

TABLE 2

## Screening Guidelines for Lifestyle and Mental Health Risks in Men

Risk	USPSTF/AAFP recommendation*	Other recommendations/comments
Tobacco use	Inquire about tobacco use at every visit, and provide men who use tobacco with behavioral interventions and U.S. Food and Drug Administration–approved pharmacotherapy to aid in cessation (grade A, 2015) <sup>7</sup>	—
Alcohol use	Screen for misuse, and offer brief behavioral counseling interventions for patients engaged in risky drinking (grade B, 2013) <sup>8</sup>	Risky drinking in men is defined as consuming more than 14 alcoholic drinks per week or more than four drinks on one occasion; a maximum of two drinks on one occasion is recommended.
Illicit drug use	Insufficient evidence to recommend for or against routine screening (grade I, 2008) <sup>9</sup>	The National Institute on Drug Abuse recommends checking for nonmedical prescription drug use and other illicit drug use with screening and brief intervention procedures in general medical settings <sup>10</sup>
STIs	USPSTF: Screen for STIs, including syphilis (grade A, 2016), in men at high risk, and provide high-intensity behavioral counseling when appropriate (grade B, 2014) <sup>11,12</sup> ; screen all men 15 to 65 years of age for HIV infection (grade A, 2013) <sup>13</sup> AAFP: Screen all men 18 to 65 years of age for HIV infection <sup>14</sup>	The Centers for Disease Control and Prevention recommends screening all men up to 64 years of age for HIV at least once, regardless of risk factors <sup>15</sup> ; all sexually active men who have sex with men should be offered HIV screening at least annually, and some men who have sex with men may be offered screening every three or six months based on individual risk factors and local HIV epidemiology <sup>16</sup>
Depression	Screen all men when adequate care support systems exist to ensure accurate diagnosis, effective treatment, and appropriate follow-up (grade B, 2016) <sup>17</sup>	—
Obesity	Screen all men for obesity using body mass index measurement; refer patients with a body mass index of 30 kg per m <sup>2</sup> or higher for intensive, multicomponent behavioral interventions (grade B, 2012) <sup>18</sup>	Gradual and sustained weight loss should be encouraged in men whose weight exceeds the ideal for height.
Healthy diet and physical activity	Offer or refer adults who are overweight or obese and have additional CVD risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for CVD prevention (grade B, 2014) <sup>19</sup>	The Dietary Guidelines for Americans recommends a decrease in daily intake of saturated fat, cholesterol, sodium, and added sugar <sup>20</sup> The U.S. Department of Health and Human Services and U.S. Department of Agriculture recommend that men participate in at least 150 minutes of moderate-intensity aerobic exercise per week, as well as muscle strengthening at least twice per week <sup>21</sup>

AAFP = American Academy of Family Physicians; CVD = cardiovascular disease; HIV = human immunodeficiency virus; STI = sexually transmitted infection; USPSTF = U.S. Preventive Services Task Force.

\*—See <https://www.uspreventiveservicestaskforce.org/Page/Name/grade-definitions> for definitions of the USPSTF evidence grades. These are different than American Family Physician's Strength-of-Recommendation Taxonomy (SORT). Unless indicated, the AAFP supports USPSTF recommendations.

Information from references 7 through 21.

# Well Exam Guidelines By Age

**Tanya Fernandez, MS, PA-C, IBCLC**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the presenter's name.

## **Well Exam Guidelines By Age:**

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Neuhauser,2003 Pocket sized text offers detailed guidance on developing and refining history and physical examination skills for 28 medical specialties Provides in depth ready to use questions covering all key potential health issues Sample write ups after each chapter are also included Fit to be Well Alton L. Thygerson,Karl Larson,2005-12 Focusing on simple workable

approaches for being healthy and fit Fit to be Well offers a comprehensive look at wellness The motivating streamlined format encourages students to apply this knowledge to their lives and change poor behaviors Special Time Outs explore topics such as energy production fad diets environmental health relationships and a health procedure timeline The following wellness topics are covered in more depth cardiovascular disease cancer addictive behavior and sexually transmitted infections Every new text comes with a student lab manual at no additional cost to your students The Ultimate Canine

Wellness Guide: 120+ Recipes and Tips for a Longer, Healthier Life Darius Tate,2025-04-07 This comprehensive guide unlocks the secrets to canine wellness empowering you with over 120 nutrient rich recipes and practical tips to enhance the health and longevity of your beloved companion With in depth insights and scientific evidence this book becomes your trusted resource for understanding your dog s nutritional needs and optimizing their overall well being From tantalizing homemade treats to balanced meals this culinary collection caters to every palate and dietary requirement Discover mouthwatering recipes tailored for dogs with allergies sensitivities and specific health conditions Each recipe is meticulously crafted with wholesome ingredients providing essential nutrients and antioxidants that support a healthy immune system vibrant coat and optimal energy levels Beyond nutrition this guide delves into crucial aspects of canine health including exercise grooming and preventive care Learn the importance of regular physical activity tailored to your dog s breed and age Understand the essential grooming techniques for maintaining a healthy coat and skin Discover the secrets to preventing common canine ailments and ensuring a long happy life for your furry friend Whether you re a seasoned dog owner or a new pet parent this book is your indispensable companion in navigating the complexities of canine wellness **The Essential**

**Pocket Guide for Clinical Nutrition Resized, Fourth Edition** Mary Width,Tonia Reinhard,2025-04-23 In today s fast paced healthcare world it s crucial to have the information you need when you need it The Essential Pocket Guide for Clinical Nutrition Resized Fourth Edition is a quick reference guide for dietitians students interns and other health professionals actively engaged in clinical nutrition The easily readable format incorporates tables and boxes for immediate access to evidence based information on nutritional assessment nutrition support life stage nutrition and nutrition considerations for specific diseases such as diabetes cardiovascular disease cancer and gastrointestinal diseases All inclusive resources and

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discussion with case studies Ellen M Chiocca MSN CPNP APN RNC NIC is a clinical assistant professor in the School of Nursing at DePaul University She received a master of science degree in nursing and a postmaster nurse practitioner certificate from Loyola University Chicago and a bachelor of science degree in nursing from St Xavier University Prior to joining the faculty at DePaul University she taught at Loyola University Chicago from 1991 to 2013 Ms Chiocca s clinical specialty is the nursing of children Her research focuses on how various forms of violence affect children s health She is certified in neonatal intensive care nursing and as a pediatric nurse practitioner In addition to teaching at DePaul Ms Chiocca also continues clinical practice as a pediatric nurse practitioner at a community clinic in Chicago Ms Chiocca has published more than 25 journal articles and book chapters and is also a peer reviewer for the journal Neonatal Network She is currently pursuing a PhD in nursing

**Well-Child Primary Care Pocket Guide** Tanya Fernandez, MS, PA-C, IBCLC, 2021-07-31 The only pocket sized resource to methodically guide you through pediatric well visits using a unique mnemonic to ensure consistent and thorough evaluation of your patients This pocket guide has everything you need to ensure a thorough well visit for your pediatric patients from newborn to adolescence With the author s unique NEST FLY mnemonic applied throughout physician assistants nurse practitioners and other healthcare providers are methodically guided through each well visit to ensure a consistent and complete exam Uniquely designed in easy to navigate color coded tables you will quickly find all the information you need at your fingertips to evaluate your pediatric patients nutrition elimination growth family and social environment and physical and cognitive development You will also find key interviewing strategies and questions to gather an updated history as well as step by step guidelines for the head to toe physical examination Also included are anticipatory guidance suggestions for caregivers and patient education by age group Key Features Color coded by age group newborn infant toddler preschooler school age adolescents Logical and easy to remember mnemonic for gathering a comprehensive well child history Pertinent questions including psychosocial screening and anticipatory guidance by age Key developmental features organized in easy to read tables charts Health promotion related approaches to the patient and family and their importance Suggested vaccine schedule easy reference dosing for acetaminophen and ibuprofen by age and weight

*Mosby's Guide to Physical Examination* Henry M. Seidel, 2011-01-01 With a strong patient centered approach to care and an author team comprised of nurses and physicians Seidel s Guide to Physical Examination 8th Edition addresses teaching and learning health assessment in nursing medical and a wide variety of other health care programs at both undergraduate and graduate levels This new edition offers an increased focus on evidence based practice and improved readability along with integrated lifespan content and numerous special features such as Clinical Pearls and Physical Variations Functional Assessment and Staying Well boxes Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to

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**Clinician's Guide to Pediatric Sleep Disorders** Mark Richardson, Norman Friedman, 2016-04-19 Affecting 20 to 30 % of children under the age of five sleep disorders can seriously affect a child s health This authoritative guide illustrates the consequences of sleep disordered breathing and offers a state of the art overview of methods to identify diagnose and treat sleep disorders in children Covering the latest research related to the

**Burns' Pediatric Primary Care E-Book** Dawn Lee Garzon, Nancy Barber Starr, Margaret A. Brady, Nan M. Gaylord, Martha Driessnack, Karen G. Duderstadt, 2019-11-13 Get a comprehensive foundation in children s primary care Burns Pediatric Primary Care 7th Edition covers the full spectrum of health conditions seen in primary care pediatrics emphasizing both prevention and management This in depth evidence based textbook is the only one on the market written from the unique perspective of the Nurse Practitioner It easily guides you through assessing managing and preventing health problems in children from infancy through adolescence Key topics include developmental theory issues of daily living the health status of children today and diversity and cultural considerations Updated content throughout reflects the latest research evidence national and international protocols and standardized guidelines Additionally this 7th edition been

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**Mosby's Guide to Physical Examination - E-Book** Henry M. Seidel, Rosalyn W. Stewart, Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, 2010-03-04 Mosby's Guide to Physical Examination is a comprehensive textbook of physical examination history taking and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan The book conveys a uniquely compassionate patient centered approach to physical examination with a strong evidence based foundation Clinical Pearls boxes give brief clinical insights with expert tips on techniques findings and patient teaching Mnemonic boxes deliver engaging auditory visual and other memory cues to help you remember series of assessment or exam steps Physical Variations boxes detail multicultural considerations for assessing patients from diverse ethnic and cultural groups Staying Well boxes describe holistic approaches to health promotion and patient teaching Risk Factors boxes highlight modifiable and nonmodifiable risk factors for a variety of conditions Differential Diagnosis boxes give comparisons of expected findings for similar conditions and explain how disease presentations vary Physical Examination boxes provide current data on the most effective techniques for delivering quality patient care Functional Assessment boxes focus on the patient's functional abilities and present a holistic approach to patient care Downloadable text and PDA summaries allow for quick review of the key steps in each system exam Dynamic learning



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