

Components of the Well-Woman Visit by Age Groups

Age Range	Screening	Labs/Tests	Evaluation and Counseling	Immunizations
13-18	<ul style="list-style-type: none"> History Physical Exam 	<p>It is no longer recommended for women under the age of 21 to have a pap smear even if they are sexually active.</p> <p><u>If Sexually Active:</u></p> <ul style="list-style-type: none"> Chlamydia (annually) Gonorrhea (annually) HIV <p>Appropriate labs/tests per risk factors present</p>	<p><u>Sexuality:</u></p> <ul style="list-style-type: none"> Development High-risk behavior Preventing unwanted pregnancy Barrier protection Internet/phone safety <p><u>Fitness and Nutrition:</u></p> <ul style="list-style-type: none"> Eating disorders and obesity Folic acid and calcium supplementation <p><u>Psychosocial Evaluation:</u></p> <ul style="list-style-type: none"> School experience Suicide: depression Abuse and rape prevention Bullying <p>Health/Risk Assessment</p>	<p>TDap HPV (age 9-26) Flu (annual) Meningococcal</p> <p><u>If not previously done:</u> MMR Hep-B Varicella</p> <p><u>High-risk:</u> Hep-A Pneumococcal</p>

Age Range	Screening	Labs/Tests	Evaluation and Counseling	Immunizations
19-39	<ul style="list-style-type: none"> History Physical Exam 	<p><u>Pap-smear:</u></p> <ul style="list-style-type: none"> Age 21-29 every 3 yrs. Age ≥ 30 every 5 yrs. <ul style="list-style-type: none"> Along with HPV test <p><u>If Sexually Active & <25:</u></p> <ul style="list-style-type: none"> Chlamydia Gonorrhea <p>HIV</p> <p>Appropriate labs/tests per risk factors present</p>	<p><u>Sexuality:</u></p> <ul style="list-style-type: none"> Contraceptive options Reproductive life plan Sexual function <p><u>Fitness and Nutrition:</u></p> <ul style="list-style-type: none"> Folic acid and calcium supplementation <p><u>Psychosocial Evaluation:</u></p> <ul style="list-style-type: none"> Intimate partner violence Work satisfaction Lifestyle / stress Sleep disorders <p>Cardiovascular risks Health/Risk Assessment</p>	<p>TDap (every 10 yrs) HPV (age 9-26) Flu (annual)</p> <p><u>If not previously done:</u> MMR Varicella</p> <p><u>High-risk:</u> Hep-A & B Pneumococcal Meningococcal</p>

Age Range	Screening	Labs/Tests	Evaluation and Counseling	Immunizations
40-64	<ul style="list-style-type: none"> History Physical Exam 	<u>Pap-smear:</u> <ul style="list-style-type: none"> Every 5 yrs. + HPV <u>Colonoscopy:</u> <ul style="list-style-type: none"> Every 10 years: starting at age 50 (or 45 for African Americans) <u>Diabetes:</u> <ul style="list-style-type: none"> Every 3 years: starting at age 45 <u>Lipids:</u> <ul style="list-style-type: none"> Every 5 years: starting at age 45 <u>Mammography:</u> <ul style="list-style-type: none"> Yearly: starting at age 45 <p>Hep-C HIV</p> <p>Appropriate labs/tests per risk factors present</p>	<u>Sexuality:</u> <ul style="list-style-type: none"> High-risk behavior Preventing unwanted pregnancy Barrier protection <u>Fitness and Nutrition:</u> <ul style="list-style-type: none"> Calcium intake and supplementation <u>Psychosocial Evaluation:</u> <ul style="list-style-type: none"> Intimate partner violence Sleep disorders Advance directives <u>Health/Risk Assessment</u> <ul style="list-style-type: none"> Aspirin (ages 55-79) Hormone therapy Breast cancer awareness <p>Cardiovascular risks</p>	<p>TDap (every 10 yrs) Flu (annual) Herpes zoster: one for those ≥ 60</p> <p><u>If not previously done or no evidence of immunity:</u> MMR Varicella</p> <p><u>High-risk:</u> Hep-A & B Pneumococcal Meningococcal</p>

Age Range	Screening	Labs/Tests	Evaluation and Counseling	Immunizations
≥ 65	<ul style="list-style-type: none"> History Physical Exam 	<u>Pap-smear:</u> Can be d/c'd <u>Colonoscopy:</u> <ul style="list-style-type: none"> Every 10 years <u>Diabetes:</u> <ul style="list-style-type: none"> Every 3 years <u>Bone mineral density:</u> <ul style="list-style-type: none"> Every 2 years <u>Lipids:</u> <ul style="list-style-type: none"> Every 5 years <u>Mammography:</u> <ul style="list-style-type: none"> Yearly <u>Thyroid Stimulating Hormone:</u> <ul style="list-style-type: none"> Every 5 years <p>Hep-C Urinalysis</p> <p>Appropriate labs/tests per risk factors present</p>	<u>Sexuality:</u> <ul style="list-style-type: none"> Sexual function Sexual behaviors Barrier protection <u>Fitness and Nutrition:</u> <ul style="list-style-type: none"> Calcium intake and supplementation <u>Psychosocial Evaluation:</u> <ul style="list-style-type: none"> Intimate partner violence Sleep disorders Neglect/abuse Depression Advance directives <u>Health/Risk Assessment:</u> <ul style="list-style-type: none"> Aspirin (ages 55-79) Breast cancer awareness Visual acuity / glaucoma <p>Cardiovascular risks</p>	<p>TDap (every 10 yrs) Flu (annual) Pneumococcal</p> <p><u>If not previously done or no evidence of immunity:</u> Herpes zoster Varicella</p> <p><u>High-risk:</u> Hep-A & B Meningococcal</p>

Resources:

- **Reproductive Life Plan:** <http://www.cdc.gov/preconception/reproductiveplan.html>
- **ACOG Well-Woman Screening Recommendations:** <http://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations>
- **Immunization Recommendations:**
 - **From the ACIP:** <http://www.cdc.gov/vaccines/hcp/acip-recs/index.html>
 - **TDap:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5503a1.htm>
 - **HPV:** <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Human-Papillomavirus-Vaccination>
- **HIV Testing Recommendations:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>
- **STD Testing Recommendations:** <http://www.cdc.gov/std/tg2015/screening-recommendations.htm>

Components of a Health History:

- Chief Complaint (CC)
- Past Medical History (PMH): medical/surgical, menstrual, reproductive
- Family History (FH)
- Medications
- Nutrition and Physical Activity
- Tobacco, alcohol and other drug use
- Emotional, physical, and sexual abuse
- Sexual practices
- Urinary and fecal incontinence

After age 40:

- Pelvic prolapse
- Menopausal symptoms
- Neglect

Components of a Physical Exam:

- Height, Weight and BMI
- Blood Pressure
- Tanner staging (secondary sexual characteristics)
 - Only for ages 13-18
- Pelvic exam: when indicated (*see cervical tests*)
 - Pap-smear starting at age 21
- Abdominal exam
- Breast and axillae exam
 - Every 3 years starting at age 20
 - Yearly starting at age 40
- Neck: adenopathy and thyroid
- Additional exams as clinically appropriate

High-Risk Groups for labs/tests:

- Colorectal cancer screening
- Diabetes testing
- Genetic testing
- Hemoglobin level
- Hep B & C
- HIV
- Lipid
- STD's
- TB
- Mammography
- Bone mineral density screening
- Thyroid

Sexuality Evaluation and Reproductive Planning Counseling:

- Development
- High-risk behavior
- Preventing unwanted pregnancy: contraceptive options
- Discussion of a reproductive health plan
- Preconception and genetic counseling
- Sexual function
- Barrier protection
- Internet/phone safety

Fitness and Nutrition Counseling:

- Physical Activity
- Dietary/Nutrition (*include eating disorders and obesity*)
- Multivitamin with folic acid
- Calcium intake

Psychosocial Evaluation:

- Suicide: depressive symptoms
- Interpersonal/family relationships
- Sexual orientation
- Personal goal development
- Behavioral/learning disorders
- Emotional, physical, and sexual abuse by family or partner
 - Intimate partner violence
- School experience
- Peer relationships
- Acquaintance rape prevention
- Bullying
- Work satisfaction
- Lifestyle / stress

- Sleep disorders
- Advance directives (in the elderly population)

Cardiovascular Risk Factors:

- Family history
- Hypertension
- Dyslipidemia
- Obesity
- Diabetes mellitus
- Personal history: preeclampsia, gestational diabetes, pregnancy-induced hypertension
- Sedentary lifestyle

Health/Risk Assessment:

- Hygiene (including dental), fluoride supplementation
- Injury prevention: exercise and sports safety, weapons, hearing, occupational and recreational hazards, safe driving practices, helmet use
- Skin exposure to UV rays
- Tobacco, alcohol, and other drug use
- Piercing and tattooing
- Suicide: depressive symptoms