

# Geriatric Periodic Health Exam (PHE)

## Overview of Clinical Process

Identify

Prepare

Evaluate

Action

Primary Care Team identifies the need for a comprehensive and structured approach to **Geriatric Periodic Health Exam**

Patient fills out **Geriatric Periodic Health Exam – Patient Form** prior to visit – at home, or in waiting room.  
A member of the interdisciplinary team reviews the **Geriatric Periodic Health Exam – Patient Form** with patient noting issues for assessment and counseling by specific team members.

Each member of the team uses the **Geriatric Periodic Health Exam – Interprofessional Screen** guiding the clinician through an evidence-based assessment and treatment process based on the recommendations from the Canadian Task Force on the Periodic Health Exam and issues identified from the **Geriatric Periodic Health Exam – Patient Form**. The form includes a summary sheet that tracks health issues, follow-up needs and counseling completed.

Members of the primary care team flag pertinent issues for physician requiring further assessment and/or follow-up based on **Geriatric Periodic Health Exam – Patient Form** and the **Geriatric Periodic Health Exam – Interprofessional Screen**.

Physician performs informed, targeted assessment of issues requiring further assessment, orders investigations and consults, and initiates necessary treatment documenting on the **Geriatric Periodic Health Exam – Interprofessional Screen**.

MD in consult with interdisciplinary team review findings, agree on care plan, individual roles, proposed care plan with patient including counseling for risk factors and relevant patient information materials and arrange for further follow up as required. The team uses the **Geriatric Periodic Health Exam – Tracking Form** to monitor screening, immunization and counseling needs.

The **Geriatric Periodic Health Exam – Patient Form** consists of screening questions for common conditions seen in elderly individuals.

Patient engagement including the **Geriatric Periodic Health Exam – Patient Form** is improved by the provision of counseling and educational materials that promote optimal health and disease management strategies.

The physician receives information through interdisciplinary team via the **Geriatric Periodic Health Exam – Interprofessional Screen** on current health issues and risk factors prior to the physical exam, providing for a targeted, efficient visit.

The PHE takes approximately 30 minutes to complete (Mann et al , 2004) and has been shown to be more effective than the routine “physical” (Stachenko, 1994)

The PHE leads to reduced patient worry and may be a powerful motivator for engaging in positive health behaviours on the part of the patient. (Boulware et al, 2007)