

Priority Topic: PHA and SCREENING

Key Features:

1. Do a periodic health assessment in a **proactive or opportunistic** manner (i.e., address health maintenance even when patients present with unrelated concerns).
 - ✓ [Screening & Prevention by age CFP 2016](#)
 - ✓ [Health Maintenance in Women AAFP 2013](#)
 - ✓ [Health Maintenance in Postmenopausal women AAFP 2017](#)
 - ✓ [Adult Well Male Exam AAFP 2012](#)
2. In any given patient, **selectively adapt the periodic health examination** to that patient's specific circumstances (i.e., adhere to inclusion and exclusion criteria of each manoeuvre/intervention, such as the criteria for mammography and prostate-specific antigen [PSA] testing).

What you should study: see also [Priority Topic Cancer](#)

Read through these guidelines from the CMAJ. Pay particular attention to the fact that these are guidelines applying to AVERAGE risk patients. Make sure you know for which patients these screening guidelines DO NOT apply.

- ✓ [Breast Cancer Screening CMAJ 2011](#)
- ✓ [Prostate Cancer Screening CMAJ 2014](#)
- ✓ [Colorectal Cancer Screening CMAJ 2016](#)
- ✓ [Lung Cancer Screening CMAJ 2016](#)
- ✓ [Blood Pressure Screening CFP 2013](#)
- ✓ [Diabetes Type 2 Screening CMAJ 2012](#)
- ✓ [Obesity Screening CMAJ 2015](#)
- ✓ [Osteoporosis Screening CMAJ 2010](#)

3. In a patient **requesting a test** (e.g., PSA testing, mammography) that may or may not be recommended:
- Inform the patient about **limitations of the screening test** (i.e., sensitivity and specificity).
 - Counsel the patient** about the implications of proceeding with the test.

What you should study:

- ✓ **Screening for cancer - concepts and controversies AAFP 2014**
- ✓ **Cancer screening video:**
<http://canadiantaskforce.ca/resources/cancer-screening-video/>
- ✓ **Prostate specific antigen video by Dr Mike Evans:**
<https://www.youtube.com/watch?v=bTgS0DuhaUU>
- ✓ **Prostate Cancer Screening PBSGL 2016 www.members.fmpe.org**
This module has a great appendix with good graphics about PSA usefulness!

4. **Keep up to date** with new recommendations for the periodic health examination, and **critically evaluate their usefulness** and application to your practice.

What you should study:

- ✓ **Preventive Care Checklist Female**
- ✓ **Preventive Care Checklist Male**
- ✓ **Preventive Care Checklist Explanation**