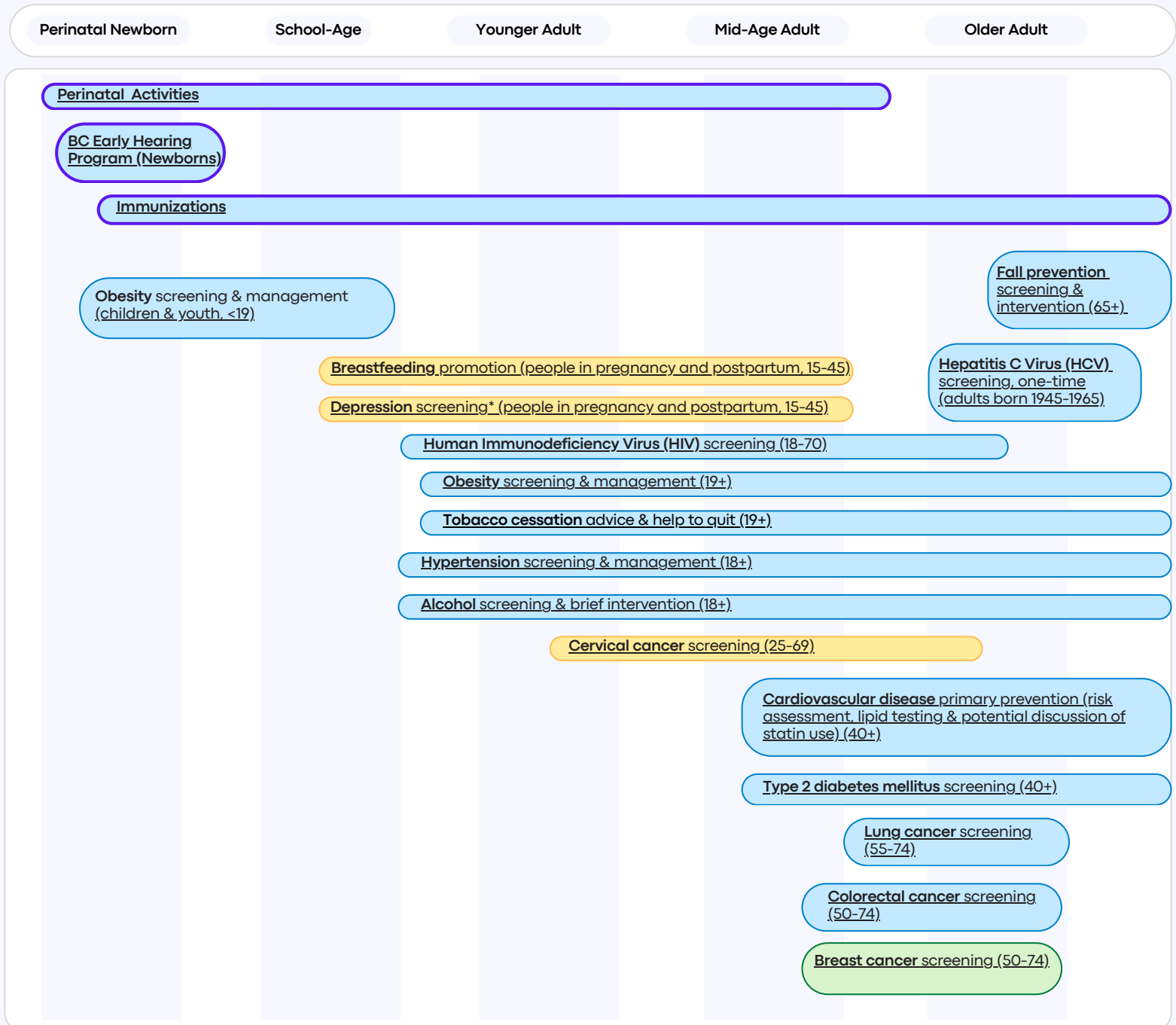


Lifetime Prevention Schedule Practice Guide

A guide for health practitioners in British Columbia on recommended clinical prevention services to deliver to asymptomatic patients, based on their age and sex at birth.

These services are clinically effective, evidence-based, and have been shown through LPS economic analysis to be cost effective for the health system and have a positive population health impact.



Independent evidence process from the LPS

All sex/genders

People with intact internal reproductive (gestational) organs

People with breast/chest tissue

***Depression screening:** Please note this intervention is for people in the perinatal and postpartum periods. Depression screening for general adult population outside of the perinatal period is not recommended by LPS.

Some LPS interventions may directly cost the individual. In some cases, extended health benefits can help reduce these costs. For more information about the Lifetime Prevention Schedule, please visit gov.bc.ca/lifetimeprevention

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<p>Perinatal Activities, various - see guidelines for intervals</p>	<p>Provincial Standards Perinatal Services BC Guidelines & Standards</p> <p>Clinician Tools Early Pregnancy Care Pathway</p>
<p>BC Early Hearing Program (newborn hearing loss screening) - see guidelines</p>	<p>Provincial Standards PHSA BC Early Hearing Program Guidelines</p> <p>Patient Resources PHSA Hearing Testing</p>
<p>Immunizations, various - see vaccine schedules for intervals</p>	<p>Clinician Tools Immunize BC Vaccine Schedules – assessed by Communicable Disease Policy Advisory Committee BC Immunization Subcommittee</p>

Child and Youth Preventive Services

<p>Obesity screening & management - children and youth <19, routinely offer</p>	<p>Provincial Standards Canadian Pediatric Obesity Clinical Practice Guide</p> <p>Clinician Tools WHO growth charts</p> <p>Patient Resources Generation Health Clinic</p>
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Behavioural Interventions - Adults

<p>Breastfeeding promotion - people in pregnancy and postpartum, routinely, as applicable</p>	<p>Provincial Standards PHSA BC Lactation and Newborn Feeding Support (Third Trimester) (PSBC), Lactation and Newborn Feeding Support (Postpartum) (PSBC)</p> <p>Clinician Tools Breastfeeding Care Pathway</p> <p>Patient Resources 10 Great Reasons to Breastfeed your Baby, Pregnancy & Parent Learning Centre (PSBC)</p>
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<p>Tobacco cessation advice & help to quit, 19+, routinely offer</p>	<p>Provincial Standards BCGuidelines.ca: Tobacco Use Disorder + also see BCGuidelines.ca: Cardiovascular Disease (CVD) primary prevention</p> <p>Clinician Tools BC Smoking Cessation Program, QuitNow BC Referral Program</p> <p>Patient Resources QuitNow BC (BC Lung Foundation), BC Smoking Cessation Program, HLBC resource, Talk Tobacco and Respecting Tobacco (Indigenous Resources)</p>
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Screening for Asymptomatic Disease or Risk Factors - Adults

<p>Depression screening - people in pregnancy and postpartum, routinely, as applicable</p>	<p>Provincial Standards Mental Health During Pregnancy, (PSBC) Mental Health During the Postpartum Period (PSBC)</p> <p>Patient Resources Perinatal Mental Health - Guide to Managing</p>
<p>HIV screening - adults 18-70, routinely offer, every 1-5 years based on risk</p>	<p>Provincial Standards Office of the Provincial Health Officer: HIV Testing Guidelines</p> <p>Clinician Tools HIV Testing in Primary Care (UBC CPD)</p> <p>Patient Resources HIV and HIV Tests (HLBC)</p>

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<p>Alcohol screening & brief intervention - adults 18+, routinely offer</p>	<p>Provincial Standards BCGuidelines.ca: High-Risk Drinking and Alcohol Use Disorder</p> <p>Clinician Tools Alcohol Use (UBC CPD), Alcohol Use Disorder Treatment Care Pathway</p> <p>Patient Resources Alcohol Use Disorder Identification Test (AUDIT), Help With Drinking, HealthLink BC, Canada's Guidance on Alcohol</p>
<p>Obesity screening & management - adults 19+, routinely offer</p>	<p>Provincial Standards Canadian Adult Obesity Clinical Practice Guideline + also see BCGuidelines.ca: CVD primary prevention, BCGuidelines.ca: Hypertension - Diagnosis and Management, BCGuidelines.ca: Diabetes Care</p> <p>Clinician Tools BMI tool</p>
<p>Cervical cancer screening - people with a cervix 25-69; every 3 years (Pap) or every 5 years (HPV)</p>	<p>Provincial Standards BC Cancer Provincial Program Guideline, BCGuidelines.ca: Cervical Cancer</p> <p>Clinician Tools BC Cancer Cervix Screening for Health Professionals, Implementing HPV-Based Cervical Cancer Screening (UBC CPD)</p> <p>Patient Resources BC Cancer Cervix Screening: Translated Resources, BC Cancer Cervix Screening</p>

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<p>Type 2 diabetes mellitus screening - adults 40+, every 3 years</p>	<p>Provincial Standards BCGuidelines.ca: Diabetes Care + also see BCGuidelines.ca: CVD primary prevention</p> <p>Clinician Tools Diabetes Canada Clinical Practice Guidelines</p>
<p>Hypertension screening & management - adults 18+, at every appropriate visit</p>	<p>Provincial Standards BCGuidelines.ca: Hypertension + also see BCGuidelines.ca: CVD primary prevention</p> <p>Clinician Tools Hypertension Canada Guideline</p>
<p>Cardiovascular disease - primary prevention (risk assessment, lipid testing & potential discussion of statin use) - adults ≥40 years, every 1-5 years</p>	<p>Provincial Standards BCGuidelines.ca: CVD primary prevention, with lipid profile to determine medium & high risk + Appendix C: Lipid Testing</p> <p>Clinician Tools Canadian Cardiovascular Society: Dyslipidemia Guidelines</p>
<p>Colorectal cancer screening - adults 50-74, every 2 years (FIT)</p>	<p>Provincial Standards BC Cancer Provincial Program Guideline + BCGuidelines.ca: Colorectal Cancer</p> <p>Clinician Tools BC Cancer Colon Screening for Health Professionals, Colorectal Cancer (UBC CPD)</p> <p>Patient Resources BC Cancer Colon Screening: Translated Resources, BC Cancer Colon Screening</p>

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<p>Breast cancer screening - people with breast tissue* 50-74, every 2 years</p> <p>*Including Two-Spirit/trans/gender diverse people taking gender-affirming hormones (estrogen) for greater than 5 years</p>	<p>Provincial Standards BC Cancer Provincial Program Guideline + BCGuidelines.ca: Breast Cancer</p> <p>Clinician Tools BC Cancer Breast Screening for Health Professionals, Breast Cancer (UBC CPD)</p> <p>Patient Resources BC Cancer Breast Screening: Translated Resources, BC Cancer Breast Screening</p>
<p>Lung cancer screening - adults 55-74, 20+ years smoking history</p>	<p>Provincial Standards BC Cancer Provincial Program Guideline + BCGuidelines.ca: Lung Cancer</p> <p>Clinician Tools BC Cancer Lung Screening for Health Professionals, Lung Cancer (UBC CPD)</p> <p>Patient Resources BC Cancer Lung Screening: Translated Resources, BC Cancer Lung Screening</p>
<p>HCV screening - adults born from 1945-1965, one-time</p>	<p>Provincial Standards BCGuidelines.ca: Viral Hepatitis Testing</p> <p>Patient Resources Hepatitis C - Indicators for Screening</p>
<p>Fall prevention screening & intervention - community dwelling adults ≥ 65 years, annually</p>	<p>Provincial Standards BCGuidelines.ca: Fall Prevention Risk Assessment and Management for Community-Dwelling Older Adults</p> <p>Clinician Tools Falls: Predictable and Preventable (UBC CPD)</p> <p>Patient Resources Preventing Falls as You Age (HLBC)</p>

[8-1-1](#) (HealthLink BC) is also available for free access to health information and advice.