

Canadian Task Force on Preventive Health Care: All Recommendations for Elderly Women ≥ 65 Years

Condition	Maneuver	Population
"A" Recommendations*		
Breast cancer	Mammography and clinical exam	Women aged 50-69 yrs
Cognitive Impairment	Follow-up based upon caregiver or informant description of decline	Elderly
Colorectal cancer	Multiphase screening with the Hemocult test	Average risk adults > age 50
Dental caries, periodontal disease	Brushing and flossing teeth to apply toothpaste (A) and prevent gingivitis (B) but not cariostatic (C)	General population
Falls/injury	Multidisciplinary post-fall assessment	Elderly
Household and recreational injury	Public education/ Legislation on poison control	General population
Hypertension	Pharmacologic treatment	Elderly, specific subgroups
Influenza	Outreach strategies to reach high-risk groups	Specific groups (e.g., diabetics), elderly
	Influenza vaccination	General population
	Neuraminidase inhibitor prophylaxis	General population
MVA injury	Legislation, restraint use and control of drinking and driving	General population
Oral cancer mortality	Smoking cessation counselling	General population
Osteoporotic fractures	Screening using the SCORE or ORAI to predict low BMD	Postmenopausal women
	Secondary prevention of vertebral fractures using alendronate	Postmenopausal women
	Tertiary prevention of vertebral fractures using alendronate	Postmenopausal women
Periodontal disease	Flossing teeth	Adult population
Pneumococcal pneumonia	Single dose of 23-valent pneumococcal vaccine	Immunocompetent patients \geq age 55 years in institutions
Progressive renal disease	Urine dipstick	Adults with IDDM
Tobacco-caused disease	Counselling, smoking cessation or offer nicotine replacement therapy	Smokers
"B" Recommendations*		
All-cause mortality and morbidity	Moderate physical activity	General population
Cervical cancer	Papanicolaou smear	Women
Cognitive Impairment	Assessment based upon individual's complaint of memory loss	Elderly
Colorectal cancer	Sigmoidoscopy	Average risk adults > age 50
	Flexible sigmoidoscopy beginning at puberty, genetic testing	High-risk adults with FAP
	Colonoscopy	High-risk adults with HNPCC
Diet-related illness	Counselling on adverse nutritional habits	Adult population
Diminished visual acuity	Snellen sight card	Elderly
Falls prevention in long-term care facilities	Multifactorial screening and intervention program	Elderly
Gingivitis	Brushing teeth	General population

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Gonorrhea	Counselling, Educational materials	General population
Hearing impairment	Enquiry, whispered voice test or audioscope	Elderly
Household and recreational injury	Legislation, safety aids, stairs, bathtubs	Elderly
	Legislation, window and stair guards, smoke detectors	General population
	Public education/ Legislation, fire burn and water (tub and swimming) safety	General population
	Legislation, avoidance of alcohol with water recreation	General population
Hypertension	Blood pressure measurement	Elderly
Influenza	Immunization, annual	Elderly
Lung cancer	Dietary advice on green leafy vegetables and fruit	Smokers
MVA Injury	Counselling on restraint use and avoidance of drinking and driving	General population
Obesity	BMI measurement	Obese adults with obesity-related disease
	Weight-reduction therapy	Obese adults with obesity-related disease
Osteoporotic fractures	Screening	Postmenopausal women
	Screening using individual risk factors	Postmenopausal women
	Screening using BMD to predict fractures	Postmenopausal women
	Primary prevention of fragility fractures using calcium and vitamin D	Postmenopausal women
	Secondary prevention of vertebral fractures using risedronate or raloxifene	Postmenopausal women
	Secondary prevention of hip and nonvertebral fractures using alendronate or risedronate	Postmenopausal women
	Tertiary prevention of vertebral fractures using raloxifene, risedronate, etidronate, or oral pamidronate	Postmenopausal women
	Tertiary prevention of hip fractures using alendronate	Postmenopausal women
	Tertiary prevention of hip and nonvertebral fractures using risedronate	Postmenopausal women
	Tertiary prevention of vertebral and nonvertebral fractures using PTH	Postmenopausal women
Periodontal disease	Tooth scaling and prophylaxis	General population
Problem drinking	Case finding and counselling	General population
Skin cancer	Counselling, sun exposure, clothing	General population
Stroke	Anticoagulation if atrial fibrillation detected after stroke	Patients with paroxysmal atrial fibrillation
	Anticoagulation (warfarin) for intracardiac thrombus to prevent systemic emboli	Patients with stroke and intracardiac thrombus
	Echocardiography: Transthoracic (TTE) or transesophageal (TEE) for detection of intracardiac masses	Patients with clinical cardiac disease and no pre-existing indications for anticoagulation
Tobacco-caused disease	Referral to validated cessation program	Smokers

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Vehicle-related injury	Legislation, bicycle motorcycle or all terrain vehicle helmet	General population
"C" Recommendations*		
Abdominal aortic aneurysm	Abdominal palpation	General population
	Abdominal ultrasound	General population
Adverse consequences, children of alcoholics	Routine evaluation; some screening options	General population
Age-related macular degeneration	Fundoscopy	Elderly
All-cause mortality and morbidity	Counselling, physical activity; prevent obesity	General population
	Measure body mass index and treat obesity	General population
Breast cancer follow-up	Follow-up for local recurrence	Women having been previously diagnosed with breast cancer
	Follow-up for contralateral breast cancer	Women having been previously diagnosed with breast cancer
Cardiovascular disease	Acetylsalicylic acid prophylaxis	General population
Cognitive impairment	Mental status screening	Elderly
Colorectal cancer	Hemoccult/sigmoidoscopy in combination	Average risk adults > age 50
	Colonoscopy	Average risk adults, high-risk adults with family history of polyps/CRC
Coronary artery disease events	Screening for total plasma homocysteine levels	General population or those at high risk for coronary artery disease events
	Vitamin therapy (folic acid alone or with vitamin B12) to lower total plasma homocysteine levels	All populations
Coronary heart disease	Diet/drug treatment	Individuals with elevated cholesterol or LDL-C except males 30-59 yrs
	Measurement of blood total cholesterol level	General population with case-finding for males 30-59 years
	General dietary advice on fat and cholesterol	General population except males 30-69 years
Elder abuse	Elder abuse questionnaire	Elderly
Glaucoma	Fundoscopy, tonometry or automated perimetry	Elderly
HIV/AIDS	History, sexual and drug use counselling	General population
	Voluntary HIV screening	General population including pregnant women
Household and recreational injury	Monitor medical impairment	Elderly
	Public education/ Legislation, gun control and use of Heimlich maneuver	General population
	Counselling, household and recreational injury (except some home hazards)	Adult population
	Public education, non-flammable fabrics, self-extinguishing cigarettes	Elderly
Iron deficiency anemia	Routine hemoglobin	General population
MVA injury	Counselling, helmet, alcohol use	General population
	Monitor medical impairment	General population

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Obesity	BMI measurement	General population
	Community-based obesity prevention programs	General population
	Weight-reduction therapy	Obese adults without obesity-related disease
Oral cancer	Physical exam, oral cavity	General population
Oral cancer mortality	Opportunistic screening by clinical examination	Asymptomatic patients
Ovarian cancer	Pelvic exam, transvaginal ultrasound, CA 125 or combination	High-risk women with > 1 first-degree relative with ovarian cancer
Pneumococcal pneumonia	Immunization, one dose	Immunocompetent elderly living independently
Protein/calorie malnutrition	Protein/calorie malnutrition screening	Adult population
Skin cancer	Counselling, Skin self-examination	General population
	Counselling, Sun block	General population
	Physical examination, skin	General population
Stroke	Ambulatory ECG	All patients presenting with stroke or transient ischemic attack
	Echocardiography: Transthoracic (TTE) or transesophageal (TEE) for detection of intracardiac masses	Patients without clinical cardiac disease
	Treatment for patent foramen ovale	General population
Suicide	Suicide risk evaluation	General population
Thyroid cancer	Neck Palpation	Adult population
Thyroid disorders	Thyroid stimulating hormone test	Perimenopausal women
Tuberculosis	INH Prophylaxis	General population aged >35 years
Urinary infection	Urine dipstick or culture	Elderly, ambulatory women
"D" Recommendations*		
Bladder cancer	Urine dipstick or cytology	General population
Cardiovascular disease	Vitamin E	Patients with established CVD or risk factors for CVD
Carotid disease/Stroke	Neck auscultation or carotid endarterectomy	General population
Cervical cancer	Human papillomavirus screening	Women
Depression	General Health Questionnaire or Zung Self-rating depression scale	General population
Diabetes mellitus	Blood glucose, fasting	Non-pregnant General Population
Gonorrhea	Gram stain/culture of cervical or urethral smear	General population
Lung cancer	Chest radiography	General population
	Vitamin E	General population

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Oral cancer mortality	Population screening by clinical examination	General population
Ovarian cancer	Pelvic exam, transvaginal ultrasound, CA 125 or combination	Pre- and Post-menopausal Women
Pancreatic cancer	Abdominal palpation, ultrasound or serologic tumor markers	General population
Periodontal disease	Brushing with electric toothbrush	General population
Progressive renal disease	Urine dipstick	General population
Stroke	Echocardiography: Transthoracic (TTE) or transesophageal (TEE) for detection of intracardiac masses	Patients with pre-existing indications for anticoagulation or contraindications to anticoagulation
"E" Recommendations*		
Breast cancer follow-up	Blood work and diagnostic imaging	Women having been previously diagnosed with breast cancer
Lung cancer	Sputum cytology	General population
Tuberculosis	Mantoux tuberculin skin test	General population
Urinary tract infection (asymptomatic)	Urine dipstick or culture	Elderly, specific subgroups
"I" Recommendations*		
Cancers (esophageal, stomach, colorectal, urological, prostate)	Vitamin E	General population
Cardiovascular disease	Vitamin E	General population and male smokers
Falls prevention in long-term care facilities	Structured multidisciplinary programs	High-Risk Elderly
	Interventions (e.g., physiotherapy or exercise programs) to reduce specific risk factors	Elderly
Lung Cancer	Spiral CT scanning	General population
Osteoporotic fractures	Screening using bone turnover markers to predict fractures	Postmenopausal women
	Primary prevention of fragility fractures using raloxifene, bisphosphonates, calcitonin, parathyroid hormone, fluoride or combination therapy	Postmenopausal women
	Secondary prevention of fragility fractures using calcium and vitamin D alone, HRT, exercise, calcitonin, parathyroid hormone, fluoride or combination therapy	Postmenopausal women
	Tertiary prevention of fragility fractures using exercise, HRT, calcitonin, fluoride or combination therapy	Postmenopausal women

This chart has been adapted from the *Canadian Task Force on Preventive Health Care*. Full details of the chart and reports can be found online at <http://www.ctfphc.org/>

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*See Appendix 1 for New Grades for Recommendations from the Canadian Task Force on Preventive Health Care

Appendix 1

Table 1: New grades for recommendations from the Canadian Task Force on Preventive Health Care for specific clinical preventive actions

A	There is good evidence to recommend the clinical preventive action
B	There is fair evidence to recommend the clinical preventive action
C	The existing evidence is conflicting and does not allow to make a recommendation for or against use of the clinical preventive action; however, other factors may influence decision-making
D	There is fair evidence to recommend against the clinical preventive action
E	There is good evidence to recommend against the clinical preventive action
I	There is insufficient evidence (in quantity or quality) to make a recommendation; however, other factors may influence decision-making

Note: The task force recognizes that, in many cases, patient-specific factors must be considered and discussed, such as the value the patient places on the clinical preventive action, its possible positive and negative outcomes and the context or personal circumstances of the patient (medical and other). In certain circumstances where the evidence is complex, conflicting or insufficient, a more detailed discussion may be required.

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