

Routine Physical Nursing Interventions - Female

MONITORING OF ROUTINE PHYSICALS USES A COLLABORATIVE MULTIDISCIPLINARY TEAM APPROACH. ROUTINE PHYSICAL NURSING INTERVENTIONS ARE APPROVED BY THE CHIEF MEDICAL OFFICER FOR NURSING TO PERFORM IN ACCORDANCE WITH THE PERIODIC PHYSICAL EXAMINATION AND LABORATORY REQUIREMENTS. THESE APPROVED ROUTINE PHYSICAL NURSING INTERVENTIONS DO NOT REQUIRE A HEALTHCARE PROVIDERS ORDER. THE ROUTINE PHYSICAL NURSING INTERVENTIONS ARE BASED UPON NATIONALLY RECOGNIZED EVIDENCE-BASED GUIDELINES AND RECOMMENDATIONS.

Problems: _____

Chronic Clinic labs required: Yes No If "Yes" complete the "Chronic Clinic Nursing Interventions".

Routine Physical Laboratory - Female:

Ages 18 - 39	Ages 40 - 49	Ages 50-64	Ages 65 & older
<input type="checkbox"/> Physical Exam – Every 3 years <input type="checkbox"/> PAP testing - Every 1-3 years. Provider discretion after three consecutive normal tests or hysterectomy.	<input type="checkbox"/> Physical Examination – Every 1-3 years <input type="checkbox"/> Lipid Profile - Every 1-3 years <input type="checkbox"/> Repeat PAP testing – Provider discretion after 3 consecutive normal tests or hysterectomy <input type="checkbox"/> Fasting CMP – Every 1-3 years after age 45 <input type="checkbox"/> Mammography – Every 1-2 years until age 75. Providers discretion for high risk patients.	<input type="checkbox"/> Physical Examination – Annually <input type="checkbox"/> Lipid Profile - Every 1-3 years. <input type="checkbox"/> PAP testing - Provider discretion after 3 consecutive normal tests or hysterectomy <input type="checkbox"/> Fasting CMP – Annually <input type="checkbox"/> Fecal occult blood testing X 3 beginning age 50 –Annually until age 75, then by providers discretion. <input type="checkbox"/> Mammography – Baseline, Providers discretion after age 75. <input type="checkbox"/> EKG – baseline age 50, then by provider’s discretion.	<input type="checkbox"/> Physical Examination – Annually <input type="checkbox"/> Lipid Profile - Annually <input type="checkbox"/> PAP testing - Provider discretion after 3 consecutive normal tests or hysterectomy <input type="checkbox"/> Fasting CMP – Every 3 years <input type="checkbox"/> Fecal occult blood testing X 3 – Annually until age 75, then by providers discretion. <input type="checkbox"/> Mammography – Every 1-2 years. Provider’s discretion after age 75. <input type="checkbox"/> Bone Density – Age 65 or equivalent fracture risk. Repeat screening not recommended by USPSTF, may be ordered by provider discretion.

Physical Examination and Laboratory Requirements for Offenders Returning From GPS – Female:

Initial PE - 39 & Younger	Initial PE - Ages 40-49 yrs.	Initial PE - Ages 50-64 yrs.	Initial PE - Ages 65 and older
<input type="checkbox"/> Tuberculin skin test <input type="checkbox"/> HIV testing - Enzyme-Linked Immunosorbent Assay (ELISA). The Western Blot method will be utilized if the baseline ELISA test result is reactive (or positive). <input type="checkbox"/> Chlamydial testing <input type="checkbox"/> Gonorrhea culture <input type="checkbox"/> Rapid Plasma Reagin (Syphilis) <input type="checkbox"/> Fasting CMP <input type="checkbox"/> Urine pregnancy test (if clinically indicated)	<input type="checkbox"/> Tuberculin skin test <input type="checkbox"/> HIV testing - Enzyme-Linked Immunosorbent Assay (ELISA). The Western Blot method will be utilized if the baseline ELISA test result is reactive (or positive). <input type="checkbox"/> Chlamydial testing <input type="checkbox"/> Gonorrhea culture <input type="checkbox"/> Rapid Plasma Reagin (Syphilis) <input type="checkbox"/> Fasting CMP <input type="checkbox"/> Urine pregnancy test (if clinically indicated)	<input type="checkbox"/> Tuberculin skin test <input type="checkbox"/> HIV testing - Enzyme-Linked Immunosorbent Assay (ELISA). The Western Blot method will be utilized if the baseline ELISA test result is reactive (or positive). <input type="checkbox"/> Chlamydial testing <input type="checkbox"/> Gonorrhea culture <input type="checkbox"/> Rapid Plasma Reagin (Syphilis) <input type="checkbox"/> Fasting CMP <input type="checkbox"/> Urine pregnancy test (if clinically indicated)	<input type="checkbox"/> Tuberculin skin test <input type="checkbox"/> HIV testing - Enzyme-Linked Immunosorbent Assay (ELISA). The Western Blot method will be utilized if the baseline ELISA test result is reactive (or positive). <input type="checkbox"/> Chlamydial testing <input type="checkbox"/> Gonorrhea culture <input type="checkbox"/> Rapid Plasma Reagin (Syphilis) <input type="checkbox"/> Fasting CMP

Nursing Routine Interventions:

- Offender identified and procedure explained.
- Hands washed/sanitized and gloves applied.
- Offender arm positioned, tourniquet applied, puncture site identified and cleansed.
- Venipuncture site: _____ Needle gauge size: 20 21 22 23 24 25 Butterfly Huber
- Number of attempts: 1 2 Other: _____
- Unable to obtain. Reason: _____ Notified: _____
- Pressure applied, no bleeding, swelling or redness observed.
- Applied: (check all that apply) Band-Aid Gauze Cotton ball Tape Coban
- Sharps disposed into biohazardous container.
- FOBT issued x 3 with instructions.
- EKG performed. Results placed in EHR. Co-signed to provider.

Progress Note: _____

Patient Education:

- Instructed patient to follow-up sick call if experiencing any signs and symptoms that warrant treatment. Offender verbalizes understanding of instructions.

QHCP Signature/Credentials: _____ **Date:** _____ **Time:** _____

Offender Name
(Last, First)

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