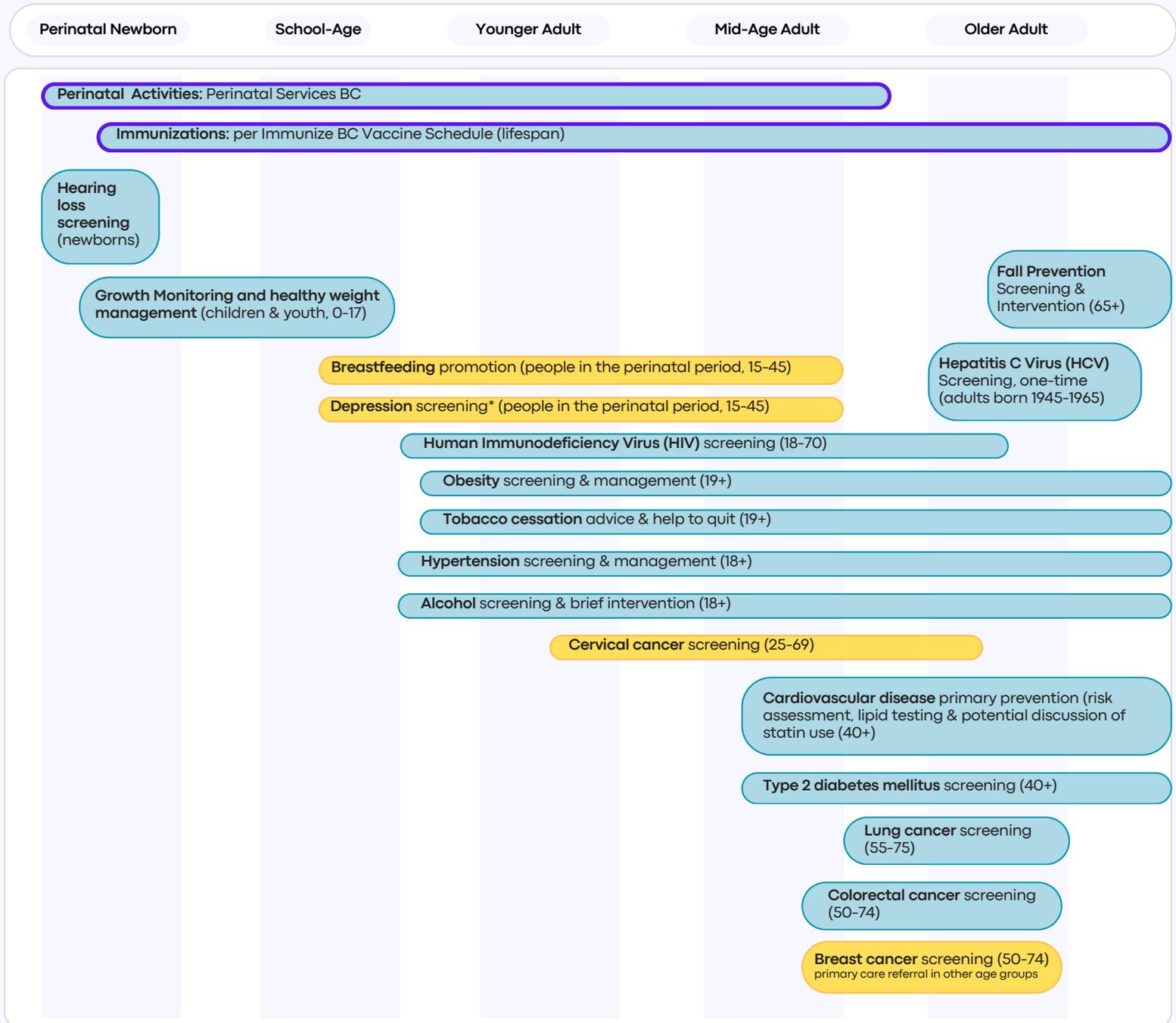


Lifetime Prevention Schedule Practice Guide

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
 Both sexes
 Female (at birth)

***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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Perinatal Activities, various - see guidelines for intervals	Perinatal Services BC Guidelines & Standards
Immunizations, various - see vaccine schedules for intervals	Immunize BC Vaccine Schedules – assessed by Communicable Disease Policy Advisory Committee BC Immunization Subcommittee

Child and Youth Preventative Services

Hearing loss screening - newborn, once	PHSA BC Early Hearing Program Guidelines
Growth monitoring and intervention - children 0-17, routinely offer	WHO growth charts , BMI tool , Generation Health

Behavioural Interventions - Adults

Breastfeeding promotion - people in the perinatal period, routinely, as applicable	PHSA BC Lactation and Newborn Feeding Support (Third Trimester) , (PSBC) Lactation and Newborn Feeding Support (Postpartum) (PSBC)
Tobacco cessation advice & help to quit, 19+, routinely offer	QuitNow BC (BC Lung Foundation), BC Smoking Cessation Program , HLBC resources and support + also see BCGuidelines.ca: Cardiovascular Disease (CVD)_primary_prevention

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Screening for Asymptomatic Disease or Risk Factors - Adults

Depression screening - people in the perinatal period, routinely as applicable	Mental Health During Pregnancy , (PSBC) Mental Health During the Postpartum Period (PSBC)
HIV screening - adults 18-70, routinely offer, every 5 years	Office of the Provincial Health Officer: HIV Testing Guidelines
Obesity screening & management - adults 19+, routine	BCGuidelines.ca: Overweight and Obese Adults , BMI tool + also see BCGuidelines.ca: CVD primary prevention
Alcohol screening & brief intervention - adults 18+, routine	BCGuidelines.ca: High-Risk Drinking and Alcohol Use Disorder and HealthLink BC
Cervical cancer screening - people with a cervix 25-69, see guidelines for intervals	BC Cancer Agency Provincial Program Guideline + also see BCGuidelines.ca: Cervical Cancer
Cardiovascular disease - primary prevention (risk assessment, lipid testing & potential discussion of statin use) - adults ≥40 years, every 1-5 years	BCGuidelines.ca: CVD primary prevention , with lipid profile to determine medium & high risk + Appendix C: Lipid Testing
Type 2 diabetes mellitus screening - adults 40+, every 3 years	BCGuidelines.ca: Diabetes Care + also see BCGuidelines.ca: CVD primary prevention
Hypertension screening & management - adults 18+, at every appropriate visit	BCGuidelines.ca: Hypertension + also see BCGuidelines.ca: CVD primary prevention

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Screening for Asymptomatic Disease or Risk Factors - Adults

Colorectal cancer screening - adults 50-74, every 2 years	BC Cancer Agency Provincial Program Guideline + BCGuidelines.ca: Colorectal Cancer
Breast cancer screening - people with breast tissue 50-74, every 2 years (primary care referral in other ages)	BC Cancer Agency Provincial Program Guideline + BCGuidelines.ca: Breast Cancer
Lung cancer screening - adults 55-74, 20+ years smoking history	BC Cancer Agency Provincial Program Guideline + BCGuidelines.ca: Lung Cancer
HCV screening - adults born from 1945-1965, one-time	BCGuidelines.ca: Viral Hepatitis Testing
Fall prevention screening & intervention - community dwelling adults ≥ 65 years, annually	BCGuidelines.ca: Fall Prevention Risk Assessment and Management for Community-Dwelling Older Adults