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# Recommendations by Strength of Evidence

This table summarizes all the recommendations of the Task Force including evaluation of interventions such as legislation or school-based programs that are not offered in a clinical setting. The recommendations are organized according to strength of evidence for various maneuvers – e.g.

- A** – There is good evidence to support the recommendation that the condition be specifically considered in a periodic health examination.
- B** – There is fair evidence to support the recommendation that the condition be specifically considered in a periodic health examination.
- C** – There is poor evidence regarding the inclusion or exclusion of the condition in a periodic health examination, but recommendations may be made on other grounds.
- D** – There is fair evidence to support the recommendation that the condition be excluded from consideration in a periodic health examination.
- E** – There is good evidence to support the recommendation that the condition be excluded from consideration in a periodic health examination

## Good Evidence to Include in PHE (A Recommendations)

CONDITION	MANEUVER	POPULATION	CHAPTER
Low birth weight/cognitive ability of child	Smoking cessation interventions	Pregnant women	Ch 3
Neural tube defects	Folic acid supplementation	Women capable of becoming pregnant	Ch 7
Bacteriuria in pregnancy	Urine culture	Pregnant women	Ch 9
D (Rh) sensitization	D (Rh) antibody screening and immunoglobulin (D Ig) administration after delivery of D positive infant	Pregnant women	Ch 11
Ophthalmia neonatorum	Ocular prophylaxis	Newborns	Ch 16
Phenylketonuria	Serum phenylalanine screening	Newborns	Ch 17
Congenital hypothyroidism	Thyroid-stimulating hormone (TSH) test	Neonates	Ch 18
Hemoglobinopathies	Hemoglobin electrophoresis	High-risk neonates	Ch 20
Gastrointestinal and respiratory infection in the newborn	Counselling on breast feeding; peripartum interventions to increase frequency of breast feeding	Pregnant women (or peripartum period)	Ch 22
Accidental injury	Counselling, home risk factors	Parents of infants	Ch 24
Amblyopia	Eye exam	Infants	Ch 24
Congenital hip dislocation	Physical exam, hips	Infants	Ch 24
Hearing impairment	Hearing exam	Infants	Ch 24
Night-time crying	Anticipatory guidance on systematic ignoring	Parents of infants distressed by crying	Ch 24
Household and recreational injury	Public education/Legislation on poison control	General population	Ch 28
Child maltreatment	Home visits	High-risk families	Ch 29
All-cause morbidity and mortality	Day care or preschool programs	Disadvantaged children	Ch 32
Immunizable infectious disease	Immunizations, Childhood	Infants and children	Ch 33
Pneumococcal pneumonia	Immunization	Specific subgroups	Ch 34
Hepatitis B	Immunization	Infants, children and adolescents	Ch 35

**Good Evidence to Include in PHE (A Recommendations) – *Concl'd***

<b>CONDITION</b>	<b>MANEUVER</b>	<b>POPULATION</b>	<b>CHAPTER</b>
Dental caries, periodontal disease	Brushing and flossing teeth to apply toothpaste (A) and prevent gingivitis (B) but not cariostatic (C)	General population	Ch 36 Ch 37
Dental caries	Fissure sealants	High-risk children	Ch 36
Dental caries	Community fluoridation, fluoride toothpaste or supplement	General population	Ch 36
Periodontal disease	Flossing teeth	Adults	Ch 37
Progressive renal disease	Urine dipstick	Adults with IDDM	Ch 38
Suicide	Medical treatment for diagnosed depression	High-risk group	Ch 40
Tobacco-caused disease	Counselling, smoking cessation or offer nicotine replacement therapy	Smokers	Ch 43 Ch 69 Ch 71 Ch 3
MVA injury	Legislation, restraint use and control of drinking and driving	General population	Ch 44
Hypertension	Pharmacologic treatment	Adults aged 21-64 yrs with DBP $\geq$ 90 mmHg Elderly, specific subgroups	Ch 53 Ch 79
HIV/AIDS	Voluntary HIV antibody screening	High-risk populations	Ch 58
Gonorrhea	Gram stain/culture cervical or urethral smear	High-risk groups	Ch 59
Influenza	Amantadine chemoprophylaxis	High-risk or unvaccinated individuals exposed to index case	Ch 61
Influenza	Outreach strategies to reach high-risk groups	Specific groups (e.g. diabetics), elderly	Ch 61
Tuberculosis	INH prophylaxis	Household contacts and skin test converters	Ch 62
Tuberculosis	Mantoux tuberculin skin test	High-risk groups	Ch 62
Breast cancer	Mammography and clinical exam	Women aged 50-69 yrs	Ch 65
Falls/injury	Multidisciplinary post-fall assessment	Elderly	Ch 76
Hearing impairment	Noise control and hearing protection	General population	Ch 80

## Fair Evidence to Include in PHE (B Recommendations)

CONDITION	MANEUVER	POPULATION	CHAPTER
Perinatal morbidity and mortality	Single prenatal ultrasound, second trimester	Pregnant women	Ch 1
Fetal alcohol syndrome	Screening and Counselling, alcohol consumption	Pregnant women	Ch 5
Neural tube defects	Maternal serum alpha-fetoprotein/ ultrasound, amniocentesis	Pregnant women	Ch 7
Down syndrome	Triple screening and counselling	Pregnant women <35 yrs	Ch 8
Down syndrome	Genetic screening and counselling	High-risk pregnant women	Ch 8
D (Rh) sensitization	Repeat blood test, D (Rh) antibody screening and immunoglobulin (D Ig) administration	Pregnant women who are antibody negative and women undergoing induced abortion or amniocentesis	Ch 11
Congenital rubella syndrome	Screen and vaccinate or universal vaccination	Non-pregnant women of child-bearing age	Ch 12
Congenital rubella syndrome	Screen, counsel and vaccinate post-partum if indicated	Pregnant women	Ch 12
Preeclampsia	Blood pressure measurement	Pregnant women	Ch 13
Cystic fibrosis	DNA analysis for carrier status	Siblings of children with CF	Ch 19
Cystic fibrosis	Sweat test, immunoreactive trypsin and "BM meconium" test	Siblings of children with CF	Ch 19
Hemoglobinopathies	1) Screen for carrier status (complete blood count, hemoglobin and electrophoresis); 2) DNA analysis, fetal tissue sample/ counselling	1) High-risk pregnant women; 2) Families, parents confirmed carriers	Ch 20
Iron deficiency anemia	Routine hemoglobin	High-risk infants, Disadvantaged children	Ch 23 Ch 32
Iron deficiency anemia in infants	Counselling, breast feeding	Pregnant women (or peripartum period)	Ch 23
Iron deficiency anemia in infants	Iron fortified formula, cereal or supplementation	Infants	Ch 23
Disorders of physical growth	Serial height, weight, head circumference measurement	Infants	Ch 24

**Fair Evidence to Include in PHE (B Recommendations) – Cont'd**

<b>CONDITION</b>	<b>MANEUVER</b>	<b>POPULATION</b>	<b>CHAPTER</b>
Delayed mental development	Enquire about developmental milestones	Parents of infants	Ch 24
Lead exposure	Blood lead screening	High-risk children	Ch 25
Vision problems	Visual acuity testing	Preschool children	Ch 27
Household and recreational injury	Counselling on home risk factors, poisoning	Children/parents	Ch 28
Household and recreational injury	Legislation, window and stair guards, smoke detectors	General population	Ch 28
Vehicle-related injury	Legislation, bicycle motorcycle or all terrain vehicle helmet	General population	Ch 28 Ch 44 Ch 45
Household and recreational injury	Public education/Legislation, fire burn and water (tub and swimming) safety	General population	Ch 28
Periodontal disease	Tooth scaling and prophylaxis	General population	Ch 37
Gingivitis	Brushing teeth	General population	Ch 37
Suicide	Physician education, risk recognition and therapy	Physicians	Ch 40
Suicide	Medical treatment, reduction suicidal ideation	High-risk population	Ch 40
Adverse consequences, children of alcoholics	Children of Alcoholics Screening Test (CAST)	General population	Ch 41
Problem drinking	Case finding and counselling	General population	Ch 42
Tobacco-caused disease	Counselling to prevent smoking initiation	Children and adolescents	Ch 43
Tobacco-caused disease	Referral to validated cessation program	Smokers	Ch 43
MVA injury	Counselling on restraint use and avoidance of drinking and driving	General population	Ch 44
Household and recreational injury	Legislation, avoidance of alcohol during water recreation	General population	Ch 45
Unintended pregnancy; STDs	Counselling, sexual activity, contraception	Adolescents	Ch 46
All-cause mortality and morbidity	Moderate physical activity	General population	Ch 47

**Fair Evidence to Include in PHE (B Recommendations) – Concl'd**

<b>CONDITION</b>	<b>MANEUVER</b>	<b>POPULATION</b>	<b>CHAPTER</b>
Diet-related illness	Counselling on adverse nutritional habits	Adults	Ch 49
Osteoporotic fractures (and side effects)	Counselling, hormone replacement therapy	Perimenopausal women	Ch 52
Hypertension	Blood pressure measurement	Adults Elderly	Ch 53 Ch 79
Coronary heart disease	Diet/drug treatment	Males 30-59 yrs with elevated cholesterol or LDL-C	Ch 54
Coronary heart disease	General dietary advice on fat and cholesterol	Males 30-69 yrs	Ch 54
HIV/AIDS	Voluntary HIV antibody screening	Infants of HIV positive women	Ch 58
Gonorrhea	Counselling, Educational materials	General population	Ch 59
Chlamydial infection	Smear, culture or analysis	Pregnant or high-risk women	Ch 60
Influenza	Immunization, annual	High-risk sub-groups and elderly	Ch 61
Tuberculosis	INH prophylaxis	High-risk sub-groups	Ch 62
Lung cancer	Dietary advice on green leafy vegetables and fruit	Smokers	Ch 64
Colorectal cancer	Colonoscopy	Those with cancer family syndrome	Ch 66
Skin cancer	Counselling, sun exposure, clothing	General population	Ch 70
Skin cancer	Physical exam, skin	First degree relative with melanoma	Ch 70
Cervical cancer	Papanicolaou smear	Women	Ch 73
Household and recreational injury	Legislation, safety aides, stairs bathtubs	Elderly	Ch 76
Diabetic retinopathy	Funduscopy or retinal photography	Diabetics	Ch 78
Diminished visual acuity	Snellen sight card	Elderly	Ch 78
Hearing impairment	Enquiry, whispered voice test or audioscope	Elderly	Ch 80

## Inconclusive Evidence (C Recommendations)

CONDITION	MANEUVER	POPULATION	CHAPTER
Perinatal morbidity and mortality	Ultrasound, prenatal, serial	Pregnant women	Ch 1
Gestational diabetes mellitus	Blood glucose, fasting/random or glucose challenge test	Pregnant women	Ch 2
Gestational diabetes mellitus	History, risk factors; if positive glucose tolerance test	Pregnant women	Ch 2
Low birth weight/Preterm birth	Multicomponent programs	Pregnant women	Ch 4
Low birth weight/Preterm birth	Diet supplementation	Pregnant women at high risk of undernutrition	Ch 4
Fetal alcohol syndrome	History, questionnaire, interview, clinical judgement/ alcohol consumption	Pregnant women	Ch 5
Low birth weight	Iron supplementation	Pregnant women	Ch 6
Neonatal herpes simplex	Cesarean section	Symptomatic pregnant women	Ch 10
D (Rh) sensitization	Repeat D (Rh) antibody screening and immunoglobulin (D Ig) administration	Women undergoing specific obstetric procedures or complications	Ch 11
Congenital rubella syndrome	Universal vaccination	Young men (living in crowded conditions)	Ch 12
Preeclampsia	Aspirin prophylaxis, low dose	Pregnant women	Ch 13
Preterm birth	Home uterine activity monitoring	High-risk pregnancies	Ch 14
Neonatal morbidity and mortality	Electronic fetal monitoring, intrapartum	High-risk pregnancies	Ch 15
Phenylketonuria	Phenylalanine test	Pregnant women	Ch 17
Hemoglobinopathies	Screening for carrier status & counselling	Non-pregnant adolescents and adults	Ch 20
Iron deficiency anemia	Routine hemoglobin	Infants, general population	Ch 23
Lead exposure	Universal screening (Blood lead level or questionnaire)	General population	Ch 25
Developmental problems	Developmental screening questionnaires	Preschool children	Ch 26

## Inconclusive Evidence (C Recommendations) – *Cont'd*

CONDITION	MANEUVER	POPULATION	CHAPTER
Household and recreational injury	Counselling, household and recreational injury (except some home hazards, poisoning for children)	Children, adults, elderly	Ch 28 Ch 45 Ch 76
Child maltreatment	Intensive contact with pediatrician, drop-in centre, parent training	Families with children	Ch 29
Child maltreatment	Sexual abuse, abduction prevention programs	General population	Ch 29
Obesity	Exercise and/or nutrition and behaviour modification	Obese Children	Ch 30
Obesity	Height, weight, skin-fold thickness, BMI, etc	Children	Ch 30
Idiopathic adolescent scoliosis	Physical exam, back	Adolescents	Ch 31
All-cause morbidity and mortality	Office contact or home-based parenting education programs	Disadvantaged children	Ch 32
Pneumococcal pneumonia	Immunization, one dose	Immunocompetent elderly living independently	Ch 34
Dental caries	Counselling, diet or baby bottle	General and high-risk population	Ch 36
Periodontal disease	Brushing and flossing teeth, supervised	High-risk patients	Ch 37
Periodontal disease	Brushing with electric toothbrush	Patients with limited dexterity	Ch 37
Periodontal disease	Flossing teeth	Children	Ch 37
Suicide	Suicide risk evaluation	General population	Ch 40
Suicide	Referral school- or community-based program	High-risk population	Ch 40
Suicide	Hospital admission, discharge home, intensive psycho-social follow-up	Individuals previously attempting suicide	Ch 40
Adverse consequences, children of alcoholics	Routine evaluation; some screening options	General population	Ch 41
Adverse consequences, children of alcoholics	Referral school- or community-based intervention programs	High-risk population	Ch 41
Tobacco-caused disease	Counselling on environmental tobacco smoke	Families with smokers	Ch 43
MVA injury	Counselling, helmet, alcohol use	General population	Ch 44



## Inconclusive Evidence (C Recommendations) – *Cont'd*

CONDITION	MANEUVER	POPULATION	CHAPTER
MVA injury	Monitor medical impairment	General population	Ch 44
Household and recreational injury	Public education/Legislation, gun control & use of Heimlich maneuver	General population	Ch 45
Osteoporosis; fractures	Counselling, weight bearing exercise	Pre- and post-menopausal women	Ch 47
All-cause mortality and morbidity	Counselling, physical activity; prevent obesity	General population	Ch 47 Ch 48
All-cause mortality, morbidity	Measure body mass index and treat obesity	General population	Ch 48
Protein/ calorie malnutrition	Protein calorie malnutrition screening	Adults	Ch 49
Thyroid cancer	Neck palpation	Adults	Ch 51
Thyroid disorders	Thyroid stimulating hormone test	Perimenopausal women	Ch 51
Osteoporotic fractures	History and physical examination	Women	Ch 52
Hypertension	Pharmacologic treatment	Adults aged <21 yrs, isolated systolic hypertension, some elderly subgroups	Ch 53 Ch 79
Coronary heart disease	Measurement of blood total cholesterol level	General population with case-finding for males 30-59 yrs	Ch 54
Coronary heart disease	Diet/drug treatment	Individuals with elevated cholesterol or LDL-C except males 30-59 yrs	Ch 54
Coronary heart disease	General dietary advice on fat and cholesterol	General population except males 30-69 yrs	Ch 54
Abdominal aortic aneurysm	Abdominal palpation	General population	Ch 55
Abdominal aortic aneurysm	Abdominal ultrasound	General population	Ch 55
Cardiovascular disease	Acetylsalicylic acid prophylaxis	General population	Ch 56
Carotid disease/ stroke	Antiplatelet therapy	Adults with asymptomatic carotid bruit or stenosis	Ch 57
HIV/AIDS	History, sexual and drug use and counselling	General population	Ch 58
HIV/AIDS	Voluntary HIV antibody screening	General population including pregnant women	Ch 58
Influenza	Immunization, annual	General population <65 yrs	Ch 61

## Inconclusive Evidence (C Recommendations) – *Concl'd*

CONDITION	MANEUVER	POPULATION	CHAPTER
Influenza	Rapid diagnostic test	Suspected cases	Ch 61
Tuberculosis	INH prophylaxis	General population aged >35 yrs	Ch 62
Breast cancer	Teach breast self-examination (BSE)	Women	Ch 65
Colorectal cancer	Fecal occult blood testing, sigmoidoscopy or colonoscopy	General population or family history (1 or 2 relatives)	Ch 66
Prostate cancer	Digital rectal examination	Men over age 50 yrs	Ch 67
Bladder cancer	Urine dipstick or cytology	High-risk males >60 yrs	Ch 68
Oral cancer	Physical exam, oral cavity	General population	Ch 69
Skin cancer	Counselling, Skin self-examination	General population	Ch 70
Skin cancer	Counselling, Sun block	General population	Ch 70
Skin cancer	Physical examination, skin	General population	Ch 70
Ovarian cancer	Pelvic exam, transvaginal ultrasound, CA 125 or combination	Pre- or post-menopausal women; family history 1st degree relative	Ch 72
Testicular cancer	Physical exam or self-examination	Adolescent and adult males	Ch 74
Cognitive impairment	Mental status screening	Elderly	Ch 75
Household and recreational injury	Monitor medical impairment	Elderly	Ch 76
Household and recreational injury	Public education, non-flammable fabrics, self-extinguishing cigarettes	Elderly	Ch 76
Elder abuse	Elder abuse questionnaire	Elderly	Ch 77
Age-related macular degeneration	Funduscopy	Elderly	Ch 78
Glaucoma	Funduscopy, tonometry or automated perimetry	Elderly	Ch 78
Urinary infection	Urine dipstick or culture	Elderly, ambulatory women	Ch 81

## Fair Evidence to Exclude from PHE (D Recommendations)

CONDITION	MANEUVER	POPULATION	CHAPTER
Low birth weight/Preterm birth	Programs of only social support	High-risk pregnant women	Ch 4
Recurrent herpes simplex type II (progenitalis) infection	Cervical smear, culture; weekly screening	Pregnant women with history, active disease or partner with proven infection	Ch 10
Preterm birth	Home uterine activity monitoring	Low risk pregnancies	Ch 14
Neonatal morbidity and mortality	Electronic fetal monitoring, intrapartum	Low-risk pregnancies	Ch 15
Cystic fibrosis	DNA analysis for carrier status	General population	Ch 19
Cystic fibrosis	Sweat test, immunoreactive trypsin and "BM meconium" test	General population	Ch 19
Urinary infection	Urine dipstick	Newborns and infants	Ch 21
Developmental problems	Denver Developmental Scale	Preschool children	Ch 26
Hearing problems	History, clinical examination	Preschool children	Ch 27
Child maltreatment	Screen for risk of maltreating children	General population	Ch 29
Obesity	Low calorie diet	Pre-adolescent obese children	Ch 30
Pneumococcal pneumonia	Immunization, one dose	Immunocompromised patients	Ch 34
Periodontal disease	Brushing with electric toothbrush	General population	Ch 37
Progressive renal disease	Urine dipstick	General population	Ch 38
Depression	General Health Questionnaire or Zung Self-rating depression scale	General population	Ch 39
Diabetes mellitus	Blood glucose, fasting	Non-pregnant general population	Ch 50
Osteoporotic fractures	Bone mineral density screening	Women	Ch 52
Carotid Disease/Stroke	Neck auscultation or carotid endarterectomy	General population	Ch 57
Gonorrhea	Gram stain / culture of cervical or urethral smear	General population	Ch 59
Chlamydial infection	Smear, culture or analysis	General population	Ch 60

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**Fair Evidence to Exclude in PHE (D Recommendations) – *Concl'd***

<b>CONDITION</b>	<b>MANEUVER</b>	<b>POPULATION</b>	<b>CHAPTER</b>
Cervical cancer	Human papillomavirus screening	Women	Ch 63
Lung cancer	Chest radiography	General population	Ch 64
Breast cancer	Mammography	Women aged 40-49 yrs	Ch 65
Colorectal cancer	Fecal occult blood testing or sigmoidoscopy	Those with cancer family syndrome	Ch 66
Prostate cancer	Prostate specific antigen	Men over age 50 yrs	Ch 67
Prostate cancer	Transrectal ultrasound	Men over age 50 yrs	Ch 67
Bladder cancer	Urine dipstick or cytology	General population	Ch 68
Pancreatic cancer	Abdominal palpation, ultrasound or serologic tumour markers	General population	Ch 71
Ovarian cancer	Pelvic exam, transvaginal ultrasound, CA 125 or combination	Pre- or post-menopausal women	Ch 72
Testicular cancer	Tumour markers	Adolescent and adult males	Ch 74
Urinary infection	Urine dipstick or culture	Elderly, ambulatory men	Ch 81

**Good Evidence to Exclude from PHE (E Recommendations)**

<b>CONDITION</b>	<b>MANEUVER</b>	<b>POPULATION</b>	<b>CHAPTER</b>
Urinary tract infection (asymptomatic)	Urine dipstick	Children	Ch 21
Pneumococcal pneumonia	Immunization, one dose	Infants and children	Ch 34
Tuberculosis	Mantoux tuberculin skin test	General population	Ch 62
Lung cancer	Sputum cytology	General population	Ch 64
Urinary tract infection (asymptomatic)	Urine dipstick or culture	Elderly, specific subgroups	Ch 81