

Good Samaritan Health & Wellness Center
Policies and Procedures

Subject: Health Assessment and Tool	Policy #: 5.15
Prepared by:	Revision #: 1
Approved by: Board of Directors	Effective Date: 9/2/2015

5.15 Health Assessment and Tool

POLICY: Good Samaritan Health & Wellness Center is committed to improve the quality of health of a community. This can be accomplished by preventative interventions and early detection and treatment of disease and illness. This goal is attainable through Health Maintenance.

1. Health Maintenance will be provided by age and gender specific.
2. Good Samaritan Health & Wellness Center will use a variety of National and Organizational guidelines to administer health maintenance. The following are examples of such resources but not limited to:
 - The American Academy of Family Physicians
 - The American Academy of Pediatricians
 - The Center Of Disease Control
 - Office of Disease Prevention and Health Promotions
3. Health maintenance will be documented in the chart on the Health Maintenance Flow sheet.
4. Tracking for the completion of health maintenance will be done using the ECW computer system.
5. The following health maintenance will be completed on infants, toddlers, children and adolescences but not limited to:
 - Physical: 2mo, 4mo, 6mo, 9mo, 12mo, 15mo, 18mo, 2yr, 3yr, 4yr, 5yr, 6yr, 8yr, 10yr, 12yr, 14yr, 16yr, 18yr
 - Height and weight on each visit with head circumference until the age of three.
 - Hearing and vision screening check at the following intervals: birth to 3mo, 6mo-12mo, 3yr-5yr.
 - Hemoglobin or Hematocrit at the following intervals: 6mo-12mo and 5yr
 - Lead screening at the following intervals: 12mo, 2 yr., 5yr, and all high risks.
 - Blood Pressure Monitor starting at age 3 years.
 - Urinalysis once before age 5
 - Lipid profile on all high risks
 - TB skin testing on all high risks
 - Developmental assessment birth to 18 years

- Age specific education on safety annually
- Dental care education annually
- Sex education no later than age 14.
- Drugs, alcohol, nicotine education no later than age 8
- Age specific nutritional education with specific attention to obesity
- Annual pap and pelvic when sexually active
- Testicular exam every 3 years starting at age 13
- All immunizations will be administered according to the annually recommendations of the CDC

6. The following health maintenance will be completed on adults and geriatrics but not limited to:

- Physical every 5 years between the ages of 18-39
- Physical every 2-3 years between the ages of 40-49
- Physical every 1-2 years age 50 +
- Fecal occult stools for blood annually after the age of 50
- Base line lipid profile age 20 then every 5 years if normal results
- Skin, oral, and thyroid cancer exam every 3 years less than age 40 and annually after the age 40
- Pelvic every year if sexually active; Pap every 3 – 5 years
- Rectal exam initiated no later than age 40
- Breast exams annually
- Baseline mammogram between the ages of 45 yrs. then every 1-2 years
- Testicular exam every 3 years until the age 30
- Rectal and prostate exam annually after the age 40
- PSA annually no later than age 50
- Fasting glucose every 5 years starting at age 35 if normal
- TB testing annually for high risks
- Influenza annually
- Pneumovax once after the age of 65 or before if high risk
- care education annually
- Smoking cessation counseling as indicated
- Nutritional education annually
- Substance abuse education and counseling as indicated
- Weight loss and obesity counseling as indicated
- Safety education annually
- Domestic Violence annually
- Exercise Education annually
- General Health Education annually
- Advance Directive Education annually