CONSIDERATIONS:

1. The American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC) recommend measures to identify risk factors of individuals that can reduce the risk of coronary heart disease (CHD), diabetes, hypertension, and obesity.

2. Agencies can seek to improve current health status of the community by providing biometric screenings. In conducting community biometric screenings, the provider can recommend healthy lifestyle changes to eliminate common diseases.

3. A Preventive Health/Biometric Screening clinic can include:
   a. Cholesterol screening
   b. Diabetes screening
   c. Nutrition screening

4. Check state Clinical Laboratory Improvement Amendments (CLIA) laboratory regulations for performing cholesterol and glucose testing in the community. Testing devices chosen by the agency should be CLIA-waived.

5. All manufacturers’ guidelines should be followed for care and storage of machines and test cassettes.

6. Quality control testing should be performed per manufactures’ guidelines at indicated intervals.

7. Review reportable ranges and limitations per monitor type and confirm results outside of the reportable ranges.

8. Cholesterol and Glucose screenings are typically completed on patients who have fasted for at least 8 - 12 hours prior to testing blood sample.

9. The American Heart Association recommends the following desirable cholesterol levels
   a. Total Cholesterol: less than 200 mg/dl
   b. LDL Cholesterol: less than 100 mg/dl
   c. HDL Cholesterol: less than 40 mg/dl for men; less than 50 mg/dl for women
   d. Triglyceride level: less than 150 mg/dl

10. The American Heart Association recommends the following desirable Body Mass Index
    a. BMI of <25 Healthy weight
    b. < 18.5 = Underweight
    c. 25-29.9 = Overweight
    d. > 30 = Obesity

11. The American Heart Association recommends the ideal Blood Pressure for adults age 20 and over should be less than 120/80 mm HG.

12. The Diabetes Association recommends the following fasting plasma glucose:
    a. Less than 100 ideal glucose
    b. 100 - 125 Prediabetes
    c. Greater than 126 Type I

13. The American Council for Exercise recommends ideal body fat percentage categories is:

<table>
<thead>
<tr>
<th></th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential fat</td>
<td>10 - 13%</td>
<td>2 - 5%</td>
</tr>
<tr>
<td>Athletes</td>
<td>14 - 20%</td>
<td>6 - 13%</td>
</tr>
<tr>
<td>Fitness</td>
<td>21 - 24%</td>
<td>14 - 17%</td>
</tr>
<tr>
<td>Average</td>
<td>25 - 31%</td>
<td>18 - 24%</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt;32%</td>
<td>&gt;25%</td>
</tr>
</tbody>
</table>


15. A typical biometric screening test can take up to 15 minutes per patient.

16. The average cost for screening is $27 - $45; varies per state.

EQUIPMENT:

- Gloves
- Cholestech LDX machine
- Controls Level 1 and 2
- Cassettes
- Capillary tubes and Plungers
- Pipette
- Glucometer
- Lancets
- Test strips
- Controls Level 1 and 2
- Alcohol preps
- Self-adhesive bandages
- 2 x 2 gauze
- Sharp Container
- Anaphylaxis kit
- Scale
- Body Fat Monitor
- BMI Calculator
- Height Measurement
- Blood Pressure Cuff /std /ex-lg
- Cloth tape measure
- Trash bags

PROCEDURE:

1. Adhere to Standard Precautions.
2. Identify patient and explain procedure.
3. Provide screenings per agency’s guidelines and Physician/ Medical Director standing orders.
4. Adhere to manufacturer guidelines/ instructions for equipment utilized in screenings.
5. Adhere to quality assurance practices for testing machines, if applicable.
6. Obtain blood specimen per agency’s guidelines.
7. Educate patient on results of screenings to improve or maintain outcomes.
   a. Height/Weight/BMI
   b. BP screening
8. See procedures:
   a. Circulatory - Blood Pressure
   b. Endocrine System - Blood Glucose Testing
   c. Labs and Specimens – Blood: Capillary/Finger Stick
   d. Nutrition - Nutrition Assessment
   e. Nutrition - Health Plate Diet
   f. Nutrition - Weight Reduction Diet
   g. Preventive Care and Immunizations: Flu Vaccination Clinic

AFTER CARE:
1. Document patient’s results and provide referral for patients whose parameters are outside of recommended ranges per agency’s policy.
2. Provide educational literature on healthy lifestyles to improve results.
3. Clean all screening and testing equipment per agency’s guidelines.

REFERENCE: