

## Geriatric Periodic Health Exam – Tracking Form



Patient Name	Date of Birth [yyyymmdd]	HCN

	Maneuver	Frequency	Date Completed (yyyy-mm-dd)			
Screening	BP, height & weight	Every Visit				
	Obesity	Periodically				
	Cholesterol	Every Year				
	Pap Smear	Every 1-3 years up to age 65				
	Mammography	Every 1-2 years				
	Colorectal Cancer	*				
	Osteoporosis	Routinely above age 65				
	Alcohol Use	Every Visit				
	Vision / Hearing	Every 1-2 years above age 65				
	Assess CVD	Periodically				
Immunization	Tetanus-diphtheria	Every 10 years				
	Pneumococcal	One dose above age 65				
	Influenza	Yearly				
Counseling	Calcium Intake	Women Periodically				
	Tobacco Use	Periodically				
	Drug and Alcohol Use	Periodically				
	Nutrition	Periodically				
	Physical Activity	Periodically				
	Oral Health	Periodically				
	Injury Prevention	Periodically				
	Polypharmacy	Periodically				
	Advance Directives					
	Caregiver Issues					
	Other:					
Other:						

Adapted from World Health Organization (2008). *Age-friendly primary health care centres toolkit*. World Health Organization Press, Geneva Switzerland. Retrieved, July 13, 2008 from [http://www.who.int/ageing/publications/AF\\_PHC\\_Centretoolkit.pdf](http://www.who.int/ageing/publications/AF_PHC_Centretoolkit.pdf).