

Preventative Health Visit (Annual Female Exam) – HM 2

DEFINITION

A medical visit that involves screening, evaluation, counseling, and education based on age and risk factors. Related preventative health services include services that are beneficial to reproductive health, are closely linked to family planning services, and are appropriate to deliver in the context of a family planning visit but do not contribute directly to achieving or preventing pregnancy (e.g., breast and cervical cancer screening). The annual exam includes preventative health services in accordance with nationally recognized standards of care. A preventative health visit is not a requirement for provision of any core family planning services.

SUBJECTIVE

Should include:

1. Medical history, including cervical cytology history as indicated
2. Pertinent family history
3. Reproductive life plan
4. Client pregnancy status
5. Sexual health assessment
6. Substance use assessment

May Include as indicated:

1. Assessment for intimate partner violence
2. Immunization review
3. Depression screening
4. Folic acid use
5. Review of systems

OBJECTIVE

Should include:

1. Height, weight with calculation of BMI and blood pressure
2. Pelvic exam if initiating a diaphragm or IUD for contraception, or performing screening for cervical or vulvar malignancy

May Include as indicated:

1. Pelvic exam (which may include external genital inspection, speculum exam and bimanual exam) for women over 21, as indicated by patient history for women <20
2. Breast exam for women 21 and older
3. Skin assessment
4. Thyroid assessment
5. Heart assessment
6. Lung assessment
7. Abdomen/GI assessment
8. GU exam
9. Lower extremities assessment
10. EENT assessment
11. Neurological assessment
12. Lymphatic assessment

LABORATORY

Should include:

1. Pap/HPV screening per current guidelines and recommendations; reference protocol GYN 1 pap every 3 years for women aged 21-65 or every 5 years for women 30-65 if co-testing done.

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2. Offer and encourage Chlamydia/gonorrhea screening for sexually active women <25 and women 25 and over based on risk factors.
3. HIV/other STI screening as indicated
4. Pregnancy testing if clinically indicated
5. Vaginal infection screening, if indicated

May Include as indicated:

1. Diabetes screening
2. Lipid panel
3. Hepatitis-C
4. Other lab tests based on clinical findings

ASSESSMENT

Annual Exam

PLAN

Should include:

1. Provision of contraceptive method chosen
2. Follow up of abnormal cervical cytology per ASCCP guidelines
3. Treatment of positive STI findings per CDC guidelines; reference protocols RD1, RD2, RD5, RD6, RD10, RD11

May Include as indicated:

1. Mammogram screening referral as per national recommendations including ACOG, ACS, and USPSTF using shared decision making and evaluating patient risk factor and history
2. Nicotine cessation counseling and referral
3. Education regarding the human papilloma virus vaccine

CLIENT EDUCATION

Should include:

1. Education per nationally recognized standards of care
2. Education on pregnancy and STI prevention

May include as indicated:

1. Education on Breast self-awareness
2. Healthy lifestyle choices including diet, exercise, and risk reduction
3. Immunization education and updates
4. Education on bone mineral density testing within 2 years of onset of menopause USPSTF: Grade B recommendation to screen at 65 and older
5. Education on colon cancer screening

CONSULT / REFER TO PHYSICIAN

1. Any screening results that indicate potential or actual presence of health concerns.
2. Women with identified risks for BRCA 1 or BRCA 2 genetic mutations for genetic counseling and evaluation.

REFERENCES

1. [Well-Woman Visit | ACOG \(2018\)](#)
2. [The Initial Reproductive Health Visit | ACOG \(2020\)](#)
3. [Update: Providing Quality Family Planning Services — Recommendations from CDC and the U.S. Office of Population Affairs, 2017 | MMWR](#)
4. [Providing Quality Family Planning Services | Unintended Pregnancy | Reproductive Health | CDC](#)
5. <https://www.cdc.gov/ncbddd/blooddisorders/women/symptoms.html>

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