



Prevention Action Steps for Health Care Professionals

Prevention for the Health of North Carolina

<http://www.nciom.org>

Doctors and other health care professionals play an important role in helping to improve individual health. Health care professionals can influence their patients' health by talking with them about practicing healthy behaviors and getting recommended preventive care. By following the Prevention Action Steps below, you can help your patients lead healthier lives.

Screen all adults and pregnant women for tobacco use.

- ✓ Offer tobacco cessation services including counseling and cessation medications.
- ✓ Refer all tobacco users to the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669).

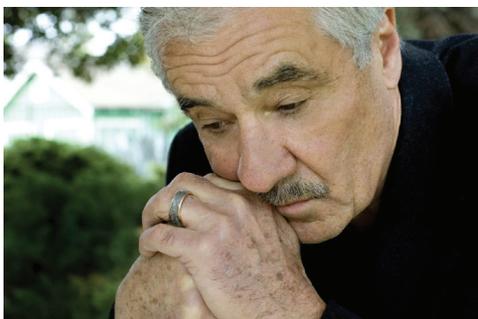
Screen all adults for obesity.

- ✓ Offer counseling and behavioral interventions for patients identified as obese.



Address sexual health and behavior in adolescents and adults.

- ✓ Educate sexually active patients at increased risk about sexually transmitted diseases (STDs) including HIV, proper condom use, female contraception, and offer behavioral counseling to prevent STDs/HIV.
- ✓ Educate sexually active adolescents about the safety and efficacy of condoms and other forms of contraception to prevent unintended pregnancy.
- ✓ Implement opt-out HIV screenings for all adult patients.



Screen patients for substance abuse.

- ✓ Use the Screening, Brief Intervention, and Referral into Treatment (SBIRT) model to determine if patients are beginning to misuse tobacco, alcohol, or other drugs; offer motivational counseling to those at risk of having a substance abuse problem; and refer those with more significant problems to specialized providers.

Screen for major depressive disorders in children, adolescents, and adults.

- ✓ Screen patients ages 12 and older for major depressive disorders and refer into psychotherapy as needed.
- ✓ Have an on-site behavioral health provider at your clinic to ensure that patients can easily access adequate treatment and follow-up.

Stay up to date on current recommendations and clinical guidelines.

- ✓ Attend continuing medical education courses that enhance your knowledge about current evidence-based practices for tobacco use, nutrition, obesity, alcohol and substance abuse, injury, depression, and STDs/HIV.
- ✓ Stay abreast of the most current recommendations from the US Preventive Services Task Force.

Offer and promote recommended vaccines.

- ✓ Discuss recommended vaccines and immunizations with patients as appropriate.



STATE RESOURCES

General

- NC Prevention Partners, NC Good Health Directory. <http://www.ncpreventionpartners.org/dnn/WhatWeDo/Resources/NCGoodHealthDirectory/SearchResources/tabid/168/Default.aspx>

Tobacco

- NC Quitline. 1-800-QUIT-NOW (1-800-784-8669). <http://www.quitlinenc.org>

Nutrition and Physical Activity

- Eat Smart, Move More North Carolina. <http://www.eatsmartmovemorenc.com>

NATIONAL RESOURCES

Clinical Guidelines

- US Preventive Services Task Force. <http://www.ahrq.gov/CLINIC/uspstfix.htm>

Sexual Health

- American Medical Association, Promoting Teenage Sexual Health. http://www.ama-assn.org/ama1/pub/upload/mm/15/ph_sexualhealth_pres.pdf
- American College of Obstetricians and Gynecologists, Took Kit for Teen Care. <http://www.acog.org/departments/adolescentHealthCare/TeenCareToolKit/ACOGPreventCare.pdf>
- CDC Adolescent Health Registries of Programs Effective in Reducing Youth Risk Behaviors. <http://www.cdc.gov/HealthyYouth/AdolescentHealth/registries.htm>
- CDC Recommendations for HIV Testing of Adults, Adolescents, Pregnant Women. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

Mental Health and Substance Abuse

- Substance Abuse and Mental Health Services Administration (SAMHSA), SBIRT (Screening, Brief Intervention, and Referral to Treatment). <http://sbirt.samhsa.gov/about.htm>
- SAMHSA National Registry of Evidence-based Programs and Practices. <http://www.nrepp.samhsa.gov>
- National Institute on Drug Abuse Screening for Tobacco, Alcohol other Drug Use. <http://www.drugabuse.gov/nidamed/screening>

Vaccines

- Centers for Disease Control and Prevention, Recommendations and Guidelines: Advisory Committee on Immunization Practices. <http://www.cdc.gov/vaccines/recs/ACIP/default.htm>

The above Action Steps were excerpted from recommendations in *Prevention for the Health of North Carolina: Prevention Action Plan*, a collaborative project of the North Carolina Institute of Medicine and the North Carolina Division of Public Health, and have been modified for specific audiences.

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