

Get Screened: Take charge of your health. Take charge of your life.

Provider Resources

The *Alaska Division of Public Health, Section of Chronic Disease Prevention and Health Promotion (CDPHP)* is encouraging adults, particularly those 45 or over, to obtain screenings related to chronic disease prevention and control. Given overlapping periodicity schedules and directives for these tests, we promote an annual visit as a practical approach to keeping up-to-date with recommended tests.

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We have produced a number of public-oriented publications which list and describe the tests we recommend and provide basic information about health insurance coverage for them. These materials are listed on the last page and available here:

<http://dhss.alaska.gov/dph/Chronic/Pages/SafeAndHealthyMe/screening/default.aspx>.

Provider Resource Chart

Health care provider recommendations are an essential link between the knowledge generated by a test result and patient action. Research suggests that providers rarely have time to provide all of the requested and recommended care during a typical patient visit. This six-page chart is intended to simplify provision of screenings, referrals and treatment by offering links to resources and patient education materials. This document is posted on the website above, if you want to be able to click through to the URLs and documents. Acronyms used in this table are decoded on page 4.

Screening Tests - Provider Resource Chart				
To Identify / Prevent	Recommended Frequency	USPSTF Guidelines	Links to resources related to assessment, advice, treatment or referral	Patient Education Materials
Tobacco use	Ask at every health care visit	Counseling to prevent tobacco use in adults and pregnant women	Mission 100 Toolkit includes best practices for addressing tobacco use and dependence, including billing for tobacco cessation counseling and medications, and steps that healthcare organizations can take towards making their campus tobacco free: Alaska Tobacco Quit Line 1 800 QUIT NOW	

*Regular screening might be recommended at a younger age if risk factors are present.

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Screening Tests - Provider Resource Chart, page 2				
To Identify / Prevent	Recommended Frequency	USPSTF Guidelines	Links to resources related to assessment, advice, treatment or referral	Patient Education Materials
Overweight or obesity	At least annually	Obesity Screening (BMI) Clinical Summary	<ul style="list-style-type: none"> AHRQ: Community Connections: Linking Primary Care Patients to Local Resources for Better Management of Obesity Managing Obesity Toolkit: Integrating Primary Care Practices and Community-based Resources to Manage Obesity: A Bridge-building Toolkit for Rural Primary Care Practices 2013 AHA/ACC Guideline for the Management of Overweight and Obesity in Adults Living Well Alaska (Chronic Disease Self-Management Program) Weight Watchers TOPS (Take Off Pounds Sensibly) To find a TOPS Meeting DASH (Dietary Approaches to Stop Hypertension) Diet 	<ul style="list-style-type: none"> Assessing Your Weight (BMI) and Health Risk (NHLBI) To calculate BMI Healthy Weight Resources (CDC)
High blood pressure	At least every 2 years Yearly if blood pressure is 120/80 or higher, or if use tobacco, overweight, or family history of heart disease	<ul style="list-style-type: none"> BP Screening Guidelines BP Clinical Summary 	<ul style="list-style-type: none"> Improving the Screening, Prevention, and Management of Hypertension: An Implementation Tool for Clinic Practice Teams JNC 8 Treatment Guidelines JNC 8 Treatment Algorithm Template to Create a Hypertension Treatment Protocol 	<ul style="list-style-type: none"> Know The Facts About High Blood Pressure (CDC) Sodium: The Facts (CDC) Heart Health Test: Life's Simple 7 (AHA) AHA High Blood Pressure Brochures High Blood Pressure (NHLBI)

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Screening Tests - Provider Resource Chart, page 3				
To Identify / Prevent	Recommended Frequency	USPSTF Guidelines	Links to resources related to assessment, advice, treatment or referral	Patient Education Materials
Falls risk	Annually, starting age 65		CDC Fall Prevention Toolkit includes screening tools, provider and patient information materials	
Diabetes	Every 3 years starting age 45*	<ul style="list-style-type: none"> • Diabetes Screening- Fasting blood glucose, OGTT, or A1c • Diabetes Clinical Summary 	<ul style="list-style-type: none"> • Prediabetes Screening Questions • Living Well Alaska (behavior change) Chronic Disease Self-Management Program • DiabetesPro Diabetes Rx (ADA) Professional Resources • AK Diabetes Program webpage includes maps of diabetes program locations. 	<ul style="list-style-type: none"> • National Diabetes Education Program Brochures (NIH) • DiabetesPro Diabetes Rx (ADA) • Type 2 Diabetes Risk Test (ADA)
High cholesterol	Every 5 years, men starting age 35, women starting age 45*	Lipid Screening Guidelines (update in progress)	<ul style="list-style-type: none"> • 2013 AHA/ACC High Cholesterol Treatment Guidelines • 2013 AHA/ACC High Cholesterol Treatment Algorithms • AHA Cholesterol Resources for Professionals <ul style="list-style-type: none"> • Includes <i>Understanding and Managing Cholesterol, a pocket guide</i> • CVD Risk Assessment Tool (NHLBI) 	<ul style="list-style-type: none"> • Cholesterol and Women's Health (ACOG) • Heart360 an online tool for tracking heart health factors • Choose My Plate (USDA) • High Cholesterol Brochures (AHA) • Know the Facts About High Blood Cholesterol (CDC)

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ACRONYMS

ADA: American Diabetes Association
 AHA/ACC: American Heart Association/American College of Cardiology
 AHA: American Heart Association
 AHRQ: Agency for Healthcare Research and Quality
 BHC: Alaska Breast Check and Cervical Health Program
 CDC: Centers for Disease Control and Prevention

CVD: Cardiovascular Disease
 DM: Diabetes Type 2
 FOBT: Fecal Occult Blood Test
 JNC 8: 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults Eighth Joint National Committee
 NCI: National Cancer Institute (NIH)

NHLBI: The National Heart, Lung, and Blood Institute (NIH)
 NIA: National Institute on Aging (NIH)
 NIH: National Institutes of Health
 OGGT: Oral Glucose Tolerance Test
 USDA: United States Department of Agriculture
 USPSTF: U.S. Preventive Services Task Force

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Screening Tests - Provider Resource Chart, page 4				
To Identify / Prevent	Recommended Frequency	USPSTF Guidelines	Links to resources related to assessment, advice, treatment or referral	Patient Education Materials
Aspirin's potential benefit for primary prevention of: <ul style="list-style-type: none"> • Heart Attack in men • Stroke in women 	Every 5 years, men ages 45-79, women ages 55-79*	<ul style="list-style-type: none"> • Aspirin Screening Guidelines • Aspirin Clinical Summary • Aspirin for the Prevention of Cardiovascular Disease Guidelines (update in progress) 	<ul style="list-style-type: none"> • Aspirin Clinician Fact Sheet (AHRQ) • 2013 AHA/ACC Guideline on the Assessment of Cardiovascular Risk • CVD risk estimation tools: <ul style="list-style-type: none"> - CVD Risk Assessment Tool (NHLBI) - Framingham Stroke Risk Calculator • Stroke Tools: includes stroke order sets and practice guidelines (Western States Stroke Consortium) 	<ul style="list-style-type: none"> • Aspirin Guidelines for Women (AHRQ) • Aspirin Guidelines for Men (AHRQ)
Breast cancer	Mammogram, Clinical Breast Exam Women every 2 years, ages 50-74*	<ul style="list-style-type: none"> • Breast Cancer Screening Guidelines • Breast Cancer Clinical Summary 	<ul style="list-style-type: none"> • BCHC Program for low income women • Provider Alaska Fact Sheet on Breast Screening 	NCI materials (breast): <ul style="list-style-type: none"> • Breast Cancer webpage • What You Need to Know About Breast Cancer booklet
Cervical cancer	Pap smear Women every 3 years, starting age 21*	<ul style="list-style-type: none"> • Cervical Cancer Screening Guidelines • Cervical Cancer Clinical Summary 		<ul style="list-style-type: none"> • NCI cervical cancer webpage • Pap Tests - When You Need Them and When You Don't (Choosing Wisely) • National Cervical Cancer Coalition educational materials
Colorectal cancer	Colonoscopy - Every 10 years <i>or</i> FOBT – Annually <i>and</i> Sigmoidoscopy - Every 5 years Ages 50-75*	<ul style="list-style-type: none"> • Colorectal Cancer Screening Guidelines • Colorectal Cancer Clinical Summary 	<ul style="list-style-type: none"> • Alaska Colon Health Client Reminder Postcards/Materials • NCI Risk Assessment: do not use for Alaska Natives due to their high prevalence/risk of colon cancer. 	<ul style="list-style-type: none"> • Alaska Colon Health Client Materials • NCI colon cancer webpage (patients)

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Chronic diseases have risk factors in common

The **Provider Resource Chart** contains links to evidence-based programs, materials and tools which may be helpful to you in delivering the preventive screenings recommended by the Alaska Section of Chronic Disease Prevention and Health Promotion. This table shows the correlation between certain risk behaviors or conditions and increased risk for chronic diseases. The table also provides additional resources that may be helpful to you in counseling patients to reduce their disease risk.

Chronic Diseases by Shared Risk Factors				
Risk Factor	Cancer	Diabetes	Heart attack, chest pain or stroke	Resources
Exercising less than 150 minutes a week	X	X	X	<ul style="list-style-type: none"> • CDC Physical Activity Resources • Workout To Go for Alaskans • Contact Jo Fisher (jo.fisher@alaska.gov) for copies. • Go4Life Physical Activity Guide (NIA) • 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk
Eating foods that are high in:	<ul style="list-style-type: none"> • Saturated or trans fats • White flour • Sugars 		<ul style="list-style-type: none"> • Sodium • Saturated or trans fats 	<ul style="list-style-type: none"> • Choose My Plate (USDA) • DASH Diet (NIH) • Foods that Fight Cancer (American Institute for Cancer Research) • Food and Fitness (ADA) • Million Hearts Healthy Eating and Lifestyle Resource Center
Using Tobacco	X	X	X	See Tobacco use above
Being Overweight/Obese	X	X	X	See Overweight or obesity above
Having high blood pressure		X	X	See High blood pressure above
Having high cholesterol		X	X	See High cholesterol above

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Alaska Preventive Screening campaign materials

The Alaska Section of Chronic Disease Prevention and Health Promotion has developed materials intended to encourage adults to obtain our recommended preventive screening tests, reduce barriers to care by providing specific information about coverage, and provide some basic aids for interpreting results. The links below provide access to downloadable versions of the materials. Professionally printed versions of these materials are available at no cost by emailing: hss.cdphp@alaska.gov.

Preventive Screening Campaign materials	
Name	Description
Get Screened Brochure	Outlines screening tests and health status based on test results
Get Screened Rack Card	Outlines screening tests by age group and sex
Know Your Numbers Health Status Snapshot	A snapshot of a patient's health status based on screening test results; space for coaching
Medicare Part B Insurance Coverage for Screening	Provides screening test-specific insurance coverage and related information
AlaskaCare Insurance Coverage for Screening⁺	Provides screening test-specific insurance coverage and related information
AlaskaCare Retiree Insurance Coverage for Screening[#]	Provides screening test-specific insurance coverage and related information
Alaska State Employees Assn (ASEA) Health Trust Insurance Coverage for Screening⁺	Provides screening test-specific insurance coverage and related information
Affordable Care Act (ACA) Coverage for Screening	Provides screening test-specific insurance coverage and related information
Adult BMI Chart	
<i>For additional resources, check out:</i>	
Alaska Health Education Library Project (AHELP)	This library contains information on health promotion, chronic disease prevention and injury prevention in Alaska. Links to resources are included.

⁺State of Alaska employees

[#]Alaska Public Employees' Retirement System (PERS) Retirees

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Electronic Applications (Apps) with Preventive Screening recommendations and related information

Many companies and agencies have developed electronic tools to help providers quickly identify medical care that is recommended by age group, sex, and so on. The apps in this table have the virtue of being free, containing evidence-based information, and being well-reviewed.

Preventive Screening Apps	
Name	Description
ePSS Electronic Preventive Services Selector	USPSTF Screening Recommendations
UpToDate Anywhere (does not require subscription)	Provides reference material doctors can consult when making treatment decisions (clinical decision support).
iMedicalApps.com	Physician curated and generated reviews with indexed search functions by app type, physician specialty, and device platform.

