

## Clinical Practice Initiatives

# Preventive Screening for Adults

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health, have endorsed the Massachusetts Health Quality Partners' (MHQP) Adult Preventive Care Guidelines. These guidelines can be found at:

<http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

Under **Preventive Care**, click **Adult preventive care guidelines**.

### Preventive patient education

NaviCare may provide the following educational information to your patients and their caregivers:

- Healthy lifestyle changes including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation and avoidance of second-hand smoke
- Importance of annual health assessment, including functional status assessment
- Importance of annual blood pressure to screen for hypertension
- Importance of appropriate pharmacologic therapy, along with regular follow-up visits, to support control of high blood pressure
- Importance of annual influenza vaccine
- Importance of pneumococcal vaccines on or after 65<sup>th</sup> birthday, according to current guidelines
- Importance of herpes zoster and tetanus vaccines, according to current guidelines
- When clinically indicated, preventive cancer screenings for: breast and colon cancers with consideration of screening for cervical and skin cancers as recommended by MHQP and lung cancer screening as recommended by the U. S. Preventive Services Task Force\*
- One-time Hepatitis C screening for people born between 1945-1965
- Osteoporosis evaluation and management including bone mineral density testing for women
- Consideration of aspirin therapy to prevent cardiovascular disease when appropriate
- Abdominal aortic screening in men ages 65-75 with a history of smoking
- Importance of evaluation and consideration of statin use for patients at risk for cardiovascular disease and for patients who have diabetes

\*Access the U. S. Preventive Services Task Force Published Recommendations at:

<https://www.uspreventiveservicestaskforce.org/BrowseRec/Index>

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### **Clinical indicators**

When evaluating your performance, Fallon will utilize the following indicators:

The percentage of your patients over the age of 65 who:

- Had their blood pressure taken during the calendar year
- Received the following vaccines:
  - Annual influenza vaccine
  - Pneumococcal vaccine(s) as recommended
  - Herpes Zoster vaccine as recommended
  - Tetanus vaccine as recommended
- Received a Bone Mineral Density (BMD) test
- Were screened for colorectal cancer either: annually with an FOBT, every 3 years with a FIT-DNA, every 5 years with a flexible sigmoidoscopy or virtual colonoscopy, or every 10 years with a colonoscopy from ages 65-75 (after 75, discuss benefits and limitations)
- Are female and had a mammogram every 2 years, or more frequently at clinician/patient discretion, based on risk factors and patient values regarding benefits/harm (after age 75, discuss benefits and limitations)

**1-866-275-3247**

Monday through Friday from 8:30 a.m. to 5:00 p.m.

**fallonhealth.org**

