

Preventative Health Screening Information

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Introduction

- ▶ I am a RN Director and Chief Nursing Officer at Mercyhealth. In my role, I routinely work with clinics in educating patients and improving compliance of health screenings for patients.
- ▶ Preventative health services is defined as routine health care that includes screenings, check ups, and patient counseling to prevent illness, disease, and other health problems.
- ▶ Preventative health services will detect disease early and increase your chances of living a long and healthy life.

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WCHQ

- ▶ WCHQ stands for Wisconsin Collaborative for Healthcare Quality.
- ▶ The Wisconsin Collaborative for Healthcare Quality (WCHQ) works closely with its members and stakeholders on collaborative projects to ensure better patient outcomes, improve system performance, and make care more affordable. It starts with collecting data and using that information to identify the process or system that can be improved.
- ▶ We are covering key preventative care and chronic care management topics that align with WCHQ quality goals for improved health outcomes
- ▶ WCHQ is the reference for all information shared in this presentation
- ▶ [Clinical Quality Improvement Wisconsin \(wchq.org\)](https://www.wchq.org)

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Preventative Health Screenings: highlights of some core screenings

- ▶ Breast Cancer Screening
- ▶ Cervical Cancer Screening
- ▶ Colorectal Cancer Screening
- ▶ Adolescent immunizations
- ▶ Childhood immunizations

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Breast Cancer Screening

- ▶ Breast cancer screening is indicated for females 40-74 years old. While WCHQ recognizes the focus age range as 50-74, health systems initiate these screenings at the age of 40.
- ▶ Screening needed: mammogram or breast MRI
- ▶ Frequency of screening: yearly
- ▶ There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk. This can be especially helpful for women with certain risk factors for breast cancer, such as having a strong family history or certain inherited gene changes.
- ▶ Breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers each year.
- ▶ Early detection is the best tool that we have available to provide the best possible outcome for a breast cancer diagnosis.

Reference: [Breast Cancer Statistics | How Common Is Breast Cancer? | American Cancer Society](#)

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Cervical cancer screening

- ▶ Cervical cancer screening is indicated for female patients 21-64 years of age.
- ▶ Screening needed: PAP screening (cytology), HPV testing
- ▶ Frequency of screening: Every 1-3 years
- ▶ Definition: Cervical cancer starts in the cells lining the cervix -- the lower part of the uterus
- ▶ Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44, with the average age being 50.
- ▶ Cervical cancer incidence rates decreased by more than half from the mid-1970s to the mid-2000s, largely because of the increased use of screening, but they have stabilized over the past decade.
- ▶ HPV vaccinations can decrease the chance of developing cervical cancer. These are administered in ages 12-45 years of age. It is recommended to be administered prior to the age of 15.

Reference: [Breast Cancer Statistics | How Common Is Breast Cancer? | American Cancer Society](#)

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Colorectal Cancer Screening

- ▶ Colorectal cancer screening is indicated in patients 45-75 years of age. WCHQ focus is 50-75 but health systems initiate the screening at the age of 45.
- ▶ Screening needed: Colonoscopy, Cologaurd (most common/recommended)
- ▶ Frequency of screening: Preferred screening is colonoscopy every 10 years (if no findings). Cologuard screening once every 3 years is an alternative. If positive finding in Cologuard then colonoscopy is done. Screening frequency is determined based on results of your first colonoscopy. If you have polyps found, then increased frequency of screening will result.
- ▶ Definition: Colorectal cancer starts in the colon or the rectum. These cancers can also be called colon cancer or rectal cancer, depending on where they start.
- ▶ Finding cancer early, when it's small and hasn't spread, often allows for more treatment options. Some early cancers may have signs and symptoms that can be noticed.

Reference: [Colorectal Cancer Information | Understanding Colorectal Cancer | American Cancer Society](#)

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Adolescent Immunizations

- ▶ One meningococcal vaccine on or between the 11th and 13th birthdays
 - ▶ Vaccines can help prevent [meningococcal disease](#), which is any type of illness caused by *Neisseria meningitidis* bacteria. Meningococcal disease refers to any illness caused by bacteria called *Neisseria meningitidis*. These illnesses are often severe, can be deadly, and include infections of the lining of the brain and spinal cord (meningitis) and bloodstream. Keeping up to date with recommended vaccines is the best protection against meningococcal disease.
- ▶ One Tdap on or between the 10th and 13th birthdays
 - ▶ Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds. Tetanus causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death. Diphtheria can lead to difficulty breathing, heart failure, paralysis, or death. Pertussis, also known as "whooping cough," can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing
- ▶ HPV vaccine prior to the age of 15
 - ▶ HPV vaccination is recommended at ages 11-12 years. HPV vaccines can be given starting at age 9 years. All preteens need HPV vaccination, so they are protected from HPV infections that can cause cancer later in life.

Reference: [cdc.gov](#)

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Childhood Immunizations

Vaccinations due for children prior to the age of 2 (WCHQ focus)

- ▶ Four DTaP: tetanus, diphtheria, and pertussis prevention
- ▶ Three IPV: polio prevention
- ▶ One MMR: measles, mumps, and rubella prevention
- ▶ Three HiB: Haemophilus influenzae type B prevention
- ▶ Three Hep B: Hepatitis B prevention
- ▶ One VZV: varicella-zoster virus or chicken pox prevention
- ▶ Four PCV: pneumococcal or pneumonia prevention

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Chronic Care Measures: Prevention of complications of the disease

- ▶ Chronic disease management is essential to prevent complications or further damage.
- ▶ Diabetes care
- ▶ High blood pressure control

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Diabetes Care Measures

- ▶ A1C blood sugar testing: once every 6 months. This is a blood test measuring the control of your blood sugar overtime. It is different than a glucose measurement that measures your current blood sugar at one specific point in time.
- ▶ A1C control: A1C blood sugar level controlled to less than 8.0% results are good control. Fair to poor control is a level of greater than 8.0% to less than 9.0%. Uncontrolled is a level of greater than 9.0%.
- ▶ Statin medication use
- ▶ Kidney function test monitoring (blood test evaluating kidney function)
- ▶ Tobacco free
- ▶ Daily Aspirin or other antiplatelet medication unless contraindicated (you have a medical reason not to take it)
- ▶ Blood pressure control: blood pressure is less than 140/90
- ▶ Eye exams
- ▶ Diabetic foot exams

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High Blood Pressure Control

- ▶ Adequate blood pressure control is less than 140/90
- ▶ Recommend routine blood pressure monitoring
- ▶ Best reading is gathered after sitting calmly for 15 minutes with both feet flat on the floor.
- ▶ Cargill Church offers blood pressure screenings from 10:00-10:30AM on the 3rd Sunday of every month.

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Future Health Discussions Planned

- ▶ Fall 2024: Seasonal Immunizations