

Periodic Health Examination: Guidelines for Screening in the Elderly

Cognition	Manoeuvre	Recommendation
	Screening with short mental status instruments	C Insufficient evidence to recommend for or against screening Physicians encouraged to conduct appropriate assessments based upon the presence of symptoms
Injury Prevention	Manoeuvre	Recommendation
	Perform multidisciplinary post fall assessment on elderly patients Monitor elderly patients for medical impairment Use safety aids in hazardous areas (i.e. stairs) through legislation Use safety aids in hazardous areas (i.e. stairs and bathtubs) through individual counseling Use non flammable fabrics and self extinguishing cigarettes with public education and/or individual counseling	A Good evidence to refer to multidisciplinary team for assessment C Insufficient evidence to include or exclude B Fair evidence to implement C Insufficient evidence to include or exclude C Insufficient evidence to include or exclude
Elder Abuse	Manoeuvre	Recommendation
	Various questionnaires	C Insufficient evidence to include or exclude
Vision	Manoeuvre	Recommendation
	Snellen sight card	B Fair evidence to include screening in PHE
Diabetic Retinopathy	Fundoscopy or retinal photography in diabetics	B Fair evidence to include screening in PHE of diabetics
Age-related Macular Degeneration (ARMD)	Fundoscopy	C Insufficient evidence to include or exclude in PHE
Glaucoma	Fundoscopy, tonometry or automated perimetry	C Insufficient evidence to include or exclude in PHE
Hypertension	Manoeuvre	Recommendation
	Measurement of blood pressure (BP) level used to identify individuals with hypertension	B Fair evidence to include in the PHE
Hearing	Manoeuvre	Recommendation
	Screening for hearing impairment	B Fair evidence to screen the elderly for hearing impairment
Bacteriuria	Manoeuvre	Recommendation
	Screening urine to identify bacteriuria by culture or leukocyte esterase/nitrate dipstick in asymptomatic individuals	C Insufficient evidence to recommend for or against screening in ambulatory elderly women D Fair evidence to exclude screening in ambulatory elderly men E Good evidence that screening and treatment not be included for individuals with long term indwelling catheters

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This chart has been adapted from the *Canadian Task Force on the Periodic Health Examination: The Canadian guide to clinical preventive health care*, published by Health Canada in 1994. Full details on the report can be found in the guide and is available online at <http://www.phac-aspc.gc.ca/publicat/clinic-clinique/index.html>.

The following guide should be used to interpret the results.

- A** – There is good evidence to support the recommendation that the condition be specifically considered in a PHE.
 - B** – There is fair evidence to support the recommendation that the condition be specifically considered in a PHE.
 - C** – There is poor evidence regarding the inclusion or exclusion of the condition in a PHE, but recommendations may be made on other grounds.
 - D** – There is fair evidence to support the recommendation that the condition be excluded from consideration in a PHE.
 - E** – There is good evidence to support the recommendation that the condition be excluded from consideration in a PHE.
- (Health Canada, 1994)