION:	☐	

	NORMAL	REMARKS
MSK:	☐	
NEURO:	☐	
DERM:	☐	
MENTAL HEALTH:	☐	
CONSTITU- TIONAL SX:	☐	

Education/
Counseling

Behavioural

☐ *adverse nutritional habits*
☐ *dietary advice on fat/cholesterol (30-69 yrs)*
☐ adequate calcium intake (1000 to 1500mg/d)¹
☐ adequate vitamin D (200 IU in 50-64, 400-800 IU in ≥65 yr)

For general
population
unless
otherwise
stated

☐ *regular, moderate physical activity*
☐ *avoid sun exposure, use protective clothing*
☐ *safe sex practices/STD counseling (esp gonorrhea)*

Smoking ☐ Yes ☐ No

☐ **smoking cessation**
☐ **nicotine replacement therapy**
☐ *dietary advice on fruits and green leafy vegetables*
☐ *referral to validated smoking cessation program*

Alcohol

☐ Yes ☐ No
☐ *case finding for problem drinking*
☐ *counseling for problem drinking*

Elderly

☐ Yes ☐ No
☐ **cognitive assessment** (if concerns)
☐ **fall assessment** (if history of falls)

Oral Hygiene

☐ **brushing/flossing teeth**
☐ **fluoride (toothpaste/supplement)**
☐ *tooth scaling and prophylaxis*
☐ **smoking cessation**

Personal Safety

☐ **hearing protection**
☐ **noise control programs**
☐ *seat belts*

Parents with children

☐ Yes ☐ No
☐ *poison control prevention*
☐ *smoke detectors*
☐ *non-flammable sleepwear*
☐ *hot water thermostat settings (<54°C)*

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Disclaimer: This form is a guide to the adult periodic health examination. Last updated June 2004. The recommendations are for average-risk adults.

Endorsed by:



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Family Physicians
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médecins de famille
du Canada

Name:

Physical Examination	
HR: <i>BP:</i> RR:	HT: WT: BMI:
EYES: <i>Snellen sight card: R</i> <i>L</i>	ABDO:
NOSE:	ANO-RECTUM:
EARS: <i>whispered voice test: R</i> <i>L</i>	GENITALIA:
MOUTH/THROAT:	NEURO:
NECK/THYROID:	DERM:
Cvs:	MSK/JOINTS:
RESP:	EXTREMITIES:

Age	21-64 years	≥65 years
Labs/ Investi- gations	☐ Hemoccult multiphase q1-2 years (age ≥ 50) OR ☐ <i>Sigmoidoscopy</i> ☐ Gonorrhea/ Chlamydia/ Syphilis screen (high risk) ☐ Fasting Lipid Profile (≥50 yr or sooner if at risk) ² ☐ Fasting Blood Glucose, at least q3 yrs (≥45 yr or sooner if at risk) ³ ☐ Bone Mineral Density if at risk ¹	☐ Hemoccult Multiphase q1-2 years OR ☐ <i>Sigmoidoscopy</i> ☐ <i>Audioscope (or inquire/whispered voice test)</i> ☐ Fasting Lipid Profile ² ☐ Fasting Blood Glucose, at least q3 yrs (more often if at risk) ³ ☐ Bone Mineral Density, q1-2 years if abnormal, q2-3 years if normal ¹
Immunizations	☐ Tetanus vaccine q10yr ☐ <i>Varicella vaccine (2 doses)</i> ☐ <i>Varicella Immunity</i> ☐ Pneumococcal vaccine (high risk) ⁴ ☐ Influenza vaccine q1yr (patient request or high risk) ⁴	☐ Influenza vaccine q1yr ☐ Tetanus vaccine q10yr ☐ <i>Varicella vaccine (2 doses)</i> ☐ <i>Varicella Immunity</i> ☐ Pneumococcal vaccine ⁴

Assessment and Plans:

Date:

Signature:

References

- Unless otherwise stated, recommendations come from the Canadian Task Force on Preventive Health Care: *The Canadian Guide to Clinical Preventive Health Care*. Ottawa: Minister of Supply and Services Canada and <http://www.ctfphc.org/>
1. Scientific Advisory Board, Osteoporosis Society of Canada. Clinical practice guidelines for the diagnosis and management of osteoporosis. *CMAJ* 2002;167(10 suppl):S1-34.
 2. Working Group on Hypercholesterolemia and Other Dyslipidemias. Recommendations for the management and treatment of dyslipidemia and the prevention of cardiovascular disease: 2003 update. *CMAJ online* 2003;169(9) 1-10.
 3. Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Assn 2003 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes*. 2003;27 (Suppl 2).
 4. National Advisory Committee on Immunization. *Canadian Immunization Guide*, 6th edition. Ottawa: Minister of Public Works and Government Services Canada; 2002.

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