

UNIT 1: APPROACH TO THE PATIENT

Educational Topic 7: Preventive Care and Health Maintenance

Rationale: The student will recognize the value of routine health surveillance as a part of health promotion and disease prevention.

Intended Learning Outcomes:

A student should be able to:

- Counsel patients regarding the following and suggest appropriate referral if necessary (i.e. social worker, nutritionist, psychologist):
 - Contraception
 - Intimate partner violence
 - Prevention of sexually transmitted infections
 - Immunizations
 - Diet/nutrition
 - Exercise
 - Seat belt use
 - Stress management
 - Sun exposure
 - Tobacco use
 - Alcohol/substance abuse
- Explain preventive guidelines including screening procedures for diseases of the following organ systems:
 - Breast
 - Cervix
 - Colon
 - Cardiovascular
 - Skin
 - Bone
- Identify risk factors in patient's personal and family history for diseases of the following organ systems:
 - Breast
 - Cervix
 - Colon

- Cardiovascular
- Skin
- Bone

TEACHING CASE

CASE: A 51-year old G3P3 woman comes to the office for a health maintenance exam. She has no concerns. She is in good health. She had three normal vaginal deliveries. She is sexually active with her husband and has been using condoms for contraception. She has no history of abnormal Pap tests or sexually transmitted infections. Her last Pap test was one year ago. Her cycles are irregular as she only had 4 menstrual periods last year. Her last menstrual period was 2 months ago. She is not taking any medications. Her family history is significant for a maternal aunt who was diagnosed with ovarian cancer at age 60. On examination, she has normal vital signs. Her thyroid, breast, heart, lungs and abdominal exams are normal. On pelvic examination, she has normal external genitalia, normal vagina and cervix. On bimanual exam, she has a slightly enlarged uterus and no palpable adnexal masses. Rectovaginal exam confirms those findings.

COMPETENCY-BASED DISCUSSION & KEY TEACHING POINTS:

Competencies addressed:

- Patient Care
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism
- Systems-Based Practice

1. What is the next step in the management of this patient's menstrual cycle?

2. What is the next step in preventive care/health maintenance for this patient?

3. Does this patient need to continue using contraception?

4. Does this patient need a bone density scan?

5. What are your recommendations regarding the frequency of cervical cancer screening (cytology/Pap tests) for this patient?

6. How would the recommendations for the Pap test be different if this patient were 28 years of age?

REFERENCES

Beckman CRB, et al. Obstetrics and Gynecology. 7th ed. Philadelphia: Lippincott, Williams & Wilkins, 2013.

Hacker NF, Moore JG, et al. Essentials of Obstetrics and Gynecology. 5th ed. Philadelphia: Saunders, 2010.

ACOG Practice Bulletin 129, Osteoporosis, September 2012.

ACOG Practice Bulletin 131, Screening for Cervical Cancer, November 2012.

ACOG Committee Opinion Number 483, Primary and Preventive Care: Periodic Assessment, April 2011.

U.S. Preventive Services Task Force (USPSTF) Screening for Breast Cancer:

<http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/breast-cancer-screening>

U.S. Preventive Services Task Force (USPSTF) Screening for Colon Cancer:

<http://www.ahrq.gov/clinic/uspstf/uspcolo.htm>

U.S. Preventive Services Task Force Screening for Lipid Disorders in Adult:

<http://www.ahrq.gov/clinic/uspstf/uspchol.htm>

U.S. Preventive Services Task Force Screening for Skin Cancer:

<http://www.ahrq.gov/clinic/uspstf/uspsskca.htm>