

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, 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 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 cough and dyspnea on exertion. Each of their bowels are regular with a daily brown stool without history of melena or hematochezia. Mrs. Happy denies ever being pregnant, denies any vaginal bleeding or discharge, and went through menopause 14 years ago. They are sexually active in their monogamous relationship. They go for a 1 mile walk together each day.

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 drug use; they live in a motor home and have traveled all around country the 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 car accident. She believes they were otherwise healthy.

ROS: Negative except as listed in HPI

Vitals: Mr. Happy: Temp: 98.3; HR: 76; BP: 132/82; RR: 18 SpO2 98% RA; Ht 72” Wt 185#

Mrs. Happy: Temp: 97.6; HR: 84; BP: 124/78; RR: 16 SpO2: 96% RA; Ht 66” Wt 155#

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 USPSTF to answer the below questions:

https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P

1. You want to provide cancer screening for Mr. and Mrs. Happy. What are the recommendations for them regarding each of the below cancer subtypes? Please provide the different screening options, including screening intervals and age cutoffs, if appropriate.
 - a. Breast Cancer
 - b. 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)
 - c. Colorectal Cancer
 - d. Lung Cancer
 - e. Prostate Cancer
 - f. Skin 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 she and her husband 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://www.bonesource.org/clinical-guidelines>

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.
 - a. Chlamydia
 - b. Gonorrhea
 - c. Hepatitis B or C Virus infection
 - d. HIV
 - e. Syphilis
 - f. 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.

- g. 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 non-pharmacologic aids available.

Mr. and Mrs. Happy ask about vaccinations they should have. Please review the 2019 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-combined-schedule.pdf>