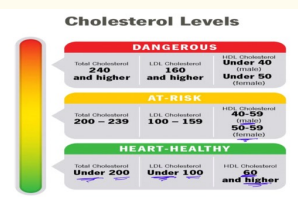
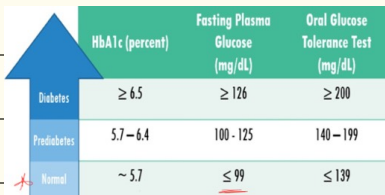
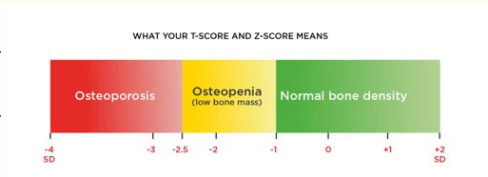


Screening test for Adults & Geriatric

Disease	Age ♂	Age ♀	test	Result.	repeat																								
① Hypertension	18	18	non-invasive BP monitoring	<table><tr><th></th><th>SBP</th><th></th><th>DBP</th></tr><tr><td>Normal</td><td><120</td><td>and</td><td><80</td></tr><tr><td>Elevated</td><td>120-129</td><td>and</td><td><80</td></tr><tr><td>Hypertension</td><td></td><td></td><td></td></tr><tr><td>Stage 1</td><td>130-139</td><td>or</td><td>80-89</td></tr><tr><td>Stage 2</td><td>≥140</td><td>or</td><td>≥90</td></tr></table>		SBP		DBP	Normal	<120	and	<80	Elevated	120-129	and	<80	Hypertension				Stage 1	130-139	or	80-89	Stage 2	≥140	or	≥90	if normal once yearly
	SBP		DBP																										
Normal	<120	and	<80																										
Elevated	120-129	and	<80																										
Hypertension																													
Stage 1	130-139	or	80-89																										
Stage 2	≥140	or	≥90																										
② Dyslipidemia	35	45	non-fasting total cholesterol & HDL or fasting lipid include (LDL) >20/wt. risk for CVD																										
③ obesity	—	—	BMI																										
④ DM	35	35	FBG or 2hPP or Hb A1c																										
⑤ Colon Cancer	50-74	50-74	FOBT flexible sigmoidoscopy Colonoscopy	—	annually 3-5 years 10 years																								
⑥ lung Cancer	50-80 + ≥ 20 pack/year quit less than 15 years		CT	—	annually																								
⑦ prostate cancer	55-69 individualized ≥70 against	—	PSA	—	—																								

Disease	Age ♂	Age ♀	test	Result.	repeat
③ Breast cancer	—	50 in Jordan at 40	Mammography	—	every 2 years
⑨ Cervical cancer	—	21	pap smear	—	every 3 years
⑩ Osteoporosis	>65 if at risk	>65	DEX		2 years
⑪ Domestic violence		14-46 >65			

For Geriatric :

① Functional assessments

Activities of Daily Living (ADL)	Instrumental Activities of Daily Living (IADL)
Bathing	Transportation
Dressing	Shopping
Eating	Using telephone
Transferring from bed to chair	Managing money
Continence	Taking medication
Toileting	Housekeeping
Grooming	

Katz Index

Frailty

- distinct clinical state
- decline in multiple physiological systems

clinical frailty scale

② Vision screening ⇒ Snellen chart

* most common cause of visual impairment among elderly:

- presbyopia ⇒ age related macular degeneration
- Glaucoma
- Cataract
- Diabetic retinopathy.

③ Hearing screening

test

Questioning / Audiological examination
otoscopic examination / whispered voice test

Treatment:

Hearing aids

④ Falls assessment



Time up & go Test / Get up & go ⇒ ≤ 10 sec — normal

≤ 20 sec — adequate for independent transfers

> 20 sec — need assistance

⑤ Cognitive screening

In the absence of standard assessment, you can depend on

- Assess memory (three item recall): by asking the person to repeat three common (familiar) words immediately, then again 3 to 5 minutes later.
- Clock drawing test: one hand on 2 the other on 11 (Called Mini-Cog test)
- Assess orientation to time, place, and person.
- Test language skills: by asking the person to name parts of the body and to explain the function of physical items.

Dr/ Hanaa Al-Abariqy

SCORING MINI-COG TEST

- 3 items recall & clock drawing
- 1 point for each word recalled without cues.
- 2 points for normal clock drawing. Zero for abnormal drawing
- Normal drawing means all number (1-12) ordered clockwise without repetition, and one hand on 2 and the other on 11.
- No scoring for the hand length.
- ≥ 3 indicate low likelihood of dementia. But not a diagnostic test for any cognitive disease and workup should be done if any defect found.

Dr/ Hanaa Al-Abariqy

⑥ Nutrition screening:

→ Mini Nutritional Assessment (MNA)

⑦ stroke prevention:

Aspirin use

① Adults 40 to 59 (small benefit)

- $\geq 10\%$ - 10 years CVD risk
- not at high risk for bleeding
- willing to take low dose

② Adults 60 or older $\Rightarrow$ against

⑧ Abdominal aortic aneurysm

→ abdominal US

→ For Men 65-75

→ ever smoked

→ once in life