

What is a Geriatric Periodic Health Exam (GPHE)?



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- ✦ An assessment of the overall health and risk factors for disease in elderly individuals.
- ✦ A process for detection of common geriatric issues which require further assessment and/or early intervention.

Why Should I use a GPHE in my practice?

- ✦ A GPHE has the ability to target high risk “Geriatric Issues” such as:
 - Frailty
 - Sensory loss
 - Cognition
 - Depression
 - Falls / Mobility
 - Activities of Daily Living(ADLs) / Instrumental Activities of Daily Living (IADLs)
 - Caregiver Support
 - Urinary Incontinence
 - Medications (Polypharmacy)
- ✦ A GPHE has the potential for early identification or case finding for Chronic Diseases such as:
 - Diabetes
 - Thyroid Disease
 - Cancer
 - Asthma / COPD
 - Obesity
 - Cardiovascular Disease
 - Stroke
 - Arthritis
 - Osteoporosis
 - Pain
- ✦ The evidence demonstrates that:
 - 90% of type 2 Diabetes and 80% of Coronary Artery Disease can be avoided with good nutrition, regular exercise, smoking cessation and stress management.¹
 - A GPHE reduces patient worry and may be a powerful motivator for action on the part of the patient.²
 - A concise, easy to perform GPHE takes no more than 30 minutes to complete³
 - Short and long term studies have found that the Periodic Health Exam (PHE) improves health⁴ and that it is more effective than a routine annual physical examination.⁵

1 Ministry of Health and Long Term Care (2006). Ontario's Chronic Disease Prevention and Management Framework. Presentation by Dr. Jack Lee, May 30, 2006. Accessed September 9, 2008, from http://www.toronto.ca/health/resources/tcpc/pdf/conference_lee.pdf.

2 Boulware, L.E., Marinopoulos, S., Phillips, K.A., Hwang, C.W., Maynor, K., Merenstein, D., Wilson, R.F., Barnes, G.J., Bass, E.B., Powe, N.R. and Daumit, G.L. (2007). Systematic review: The value of the periodic health evaluation. *Annals of Internal Medicine*, 146(4), 289-300.

3 Mann, E., Koller, M., Mann, C., van der Cammen, T. and Steurer, J. (2004). Comprehensive geriatric assessment (CGA) in general practice: Results from a pilot study in Vorarlberg, Austria. *BMC Geriatrics*, 4, 4.

4 Boulware et al, 2007.

5 Stachenko, S. (1994). Preventative guidelines: Their role in clinical prevention and health promotion. In Health Canada. Canadian Task Force on the Periodic Health Examination: The Canadian guide to clinical preventive health care. Canada Communication Group Publishing: Ottawa, Ontario. Accessed, June 30, 2008, from <http://www.phac-aspc.gc.ca/publicat/clinic-clinique/index.html>