**Cases for preventive care strategies and controversies workshop**

**Case 1:**

Ms. Carter is a 24 yo female presenting for her annual physical. Her history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: Stephanie Carter **Age**: 24

Vitals: Height 5’6”, Weight 148 pounds, Blood pressure 110/76

**Chronic medical problems:**

|  |
| --- |
| Seasonal allergies |

**Surgeries/hospitalizations:**

|  |
| --- |
| Appendectomy at age 13 |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | Kansas City, KS |
| Relationship/marital status | Engaged |
| Education | College |
| Occupation | X-ray technician |
| Number of children/ages | None |
| Who lives with you? | Fiancé |

|  |  |
| --- | --- |
| Smoking status | Never |
| Sexual activity | 1 partner |
| Alcohol use | Social, 5-6 drinks on the weekends |
| Exercise | Yes, 3-4 times weekly |
| Seat belt use | No |

**Family history:**

|  |  |
| --- | --- |
| Grandmother | Diabetes, type II |

**Current medications:**

|  |
| --- |
| Flonase |

**Allergies:**

|  |
| --- |
| NKDA |

**Preventive care:**

|  |  |
| --- | --- |
| Tetanus booster | Unknown |
| Flu shot | 2011 |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | Never |
| Varicella vaccine/disease | Chickenpox at age 6 |
| TB skin test | Never |
| Pap smear | 2009 |
| Mammogram | Never |
| PSA | N/A |
| Dental exam | 2010 |
| Eye exam | 2010 |
| Bone density | Never |
| Colonoscopy/FOBT | Never |
| Cholesterol | Never |

**Case 2:**

Mr. Smith is a 42 yo male presenting for his annual physical. His history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: David Smith **Age**: 42

Vitals: Height 6’0”, Weight 190 pounds; Blood pressure 142/86

**Chronic medical problems:**

|  |
| --- |
| None |

**Surgeries/hospitalizations:**

|  |
| --- |
| None |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | Houston, TX |
| Relationship/marital status | Married for 15 years |
| Education | College |
| Occupation | CPA |
| Number of children/ages | 2, ages 10 and 6 |
| Who lives with you? | Wife and children |

|  |  |
| --- | --- |
| Smoking status | ½ ppd for 20 years |
| Sexual activity | 1 partner |
| Alcohol use | Social, 1-2 beers several times a week |
| Exercise | No |
| Seat belt use | Rarely |

**Family history:**

|  |  |
| --- | --- |
| Father | HTN, MI at age 68 |

**Current medications:**

|  |
| --- |
| None |

**Allergies:**

|  |
| --- |
| NKDA |

**Preventive care:**

|  |  |
| --- | --- |
| Tetanus booster | Unknown |
| Flu shot | Never |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | Never |
| Varicella vaccine/disease | Chickenpox at age 4 |
| TB skin test | Never |
| Pap smear | N/A |
| Mammogram | N/A |
| PSA | Never |
| Dental exam | 2012 |
| Eye exam | 2012 |
| Bone density | Never |
| Colonoscopy/FOBT | Never |
| Cholesterol | 200 |

**Case 3:**

Mrs. Jones is a 45 yo female presenting for her annual physical. Her history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: Margaret Jones **Age**: 45

Vitals: Height 5’2”; Weight 100 pounds, Blood pressure 130/75

**Chronic medical problems:**

|  |
| --- |
| Hyperthyroidism |

**Surgeries/hospitalizations:**

|  |
| --- |
| None |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | Kansas City, KS |
| Relationship/marital status | Married for 20 years |
| Education | High school |
| Occupation | Real estate agent |
| Number of children/ages | 3, ages 20, 18, 16 |

|  |  |
| --- | --- |
| Smoking status | 1 ppd for 25 year |
| Sexual activity | 1 partner |
| Alcohol use | Socially, 1-2 drinks a week |
| Exercise | No |
| Seat belt use | Always |

**Family history:**

|  |  |
| --- | --- |
| Sister | Breast cancer at age 42 |

**Current medications:**

|  |
| --- |
| PTU |

**Allergies:**

|  |
| --- |
| NKDA |

**Preventive care:**

|  |  |
| --- | --- |
| Tetanus booster | Unknown |
| Flu shot | Never |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | Never |
| Varicella vaccine/disease | Unknown |
| TB skin test | Never |
| Pap smear | 2010 |
| Mammogram | Never |
| PSA | N/A |
| Dental exam | 2010 |
| Eye exam | 2010 |
| Bone density | Never |
| Colonoscopy/FOBT | Never |
| Cholesterol | Never |

**Case 4:**

Mrs. Johnson is a 65 year old female presenting for her annual physical. Her history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: Mary Johnson **Age**: 65

Vitals: Height 5’2”; Weight 100 pounds, Blood pressure 130/75

**Chronic medical problems:**

|  |
| --- |
| High blood pressure |

**Surgeries/hospitalizations:**

|  |
| --- |
| None |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | Kansas City, KS |
| Relationship/marital status | Widowed |
| Education | College |
| Occupation | Retired nurse |
| Number of children/ages | 4, ages 42,39,38,36 |

|  |  |
| --- | --- |
| Smoking status | Never |
| Sexual activity | None |
| Alcohol use | None |
| Exercise | No |
| Seat belt use | Always |

**Family history:**

|  |  |
| --- | --- |
| Mother | Died at 85 of stroke |
| Father | Died at 82 of MI |

**Current medications:**

|  |
| --- |
| HCTZ |

**Allergies:**

|  |
| --- |
| NKDA |

|  |  |
| --- | --- |
| **Preventive care:**  Tetanus booster | Unknown |
| Flu shot | Never |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | Never |
| Varicella vaccine/disease | Unknown |
| TB skin test | Never |
| Pap smear | 2012 |
| Mammogram | Never |
| PSA | N/A |
| Dental exam | 2010 |
| Eye exam | 2010 |
| Bone density | Never |
| Colonoscopy/FOBT | 2001 |
| Cholesterol | 2008 |

**Case 5:**

Mr. King is a 75 year old male presenting for his annual physical. His history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: William King **Age**: 75

Vitals: Height 5’7”; Weight 195 pounds; Blood pressure 135/85

**Chronic medical problems:**

|  |
| --- |
| High blood pressure, high cholesterol |

**Surgeries/hospitalizations:**

|  |
| --- |
| Appendectomy at age 16 |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | New York, NY |
| Relationship/marital status | Widowed |
| Education | High school |
| Occupation | Retired janitor |
| Number of children/ages | 3, ages 55, 52, 49 |

|  |  |
| --- | --- |
| Smoking status | Yes, 1 ppd for 50 years |
| Sexual activity | None |
| Alcohol use | Yes, 2 beers per night |
| Exercise | No |
| Seat belt use | Always |

**Family history:**

|  |  |
| --- | --- |
| Father, brother | High blood pressure, high cholesterol, stroke |

**Current medications:**

|  |
| --- |
| HCTZ, Lipitor |

**Allergies:**

|  |
| --- |
| NKDA |

**Preventive care:**

|  |  |
| --- | --- |
| Tetanus booster | Unknown |
| Flu shot | Never |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | 2004 |
| Varicella vaccine/disease | Unknown |
| TB skin test | Never |
| Mammogram | Never |
| PSA | N/A |
| Dental exam | 2010 |
| Eye exam | 2010 |
| Bone density | Never |
| Colonoscopy/FOBT | 2006 |
| Cholesterol | 2008 |

**Case 6:**

Mr. Adams is a 13 year old male presenting for his annual physical. His history form is attached.

Using the list provided, choose the most appropriate screening tests, physical examination and counseling activities. Fill in the table below indicating the activity and the time, which should be less than 30 minutes. You will have to make choices among many activities that would be appropriate to create a list that only “costs” 30 minutes. **You must discuss or evaluate risk in order to perform an activity.** For example, if screening for HIV, you must evaluate for high risk behaviors if you are going to order the serum test. **Evaluating for high risk behaviors costs 3 minutes, but you only need to do this one time to test for any sexually transmitted disease.**

|  |  |
| --- | --- |
| **Activity** | **Time** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total time** |  |

**Name**: John Adams **Age**: 13

Vitals: Height 5’0”; Weight 180 pounds; Blood pressure is 120/80

**Chronic medical problems:**

|  |
| --- |
| None |

**Surgeries/hospitalizations:**

|  |
| --- |
| Tonsillectomy at age 11 |

**Social history:**

|  |  |
| --- | --- |
| Birthplace | Omaha, NE |
| Relationship/marital status | Single |
| Education | Currently in middle school |
| Occupation | Student |
| Number of children/ages | None |

|  |  |
| --- | --- |
| Smoking status | Never |
| Sexual activity | Yes |
| Alcohol use | None |
| Exercise | No |
| Seat belt use | Never |

**Family history:**

|  |  |
| --- | --- |
| Unknown family members | High blood pressure, diabetes, heart disease |

**Current medications:**

|  |
| --- |
| None |

**Allergies:**

|  |
| --- |
| NKDA |

**Preventive care:**

|  |  |
| --- | --- |
| Tetanus booster | Unknown |
| Flu shot | Never |
| Hepatitis B vaccine | Never |
| Pneumonia vaccine | 2002 |
| Varicella vaccine/disease | Unknown |
| TB skin test | Never |
| Dental exam | 2010 |
| Eye exam | 2010 |
| Cholesterol | Never |