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**Utilizing the USPSTF
Preventive Services
Recommendations and Resources
to Improve Health Professions Education
and Patient Care**

Acknowledgements

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(AHRQ)

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(HRET)

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Session Faculty

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Today's Objectives

1. Learn about the mission, methods, and contributions of the U.S. Preventive Services Task Force (USPSTF)
2. Learn about resources that can be utilized in clinical and educational settings to assist with the provision of preventive services
3. Learn how the interprofessional team can work together to increase patients' adherence to prevention recommendations

Goals of the AHRQ Health Professions Outreach Project

AHRQ has enlisted HRET to --

- Enhance awareness among clinicians and health professions educators of the U.S. Preventive Services Task Force's (USPSTF) evidence-based preventive care recommendations
- Assist clinicians with implementing, and assist health professions educators with teaching, the USPSTF preventive services recommendations
- Document successful strategies for incorporating USPSTF recommendations into clinical practice

U.S. Preventive Services Task Force (USPSTF)

- Commissioned by Congress in 1984
- Members include experts in behavioral health, family medicine, internal medicine, nursing, obstetrics /gynecology, pediatrics, preventive medicine, research methods
 - Independent and knowledgeable about clinical prevention and appraisal of evidence

Congress Created USPSTF, Assigned Support Duties to AHRQ

- USPSTF is financially supported and staffed by the U.S. Agency for Healthcare Research and Quality (AHRQ)
- USPSTF is independent--AHRQ has no control over recommendations
- USPSTF has access to scientific support from AHRQ's national network of Evidence-based Practice Centers (EPCs)

Task Force Activities

- Systematically reviews the evidence of effectiveness and develops recommendations for clinical preventive services
 - Age- and risk-factor specific
 - For routine use in primary care practice
- Recommendations address:
 - Screening tests
 - Counseling
 - Preventive medications

Keys to Understanding USPSTF Recommendations

- Preventive services recommendations should have the BEST evidence supporting them – applied to those without symptoms or complaints
- Cost, insurance, politics, advocacy have no role or influence
- Preventive services can cause harm and recommendations should balance benefits and harms

Keys to Understanding USPSTF Recommendations (cont'd)

- Recommendations may require some interpretation and explanation...
- BUT, with appreciation of evidence, some preparation, and a little help from technology – we can assure we're delivering the best preventive services to our patients

USPSTF Recommendations

- Updated as often as monthly as evidence warrants
- Published in major journals when released, and always available at www.uspreventiveservicestaskforce.org
 - Recommendation Statement
 - Supporting Article
 - Evidence Synthesis
 - Clinical Summary

Grades of USPSTF Recommendations

Certainty of Net Benefit	Magnitude of Net Benefit			
	Substantial	Moderate	Small	Zero/ negative
High	A	B	C	D
Moderate	B	B	C	D
Low	Insufficient			

www.uspreventiveservicestaskforce.org/uspstf/grades.htm

AHRQ's USPSTF Web Site Offers Tools for Different Audiences

Two ways for Clinicians to get USPSTF recommendations:

1. Go to USPSTF website for all the information (www.preventiveservices.ahrq.gov)
2. Install point of care prompts available via electronic Preventive Services Selector: www.epss.ahrq.gov)
 - Install in an EMR, or
 - Install on a website or PC desktop (ePSS “widget”) or
 - Download onto almost any handheld device

Patient information at <http://healthfinder.gov/widgets>

- User Friendly USPSTF recommendations
- Checklists to monitor individual preventive needs

Introducing the *electronic* Preventive Services Selector (ePSS)

Free, portable, decision support application to help clinicians and students quickly find age, gender, behavior-specific USPSTF recommendations for their patients.

Downloadable to handhelds (e.g., iPhone; BlackBerry; Palm OS; Windows Mobile). Can be embedded in most EMRs and EHRs.

Download ePSS and Website Widget by visiting this page on the AHRQ website:

<http://epss.ahrq.gov>



Tailoring the Recommendations for the Patient

- With each patient, the clinician can take various additional factors into consideration before making specific recommendations.
- To identify the risk factors that need to be considered, the clinician can click on the “**Risk Info**” box next to the recommendation.
- A useful collection of tools is available at <http://epss.ahrq.gov/ePSS/Tools.do>

Using the ePSS in Educational Settings

Present PowerPoint slides in lectures to health professions students

- Ask students to download the ePSS
- Ask students to select a USPSTF recommendation and present it to peers
- Ask students to use the ePSS in clinical settings to assess patient needs

During clinical rotations, preceptors can be engaged to help students use the USPSTF recommendations in practice

- Continuing Education on the ePSS can be used to prepare preceptors (available soon from AHRQ online)
- Patient interviewing/counseling video can be used to prepare students
- Students can be required to prepare and present recommendations to their preceptor for feedback

AHRQ-supported Resources to Facilitate Teaching about USPSTF Recommendations

- AHRQ's USPSTF website contains –
 - Information for clinicians, readily printed information for patients
 - Downloadable *electronic* Preventive Services Selector (ePSS)
- Technical Assistance document with patient cases for use in health professional education
<http://www.ahrq.gov/qual/kt/tfmethods/impuspstf.htm>
- AACOM PowerPoint slide deck for educators and clinicians: “Putting Prevention into Practice”
- George Sawaya's PowerPoint slide deck for educators and clinicians: “Understanding the Methods Used by the USPSTF in Developing Recommendations”
<http://www.ahrq.gov/qual/kt/tfmethods/tfmethods.htm>
- Training video for interviewing and motivating patients -coming soon
- Prevention OSCE (Objective Standardized Clinical Examination)

Details of Objective Standardized Clinical Exam (OSCE) on Preventive Services

- **Developed by** faculty at the University of Indiana School of Medicine.
- **Objectives:** Assess the student's ability to –
 1. Identify evidence-based preventive care recommendations for a patient based on his/her risk factors in an unbiased yet culturally competent way
 2. Assess health risks in a non-judgmental manner, demonstrating culturally sensitive skills
- **Case Scenario:** 38 yr AA Female presents to PCP today for a routine check-up, losing health insurance at the end of the month and hasn't had an annual exam or complete physical for 5 years. Life has been stressful during the past few months. She wants to be tested for everything that is recommended by her physician.

Using the ePSS in a Clinical Setting

Patients are typically screened by a member of the health care team during initial portion of an encounter

- A nurse typically takes vital signs and measures the patient's height and weight This provides an opportunity to complete a brief preventive medicine/wellness questionnaire and to consult the ePSS for relevant recommendations
- Print for inclusion in the health record or save in the electronic record
- Printed instructions at appropriate reading level provided to the patient for further reference and explanation of the health care team recommendations

Health care practitioner discusses selected recommendations with the patient recommending lifestyle modification, screening and/or treatment

The Role of the Interprofessional Team

- Prevention greatly benefits from a team approach
- Using motivational interviewing is important
- No one person in the office should be responsible for addressing the patient's prevention needs

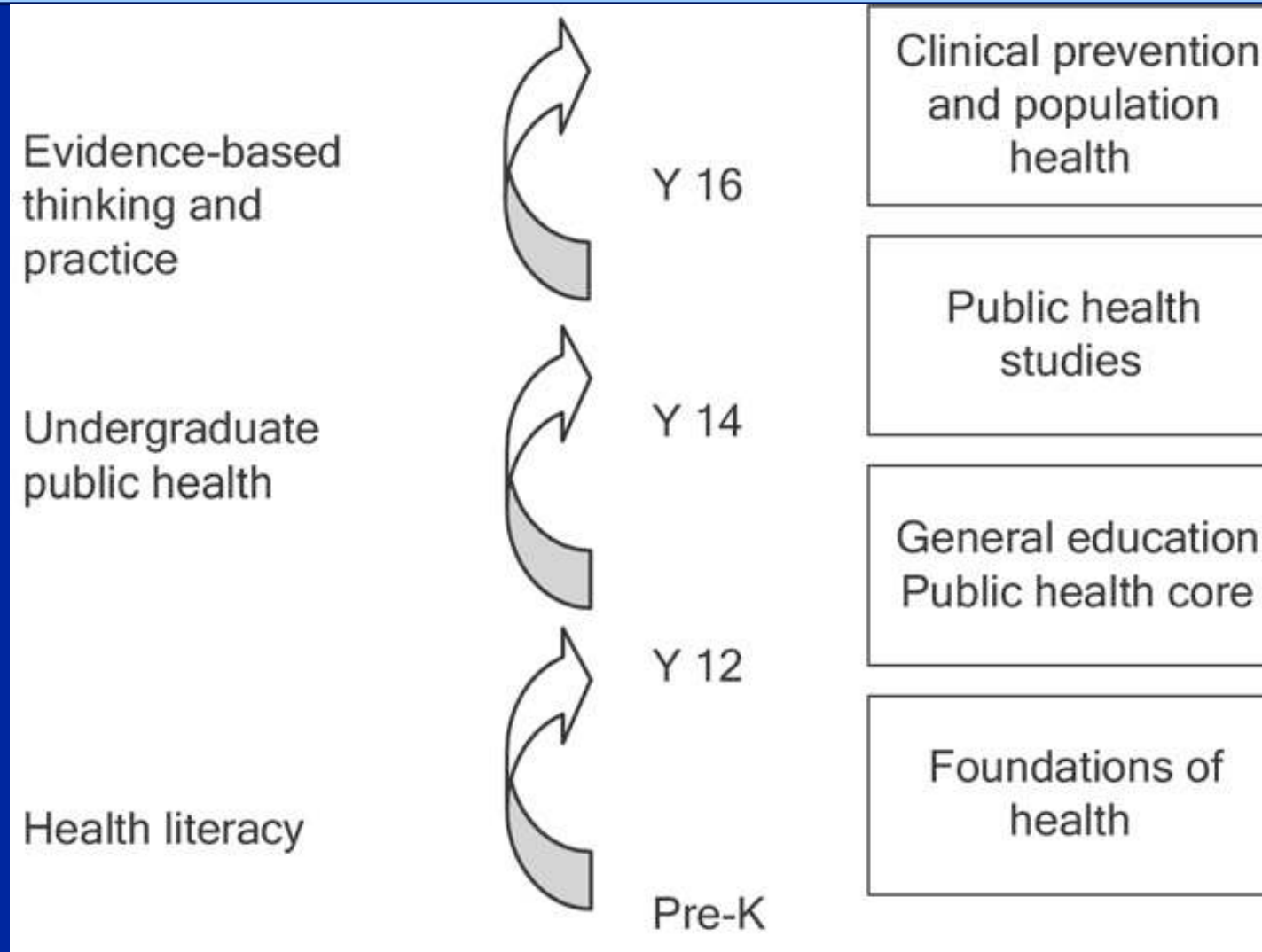
The Benefit of Interprofessional Care

- Sharing responsibility for the patient's preventive care and outcomes increases team members' involvement and contributions
- Job satisfaction can increase when people believe they are important contributors to the patient's preventive care and outcomes
- The members of the team can praise and celebrate patients' successes

Evidence-Based Resources for Healthy People 2020

- USPSTF Clinical Preventive Services
- Guide to Community Preventive Services
- Healthfinder.gov's Quick Guide to Healthy Living Information for Consumers

Healthy People 2020 Education for Health Framework



Healthy People 2020

Education for Health Objectives

- **ECBP-3:** Increase the proportion of elementary, middle, and senior high schools that have health education goals or objectives that address the knowledge and skills articulated in the National Health Education Standards (high school, middle, elementary)
- **PHI-6:** Increase the proportion of 2-year colleges that offer public health or related associate degrees and/or certificate programs

Healthy People 2020

Education for Health Objectives

- PHI-4: Increase the proportion of 4-year colleges and universities that offer public health or related majors and/or minors
- ECBP-12 – 16: Increase the inclusion of core clinical prevention and population health content in health professions education

Thank you!