

## 5

## Preventive Health Care

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

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**I. The client/caregiver can define health.**

- A. It is mental, physical, emotional, and spiritual well-being.
- B. Each aspect is interdependent on the others.

**II. The client/caregiver can list measures suggested by Healthy People 2010.**

- A. Be physically active.
- B. Eat a nutritious diet.
- C. Get preventive screenings.
- D. Make healthy choices.

**III. The client/caregiver can list screening measures for early detection of various types of cancer.**

- A. Breast cancer
  1. Breast self-exams monthly
  2. Women 40 years old and older should have yearly mammograms.
  3. Clinical breast exams should be a part of regular physical exams (preferably before mammograms).
- B. Colorectal cancer screening guidelines. Beginning at the age of 50 years, both men and women (with average risk) should have one of the following screening tests:
  1. Yearly stool blood test (FOBT) or fecal immunochemical test (FIT). Often the physician will give supplies to collect sample at home and return for analysis.
  2. Flexible sigmoidoscopy should be done every 5 years.
  3. Yearly stool blood test plus sigmoidoscopy should be done every 5 years. This is the preferred plan.
  4. Digital rectal exams should be done as part of a regular physical exam.
- C. Skin cancer
  1. Monthly exam of full-body skin surface. Use mirror to view hard to see areas, or have spouse or partner help with exam. Include palms and soles of feet.

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**D. Oral cavity or oropharyngeal cancer**

1. Routine dental exams

**E. Cervical, ovarian, and uterine cancer**

1. Pelvic exam with pap smear yearly

**F. Prostate cancer**

1. Digital exam and prostate-specific antigen (PSA) blood test yearly after the age of 50 years.
2. Men at higher risk can begin testing at the age of 40 years.

**G. Testicular cancer**

1. Testicular exam as part of regular physical exam
2. Self-exam schedule as recommended by physician

**IV. The client/caregiver can list warning signs of cancer.**

- A. Unusual bleeding or discharge
- B. Thickening or lump in breast or elsewhere
- C. Changing wart or mole
- D. Chronic hoarseness or cough
- E. Indigestion or difficulty swallowing
- F. Change in bladder or bowel habits
- G. Sore that does not heal

**RESOURCES**

Healthy People 2010

[www.healthypeople.gov/About/whatis.htm](http://www.healthypeople.gov/About/whatis.htm)

American Cancer Society

[www.cancer.org](http://www.cancer.org)

U.S. Public Health Service Office of Disease Prevention and Health Promotion

<http://odphp.osophs.dhhs.gov/>**REFERENCES**

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- Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis, Missouri: Mosby Inc.
- Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.