



### SUGGESTED HEALTH CARE GUIDELINES FOR ADULTS

#	Description	Last Done	Comments & Recommendation	Completed By:
I	<b>Annual Physical Examination</b> (The following to be included with a complete physical exam)			
	• Assessment of Nutritional Status			
	• Vision assessment (including fundscopy & snellen)			
	• Blood Pressure Monitoring			
	• TB test annually or at physician's discretion			
	• other:			
II	<b>Family History</b> (such as: diabetes, hypertension, breast cancer, ovarian cancer, prostate cancer, heart disease, etc.)			
III	<b>Annual Laboratory Tests</b>			
	• Blood Profile (if on 3 or more medications)			
	• CBC (blood count)			
	• Lipid Profile			
	• Routine Urinalysis			
	• PSA on males after age 50 (to detect prostate cancer)			
	• Stool occult blood after age 50			
	• other:			
IV	<b>EKG or ECG</b> (cardiac/heart)			
	• Baseline EKG at age 40			
	• Follow-up EKGs as determined by clinical circumstance			
	• other:			

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V	<b>Audiological Testing/Screening</b>			
	<ul style="list-style-type: none"> <li>• Tri-annually or as needed</li> </ul>			
VI	<b>Monthly weights</b> (if unplanned changes in weight increases or decreases by 5 lbs. consult primary physician)			
	<ul style="list-style-type: none"> <li>• Follow Ideal Body Mass Index (IBW) Chart</li> </ul>			
	<ul style="list-style-type: none"> <li>• Maintain permanent record to document monthly weights</li> </ul>			
VII	<b>Medication Follow-up</b>			
	<b>a. Anti-convulsant/Seizure Medications</b>			
	<ul style="list-style-type: none"> <li>• see neurologist at least once a year</li> </ul>			
	<ul style="list-style-type: none"> <li>• get blood levels to test CBC and liver function as prescribed by physician (ask physician how often these need to be done.)</li> </ul>			
	<b>b. Psychotropic Medications</b>			
	<ul style="list-style-type: none"> <li>• see a psychiatrist at least once a year</li> </ul>			
	<ul style="list-style-type: none"> <li>• get blood levels as prescribed by physician</li> </ul>			
	<ul style="list-style-type: none"> <li>• review psychotropic medications by planning team annually to determine the continued need for these medication(s)</li> </ul>			
VIII	<b>Sigmoidoscopy and/or colonoscopy</b>			
	<ul style="list-style-type: none"> <li>• Baseline at 50 and as recommended by physician</li> </ul>			

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<b>IX</b>	<b>Bone Density</b>			
	<ul style="list-style-type: none"> <li>• Consider a bone density test for females at age 50 as a baseline</li> </ul>			
<b>X</b>	<b>Immunizations</b>			
	<ul style="list-style-type: none"> <li>• Flu vaccine (annually)</li> </ul>			
	<ul style="list-style-type: none"> <li>• Hepatitis B series</li> </ul>			
	<ul style="list-style-type: none"> <li>• Pneumococcus vaccine (for those susceptible to respiratory bronchial infections and those &gt; 65 years)</li> </ul>			
	<ul style="list-style-type: none"> <li>• Td/Tdap - Tetanus (every 10 years or every 5 years if sustained a puncture/wound adult &lt; 65 y/o who never received Tdap)</li> </ul>			
<b>XI</b>	<b>Dental Examination</b>			
	<ul style="list-style-type: none"> <li>• Cleaning and examination every 6 months</li> </ul>			
	<ul style="list-style-type: none"> <li>• If procedure warrants general anesthesia then annual examinations and cleaning recommended</li> </ul>			
	<ul style="list-style-type: none"> <li>• Dental Hygiene counseling</li> </ul>			

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XII	<b>Preventive health counseling and enrollment in appropriate programs as indicated in the IPP for the following issues:</b>			
	<ul style="list-style-type: none"> <li>• Smoking</li> <li>• Underweight</li> <li>• Overweight</li> <li>• Alcohol abuse</li> <li>• Drug abuse</li> <li>• Domestic Violence</li> <li>• Sexuality Training</li> </ul>			
XIII	<b>Special Conditions:</b> (other medical diagnosis such as <b>diabetes, congestive heart failure (CHF)</b> , etc) If client has been diagnosed with a special condition, please ask primary physician if client is to be seen by a specialist and what kind of follow-up is needed.			
	<ul style="list-style-type: none"> <li>• Type of Condition: _____</li> <li>• Type of Specialist (If applicable) _____</li> </ul>			
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#	Description	Last Done	Comments & Recommendation	Completed By:
<b>XIII</b>	<b>Women's Issues</b>			
	<b>a. Breast Examination</b> <ul style="list-style-type: none"> <li>• Monthly self examination - if applicable or able</li> </ul>			
	<ul style="list-style-type: none"> <li>• An annual examination by either a physician or nurse practitioner should be included in the annual physical examination</li> </ul>			
	<b>b. Mammogram</b> <ul style="list-style-type: none"> <li>• Baseline mammogram recommended between ages 40-50</li> </ul>			
	<ul style="list-style-type: none"> <li>• Routine mammography annually or every 2 years (per American College of Obstetrics and Gynecology (ACOG) recommendations) between ages 50-70</li> </ul>			
	<ul style="list-style-type: none"> <li>• If the procedure requires sedation, the primary physician may decide on the necessity of the procedure after considering benefits versus risks.</li> </ul>			
	<b>c. Pap Smears (age 18 or sexually active)</b> <ul style="list-style-type: none"> <li>• Sexually active females or those on birth control of any form: annual pap smear recommended</li> </ul>			
	<ul style="list-style-type: none"> <li>• Non-sexually active females: annual until age 30 y/o.</li> </ul>			

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	<ul style="list-style-type: none"> <li>If a healthy woman has had 3 completely normal pap smears in a row, then every 2-3 years</li> </ul>			
	<ul style="list-style-type: none"> <li>If 65-70 y/o, had 3 completed normal pap smears in a row or not sexually active, or has risk factors, may stop</li> </ul>			
	<ul style="list-style-type: none"> <li>If procedure requires sedation the primary physician may decide on the necessity of procedure documenting benefits versus risks. It may also be combined with dental work under general anesthesia.</li> </ul>			

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