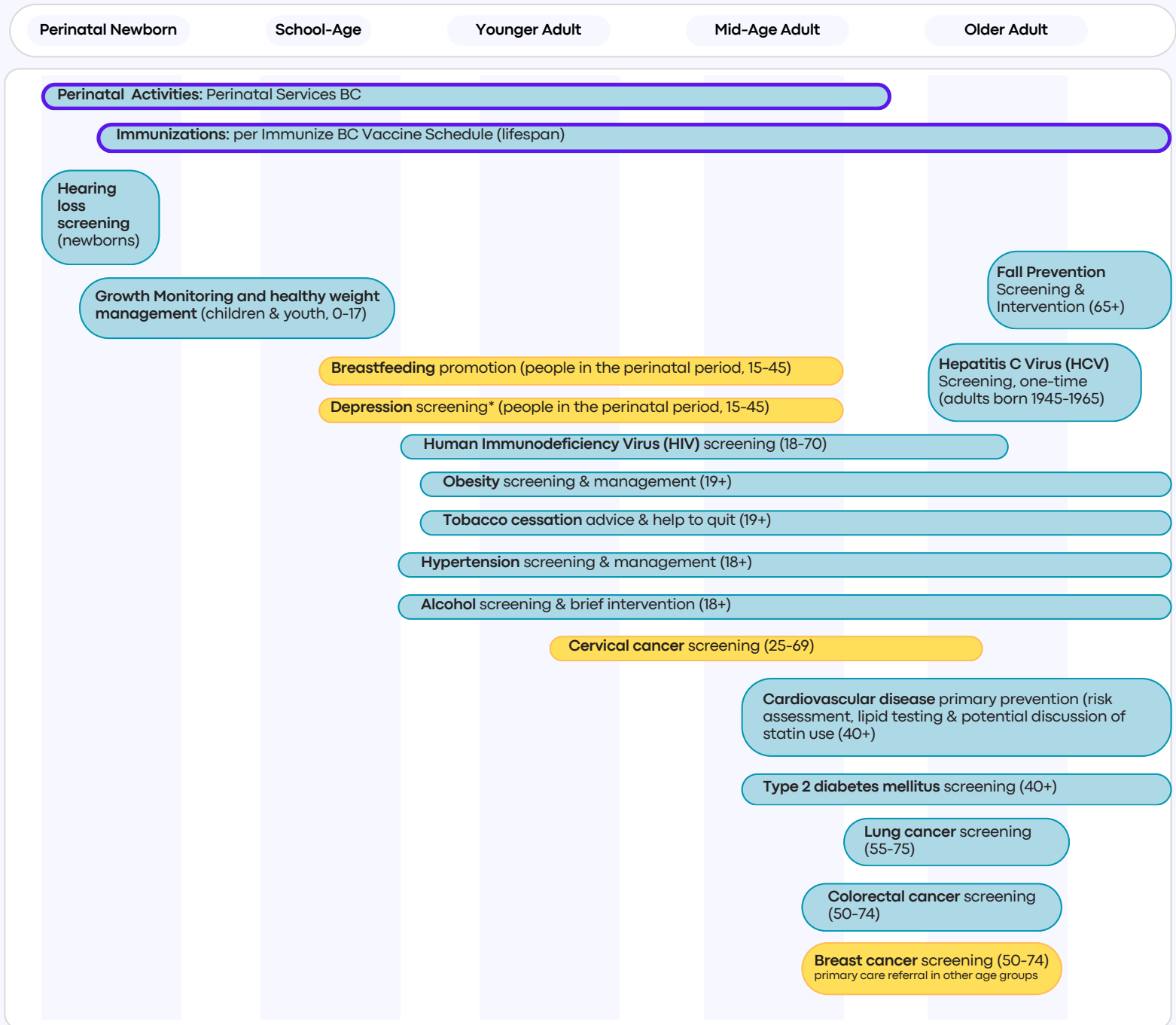


# Lifetime Prevention Schedule Practice Guide


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](http://gov.bc.ca/lifetimeprevention)

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Perinatal Activities, various - see guidelines for intervals	<a href="#">Perinatal Services BC Guidelines &amp; Standards</a>
Immunizations, various - see vaccine schedules for intervals	<a href="#">Immunize BC Vaccine Schedules</a> – assessed by Communicable Disease Policy Advisory Committee BC Immunization Subcommittee

## Child and Youth Preventative Services

Hearing loss screening - newborn, once	PHSA BC <a href="#">Early Hearing Program Guidelines</a>
Growth monitoring and intervention - children 0-17, routinely offer	<a href="#">WHO growth charts</a> , <a href="#">BMI tool</a> , <a href="#">Generation Health</a>

## Behavioural Interventions - Adults

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

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## Screening for Asymptomatic Disease or Risk Factors - Adults

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

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## Screening for Asymptomatic Disease or Risk Factors - Adults

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