

EVIDENCE-BASED APPROACHES: IMC Case on Preventive Care

You are informed by the nurse that you will be seeing a married couple who are new to the area, have never seen a doctor before, heard the IMC was “great”, and want a physical and “health update” including all screening tests they may have missed over the years. The first patient is Mr Happy, who is a 68 year old white man; in the exam room with him is his wife Mrs. Happy who is a 66 year old white woman. Neither of them have any real complaints, they apparently were motivated to visit the doctor by a PBS special that talked about how screening “can catch the bad stuff before it kills you”. They each have smoked 1 pack of cigarettes a day for the last 40 years. They both deny any weight loss, fever, chills, headache, dizziness, blurry vision, tinnitus, hearing deficit, sinus pain, sore throat, oral lesions, teeth issues, chest pain, palpitations, cough, wheeze, SOB, known history of lung disease, abdominal pain, nausea, vomiting, diarrhea or constipation. Each of their bowels are regular, with a daily brown stool, no history of melena or hematochezia. No dysuria, hematuria or hesitancy. No rash, no joint or muscle aches. Mrs. Happy denies every being pregnant, denies any vaginal bleeding or discharge, and went thru the “change of life” about 14 years ago. They are sexually active in their monogamous relationship. They go for a 1 mile walk daily together.

Past Medical Hx: Tobacco Abuse (both)

Past Surgical Hx: None

Allergies: NKDA

Social Hx: 1 PPD (each) for 40 years; 1 beer per day (each); no illicit; live in a motor home and have traveled all around country last 10 years, but now ready to settle down in Akron where they were both born. Mr. Happy is a retired auto mechanic. Mrs. Happy is a retired waitress.

Family Hx: Mr. Happy is an only child, both his parents died in their 80's from “old age”; Mrs. Happy has one healthy sister who is 59 years old; her mother and father died when she was only 20 years old in a care accident. She believes they were otherwise healthy.

ROS: See above

Vitals: Mr Happy: Temp 98.3 HR 76 BP 132/82 RR 18 Sats 98%RA Ht 72” Wt 185#

Mrs. Happy Temp 97.6 HR 84 BP 124/78 RR 16 Sats 96% RA Ht 66” Wt155#

Exam: HEENT, Chest, Heart, Lung, Abdomen, Vascular and Neuro exam unremarkable for both of them.

After recovering from seeing such “uncomplicated” patients in the IMC, you want to do your best to provide age appropriate preventive medicine for them both.

Please utilize the following link to the US Preventative Services Task Force to answer the below questions:

<http://www.uspreventiveservicestaskforce.org/uspsttopics.htm>

1. You first want to provide cancer screening for Mr. and Mrs. Happy. What are the recommendations for them regarding each of the following cancer subtypes? Please provide the different screening options, including screening intervals and age cutoffs, if appropriate.
 - Bladder Cancer

- Breast Cancer
 - Cervical Cancer (Pap) (answer utilizing above pt info, and also answer supposing Mrs. Happy had undergone a total abdominal hysterectomy secondary to fibroids 10 years ago)
 - Colorectal Cancer
 - Lung Cancer
 - Oral Cancer
 - Ovarian Cancer
 - Pancreatic Cancer
 - Prostate Cancer
 - Skin Cancer
 - Testicular Cancer
2. Mrs. Happy states she had a male cousin who recently had an ultrasound of his abdomen because “he was a smoker”. She wonders if her husband and her should have one. Please give your answer. (Hint: look under Abdominal Aortic Aneurysm)
 3. Should you have Mr. and Mrs. Happy get spirometry or PFT to see if their long term smoking has resulted in lung disease? (Hint: look under Chronic Obstructive Pulmonary Disease)
 4. How about screening for Diabetes Mellitus, Lipid Disorders, or Thyroid disease in our couple? If yes, what specific tests will you order?
 5. Mrs. Happy heard a commercial on TV that said calcium was good for her bones. She asks if she should “get her bones checked out”? (Hint: look under Osteoporosis) What if she had asked you this question at age 55? At age 62?

(For Further Information on Osteoporosis prevention and treatment, please see National Osteoporosis Foundation 2016 Guidelines at below link:

<https://cdn.nof.org/wp-content/uploads/2016/01/995.pdf>

6. As the medical assistant sets up Mrs. Happy for a pelvic and PAP, Mr. Happy asks you if they should be screened for any infectious diseases? Please provide the different screening options, including screening intervals and age cutoffs, if appropriate.

- Chlamydia?
- Gonorrhea?
- Hepatitis B or C Virus infection?
- Herpes Simplex?
- HIV?
- Syphilis?
- Tuberculosis?

Mr. and Mrs. Happy are thrilled with the visit, and are very happy that they are going to get all the preventive tests they need. Prior to releasing them from the office, you want to discuss their smoking habit.

7. What are the USPSTF guideline recommendations on Tobacco Abuse Counseling? What are the 5 A's? What are the 5 R's?

The Happy's do state they are interested in quitting, give them some advice on pharmacologic and nonpharmacologic aids available.

Mr. and Mrs. Happy ask about vaccinations they should have. Please review the 2014 recommended vaccination schedule available at the below link to see what vaccines should be offered to the Happy's (assume they received their standard childhood vaccinations).

<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-pocket-size.pdf>