

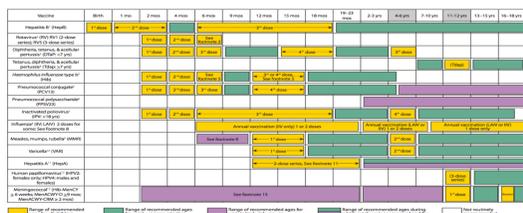


USPSTF Recommendation Schedule: A novel teaching tool for preventative medicine teaching

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INTRODUCTION:

- Preventative medicine is a daunting subject.
•USPSTF has 94 published recommendations that are intermittently updated.1
•Conflicting Recommendations from other organizations often exist
•As an example, resident knowledge of colorectal screening was as low as 35% (22% for 1st year resident).2
•Around 65% of individuals are visual learners.3
•Medicine already has a popular and efficient method for distributing preventive medicine topics though CDC vaccine schedules
Could a similar educational tool for USPSTF recommendations be created.



RESULTS:

USPSTF Screening Recommendations (Published Guidelines as of 1/5/2015)

To be used in conjunction with USPSTF recommendation statements for further details and nuances.

Grade A/B recommendations shown

Adapted by PF Swenson MD, C Lindberg, J Clutter MD, and C Carrillo MD

Table with columns for Age (18, 20, 21, 24, 25, 35, 45, 49, 50, 55, 65, 70, 74, 75, 79, 80) and rows for various medical conditions like Alcohol Misuse, Depression, Hypertension, etc., with corresponding recommendation grades.

USPSTF Preventative Medications Recommendations

Table with columns for Age (18, 20, 21, 24, 25, 35, 45, 49, 50, 55, 65, 70, 74, 75, 79, 80) and rows for Primary Prevention Breast Cancer, Aspirin for CV Risk, Fall Prevention, etc.

LEGEND table with columns for Recommendation for Men and Women, Men only, Women only, and Normal Risk/For Specific Individual/Risk Factor.

Recommendation Grades table with columns for Grade (A, B, C, D, I) and Description (Recommended, Likely significant benefit, etc.).

METHODS:

LITERATURE SEARCH:

A list of topics was collected from the official USPSTF website. Official publications describing these recommendations were acquired for review against our preset criteria.
•Inclusion (Active recommendations addressing patients 18 years or older on 1/05/2015)
•Exclusion (Inactive, Pregnancy related topics)

DATA COLLECTION:

Data was collected on appropriate recommendations for grade of recommendation, gender, ages, presence of factors changing the recommendation, and other pertinent information.

DESIGN:

- Grade A and B topics were graphically represented and organized by ages of recommendation.
•Narrative descriptions of recommendations were written and reviewed.

CONCLUSIONS:

Benefits:

- Familiar format
•Easy to read
•Foundation for learning alternative recommendations

Limitations:

- Limited detail 2/2 available space

Areas of Future Research:

- Affect on learning and retention
•Application to clinical setting

References:

- 1. Published Recommendations. U.S. Preventative Services Task Force.
2. Akerman S, et al. Resident knowledge of colorectal cancer screening assessed by web-based survey.
3. Successfully using visual aids in your presentations. University of Alabama school of medicine. 2005.

Acknowledgments:

We would like to recognize the contributions of several colleagues in the development and refinement of our project. Specifically Daphne Rosales MD and Lori Hill MD PhD, and our University of Arizona South Campus Family Medicine Residency co-residents that made contributions to this project.

GRADE A/B RECOMMENDATIONS (with associated grade C/D/I recommendations):

- Alcohol Misuse Screening [1]
Depression Screening [2] (UIP)
Hypertension Screening [3] (UIP)
Obesity Screening [4]
Tobacco Use Screening [5] (UIP)
HIV Screening [6]
Diabetes Mellitus Type 2 Screening [7] (UIP)
Hepatitis B Virus Screening [8]
Syphilis Screening [9] (UIP)
BRCA Screening [10]
Chlamydia and Gonorrhea Screening [11]
Intimate Partner Violence Screening [12]
Cervical Cancer Screening [13]
Lipid Disorder Screening [14] (UIP)

- Hepatitis C Infection Screening [15]
Colorectal Cancer Screening [16] (UIP)
Breast Cancer Screening [17] (UIP)
Lung Cancer Screening [18]
Osteoporosis Screening [19]
Abdominal Aortic Aneurysm Screening [20]
Primary Prevention Breast Cancer [21]
Aspirin for Cardiovascular Risk Reduction [22] (UIP)
Fall Prevention in Older Adults [23]
Counseling to Prevent Sexually Transmitted Infection [24]
Counseling to Promote Healthy Diet & Physical Activity[25]

- (B) Recommend offering or referring to intensive behavioral counseling to overweight or obese individuals with additional CVD risk factors.
Counseling for Skin Cancer Prevention [26]
GRADE C RECOMMENDATIONS:
Physical activity and healthy diet counseling to reduce cardiovascular risk [27]
GRADE D RECOMMENDATIONS:
Bacteriuria (Asymptomatic) Screening in Men and Nonpregnant Women [28]
Carotid Artery Stenosis Screening [29]
CAD Screening with Resting or Exercise EKG in Normal Risk Patients [30]
COPD Screening with Spirometry [31] (UIP)
Genital Herpes Screening [32] \*\*\*
Ovarian Cancer Screening [33]
Pancreatic Cancer Screening [34]
Prostate Cancer Screening with PSA [35]
Aspirin for Prevention of Colorectal Cancer [36] (UIP)
B-carotene or Vitamin E Supplementation for CV or Cancer Risk Reduction [37]
Combined Estrogen-Progestosterone for Prevention of Chronic Conditions OR Estrogen for the Same in Patients with Hysterectomy [38]
Vitamin D Supplementation (<400 IU) and Calcium (<1000 mg) Daily for Prevention of Fracture in Non-Institutionalized Post-Menopausal Women [39]
Vitamin D Screening in Community-Dwelling Nonpregnant Adults [40]
Testicular Cancer Screening [41]
GRADE I RECOMMENDATIONS:
Bladder Cancer Screening [42]
CAD Screening with Resting or Exercise EKG in Intermediate to High Risk Patients [30]
CAD Screening with Nontraditional Risk Factors [43]
Chronic Kidney Disease Screening [44]
Cognitive Impairment Screening in Older Adults [45]
Hearing Loss Screening in Older Adults [46]
Illicit Drug Use Screening [47] \*\*\*
Impaired Visual Acuity Screening in Older Adults [48] (UIP)
Oral Cancer Screening [49]
Peripheral Artery Disease and CAD Risk Screening with Ankle-Brachial Index. [50]
Primary Open Angle Glaucoma Screening [51]
Skin Cancer Screening in Primary Care [52] (UIP)
Suicide Risk Screening [53]
Thyroid Disease screening [54] (UIP)
Multivitamin, Single Nutrient or Paired Nutrients for CV or Cancer Risk Reduction [37]
Vitamin D Supplementation (>400 IU) and Calcium (>1000 mg) Daily for Prevention of Fracture in Non-institutionalized Post-menopausal Women AND Combined Vitamin D and Calcium Supplementation in Men or Premenopausal Women. [39]
UIP (Update in Progress)
IETRFOA (Insufficient evidence to recommend for or against)
CV (cardiovascular)
CVD (cardiovascular disease)