



# Prevention Practitioner Health Survey & Screening Test Guide



# Table of Contents

## Section 1: Conditions and Tests in the BETTER Health Survey

Abnormal Pap Cystology/Test Results - page 33	Hyperlipidemia – page 16
Alcohol Consumption – page 50	Hypertension – page 12
Angina – page 9	Hysterectomy – page 30
Assess Walking Speed – page 46	Immunocompromised – page 28
BRCA1 and BRCA2 – page 38	Lung Cancer – page 20
Breast Cancer – page 36	Mastectomy – page 37
Cannabis and Marijuana (non-prescribed) – page 43	Moderate and Vigorous Activity - page 45
Cervical Cancer – page 31	Osteoporosis – page 18
Cervical Intraepithelial Neoplasia (CIN) 2 or 3 - page 29	Ovarian Cancer – page 34
Chronic Kidney Disease – page 13	Pap Test – page 32
Colorectal Cancer – page 21	Peripheral Vascular Disease – page 13
Congestive Heart Failure – page 11	PHQ-2 Personal Health Questionnaire - page 51
Coronary Artery Disease – page 12	Polycystic Ovarian Disease or Polycystic Ovary Syndrome – page 35
Crohn’s Disease – page 22	Post-Menopausal – page 26
Diabetes (High Blood Sugar) – page 7	Prostate Cancer - page 39
E-Cigarettes and Vaping – page 42	PSA - page 40
Ethnicity and Cultural Background – page 52	Resistance Exercise – page 47
Familial Adenomatous Polyposis (FAP) – page 24	Standard Alcohol Drink Size – page 49
Familial Hypercholesterolemia – page 17	Stroke – page 8
Food Servings – page 48	Tobacco – page 41
Fragility Fracture - page 19	Ulcerative Colitis – page 23
Gestational Diabetes – page 27	Ways Cannabis is Used – page 44
Heart Attack - page 10	What are Chronic Diseases? – page 6
Hereditary Nonpolyposis Colon Cancer (HNPCC) or Lynch Syndrome – page 25	

## Section 2: Screening Tests Discussed During the BETTER Visit

Albumin-to-Creatinine Ratio (ACR) - page 70	Estimated Glomerular Filtration Rate (eGFR) - page 71
Bone Mineral Density Testing – page 63	FBS/HbA1c – page 58
Cardiovascular Measures – page 54	FIT/FOBT Test – page 60
Cardiovascular Risk Assessment Tools – page 55	Fracture Risk Assessment Tools – page 64
• Framingham Risk Score – page 57	Human Papillomavirus (HPV)– page 67
• QRISK3 – page 56	Human Papillomavirus Testing – page 68
Colonoscopy – page 61	Mammogram – page 66
CT for Lung Cancer Screening – page 59	Sigmoidoscopy – page 62
Diabetic Retinopathy Screening - page 65	Vaginal Vault Smear – page 69





# Section 1

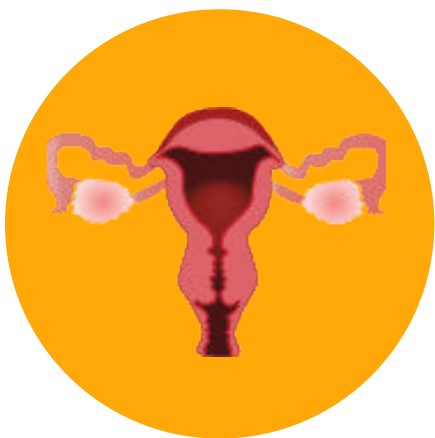
## Conditions and Tests in the BETTER Health Survey

# What are Chronic Diseases?

**Chronic diseases** are a group of conditions that develop slowly, are of long duration and generally progress slowly.

Because of this, they are more common later in life, but they can occur at any age. Generally, they cannot be prevented by vaccines or cured by medication, although some can be managed.

The common risk factors for chronic disease involve those that can be modified including: smoking, alcohol, raised blood pressure (or hypertension), exercise, raised cholesterol, being overweight, an unhealthy diet, and high blood sugar.



# Diabetes (High Blood Sugar)

Comprehensive Health Survey - Question 6a & 6b



**Diabetes** is a chronic disease where the body cannot properly store and use sugar that comes from foods and beverages taken in.

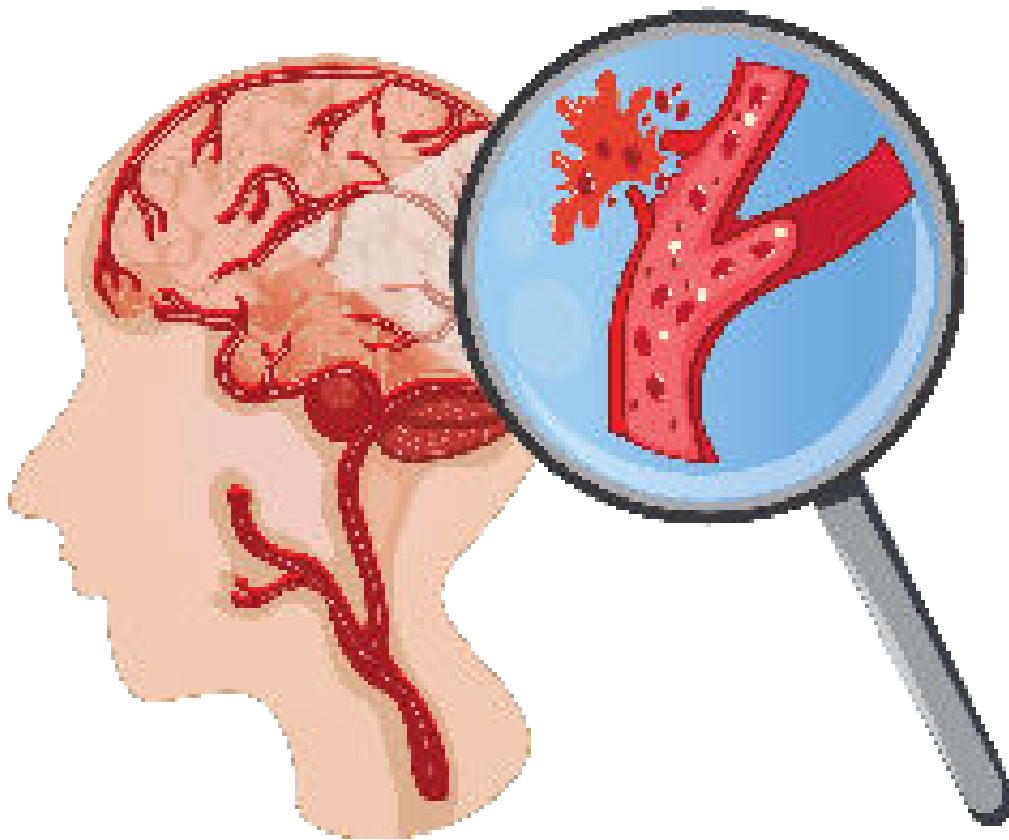
- **Diabetes Type 1:** Formerly Juvenile Diabetes. Usually diagnosed at a young age and typically requires insulin injections.
- **Diabetes Type 2:** Formerly Non-Insulin Dependent Diabetes. Risk factors for this form include obesity and lack of exercise, and it can be treated with pills or insulin.

# Stroke

## Comprehensive Health Survey - Question 6c

A **stroke** occurs when blood stops flowing to your brain.

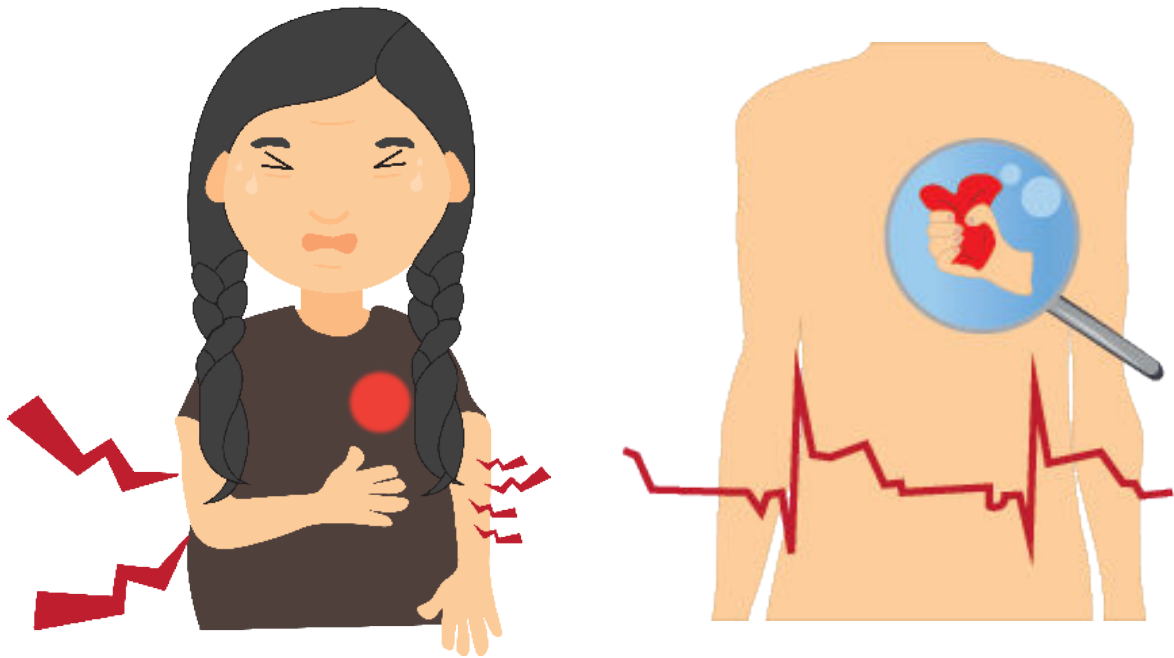
Symptoms include a drooping face, weakness in one arm, slurred, lost or jumbled speech.





# Angina

Comprehensive Health Survey - Question 6d



**Angina** is chest pain, including a squeezing, suffocating or burning sensation.

It is caused by reduced blood flow to the heart.

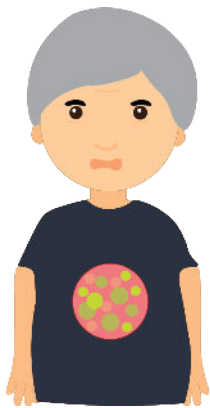
# Heart Attack

## Comprehensive Health Survey - Question 6d

A **heart attack** occurs when blood flow is blocked from reaching the heart.

If the blood flow isn't restored quickly, that section of the heart will start to die.

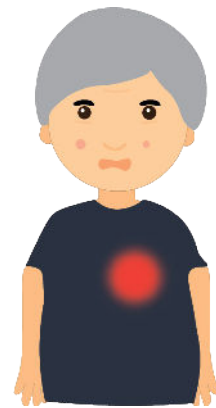
Symptoms include heartburn, arm pain, heavy feeling in the chest, tiredness, sweating, and feeling short of breath.



Heartburn



Arm Pain



Heavy Feeling In Chest



Tiredness



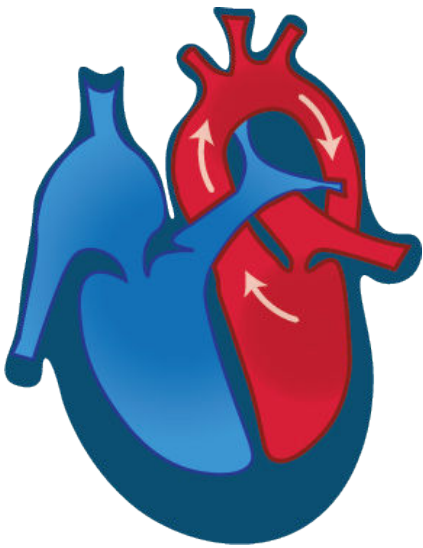
Sweating



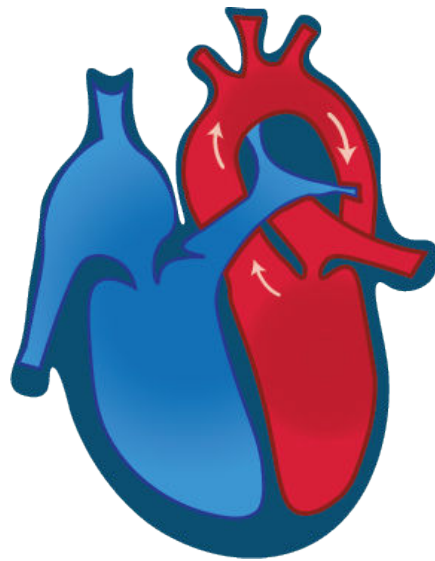
Feeling Short of Breath

# Congestive Heart Failure (CHF)

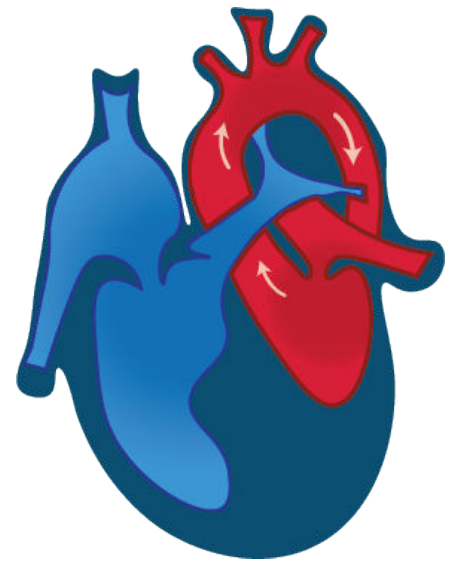
Comprehensive Health Survey - Question 6d



Normal Heart



Heart Failure Developing



Heart Failure

**Congestive heart failure** develops when the heart cannot pump enough blood to the rest of the body.

It causes fluid to build up inside the body.

# Coronary Artery Disease

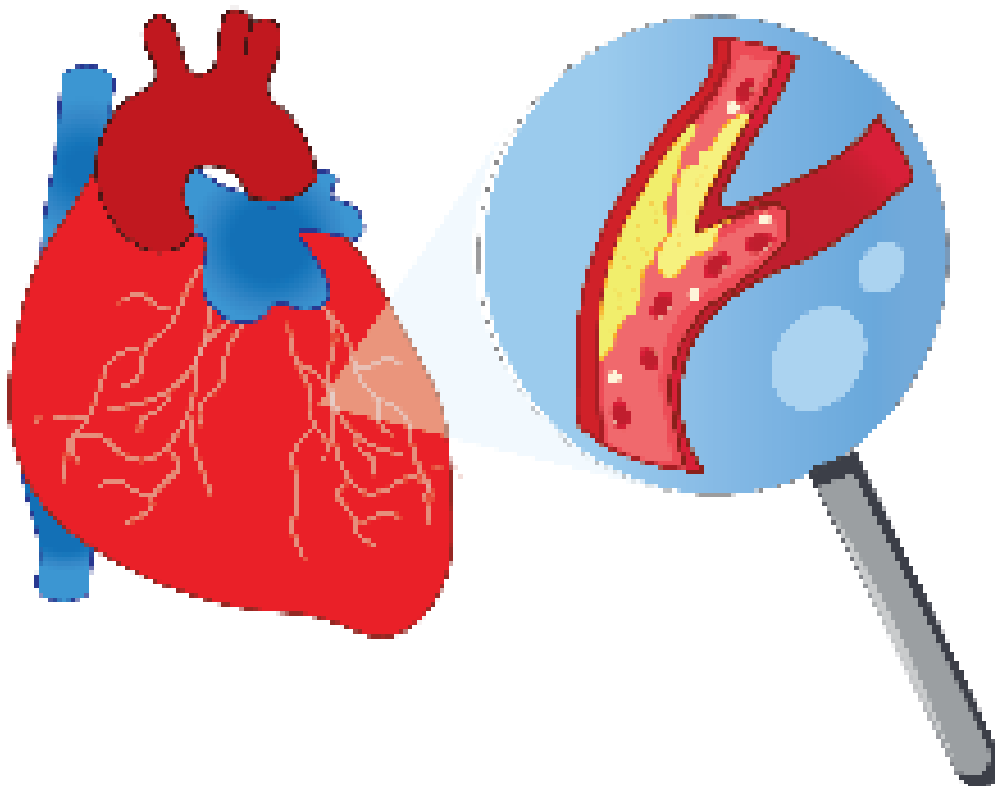
Comprehensive Health Survey - Question 6d

**Coronary artery disease** occurs when the arteries providing oxygen to your heart are blocked.

This may cause a heart attack.

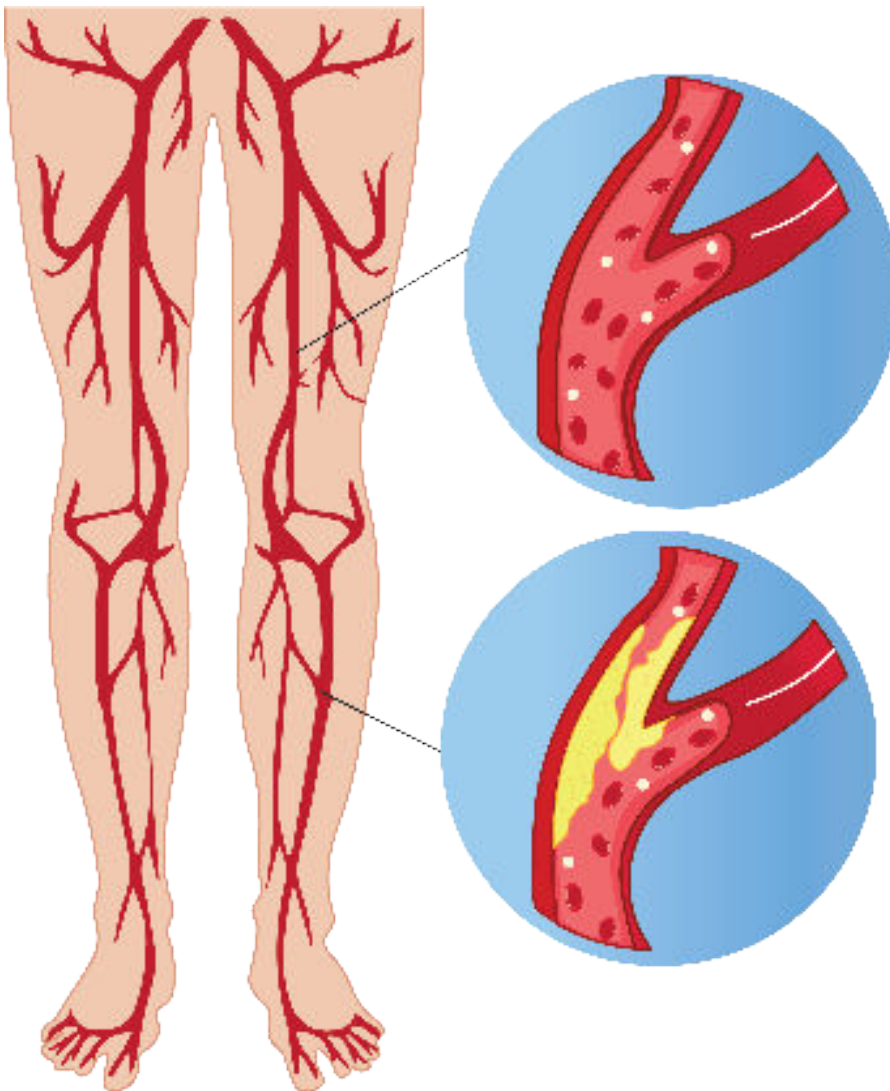
The arteries are like small pipes that bring blood to your heart. They narrow when fat builds up inside and clogs them.

The fat is called plaque.



# Peripheral Vascular Disease

Comprehensive Health Survey - Question 6d



**Peripheral vascular disease** is a narrowing of the blood vessels that move blood to your arms, legs, stomach and head.

This can lead to blood clots which can block the vessel.

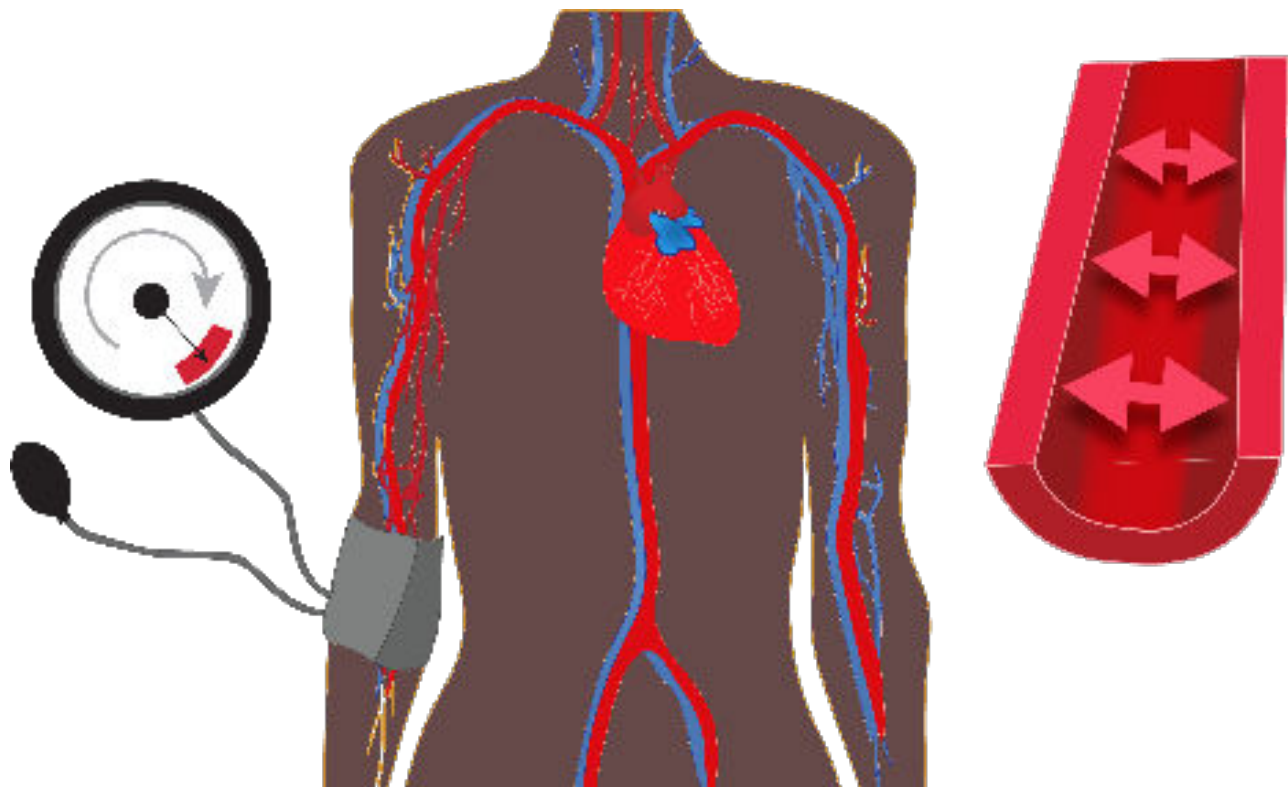
It may lead to surgical removal of arms, legs, feet, toes, hands or fingers.

# Hypertension

## Comprehensive Health Survey - Question 6e

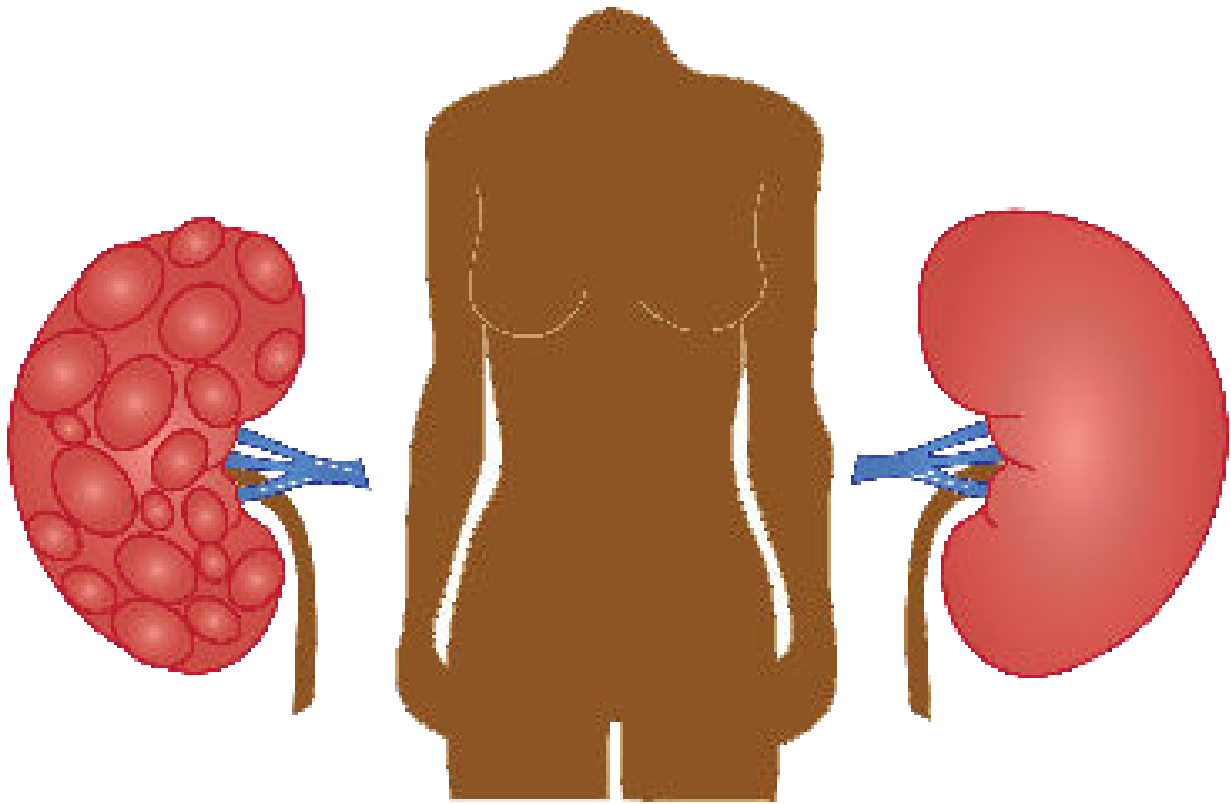
**Hypertension** occurs when there is too much pressure in the blood vessels. It can significantly damage the patients' health for years before any symptoms are noticed.

Increased physical activity and improved diet can help reduce blood pressure and reduce the risk of chronic disease.



# Chronic Kidney Disease

Comprehensive Health Survey - Question 6f

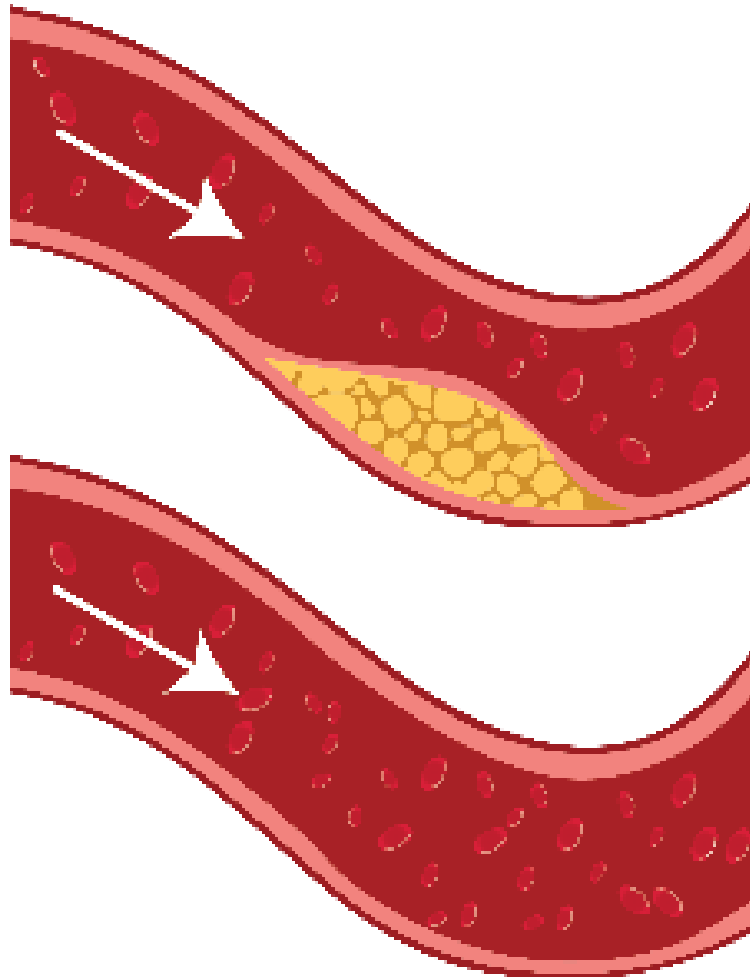


**Chronic kidney disease** is the gradual loss of kidney function over time.

The two main causes of chronic kidney disease are diabetes and hypertension.

# Hyperlipidemia

Comprehensive Health Survey - Question 6g



**Hyperlipidemia** means that you have too many lipids, or fats, such as cholesterol and triglycerides, in your blood stream.

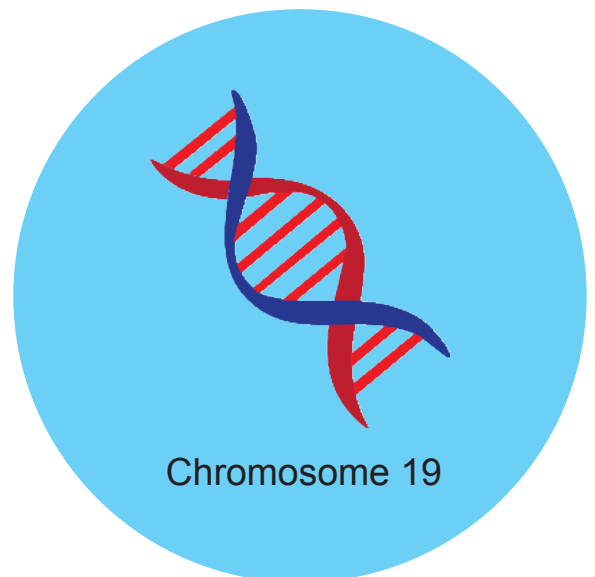
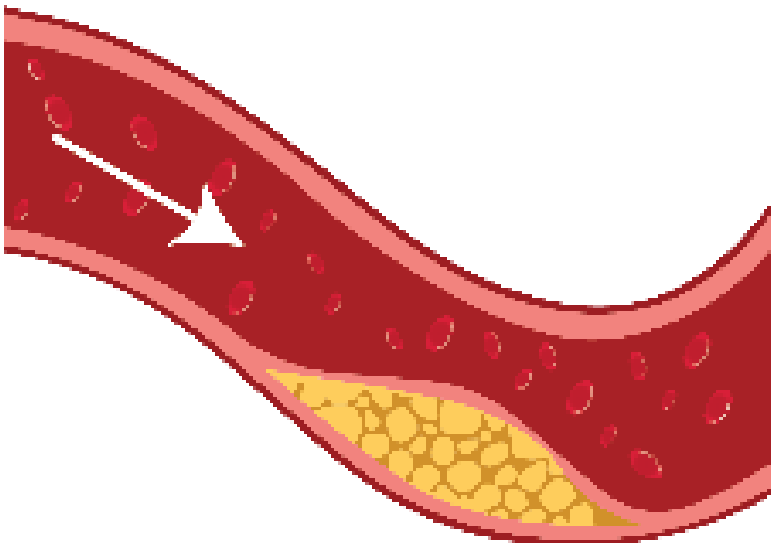


# Familial Hypercholesterolemia

Comprehensive Health Survey - Question 6h

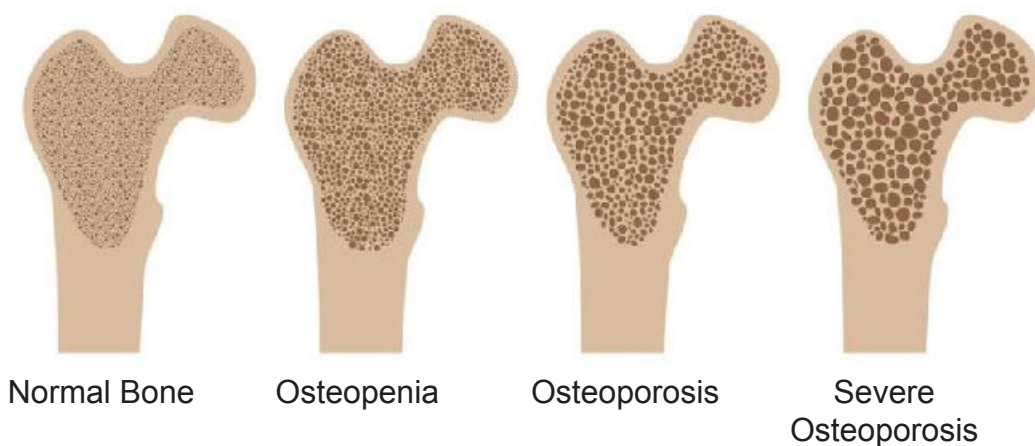
**Familial hypercholesterolemia** is a genetic disorder caused by defect in chromosome 19.

This defect impairs the body's ability to remove LDL, or unhealthy, cholesterol from the blood and results in a high LDL cholesterol.



# Osteoporosis

## Comprehensive Health Survey - Question 7



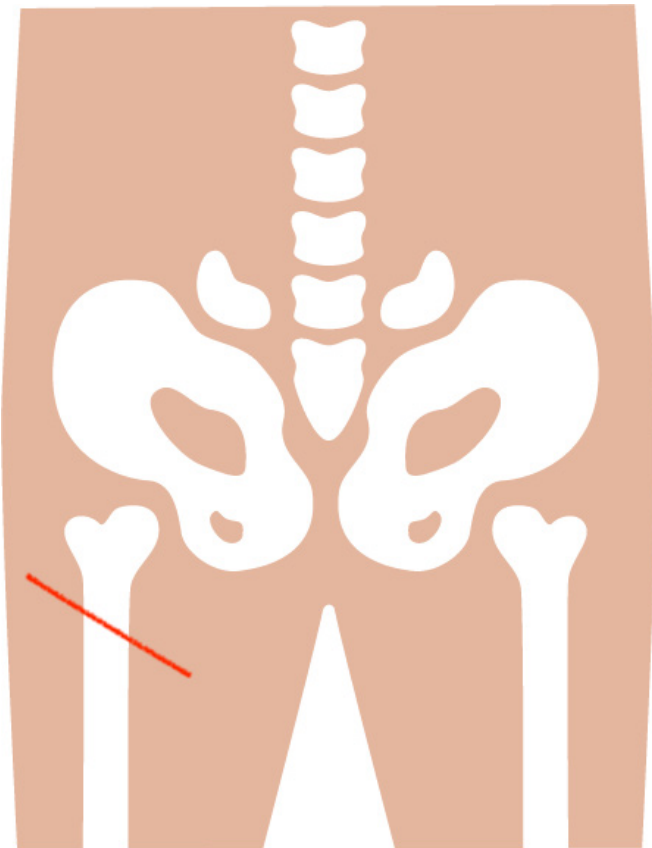
**Osteoporosis** is a common disease that causes weak bones that can break easily - most often, bones in the hip, backbone (spine), and wrist.

It can happen over many years without any symptoms and you may not notice any changes until a bone breaks unexpectedly.

It is best to prevent osteoporosis early. Tips include eating well (calcium and vitamin D rich foods), doing muscle strengthening or resistive exercises, and limiting smoking and alcohol.

# Fragility Fracture

Comprehensive Health Survey - Question 8



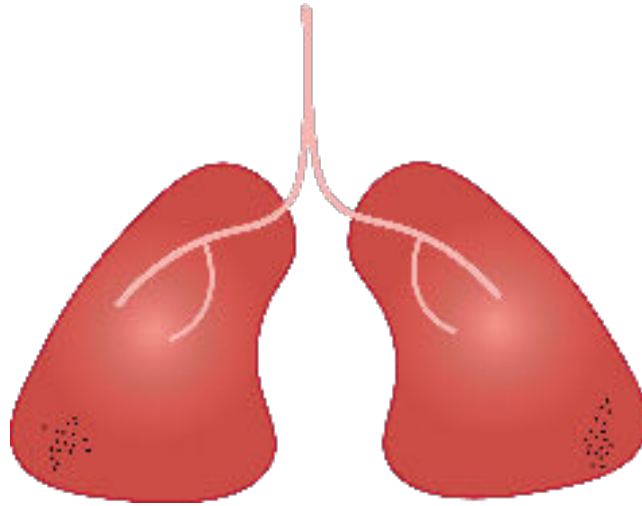
A **fragility fracture** is a fracture that results from a force that would not normally result in a fracture, such as a fall from standing height or less.

These fractures often happen in the wrist, hip, or spine. They indicate the bones have weakened by an illness (like osteoporosis).

These fractures often take a long time to heal.

# Lung Cancer

Comprehensive Health Survey - Question 9a



**Lung cancer** is cancer in the lungs.

There are many risk factors for lung cancer.

- Smoking tobacco, particularly cigarettes, is the largest risk factor for lung cancer.
- Smoking tobacco leads to more than 70% of lung cancer cases in Canada.
- The risk of lung cancer increases the more you smoke, the longer you smoke, and the earlier you start smoking.

A low-dose CT scan is one way of screening for lung cancer.

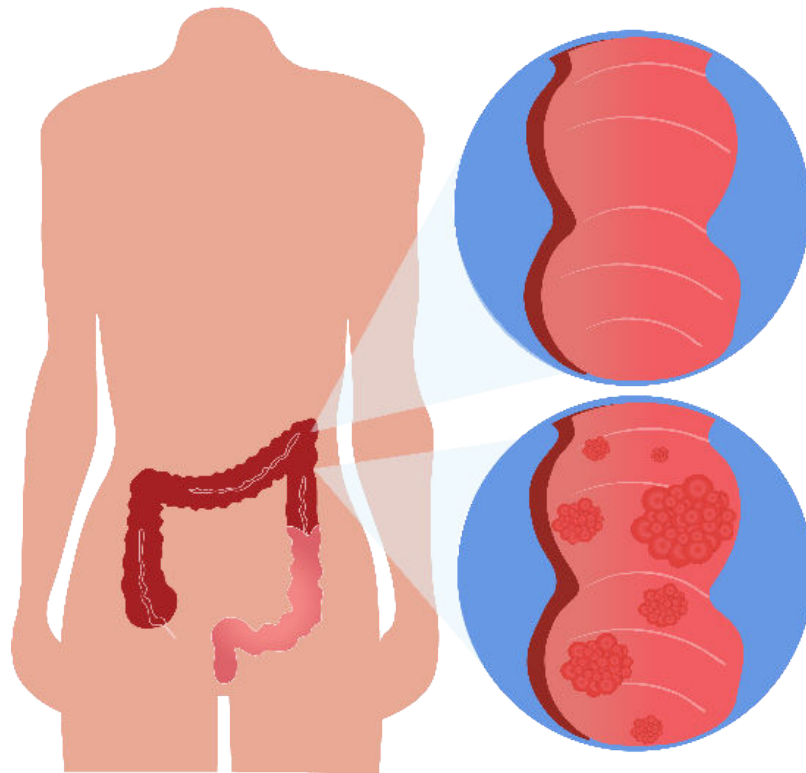
# Colorectal Cancer

## Comprehensive Health Survey - Question 9b

**Colorectal cancer** is the growth of abnormal cells in the colon or rectum. It is detected using either a FOBT or FIT.

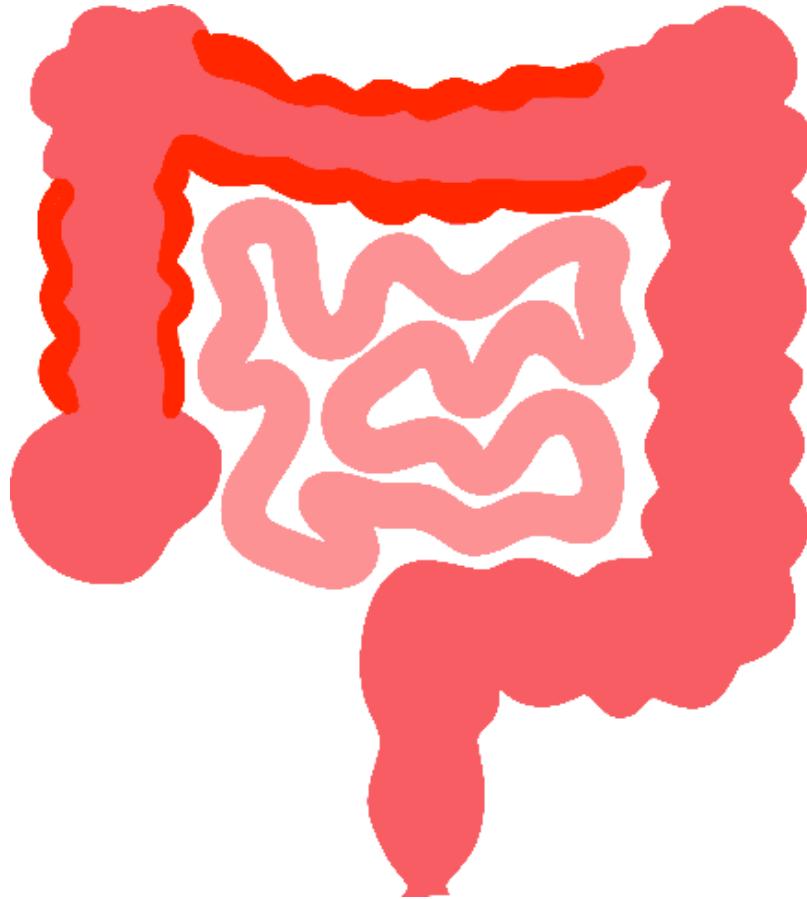
A common symptom is blood in the stool. It is important to detect it early, so that surgery can be performed to remove it.

Colorectal cancer is strongly linked to obesity, smoking and lack of physical activity.



# Crohn's Disease

Comprehensive Health Survey - Question 9c

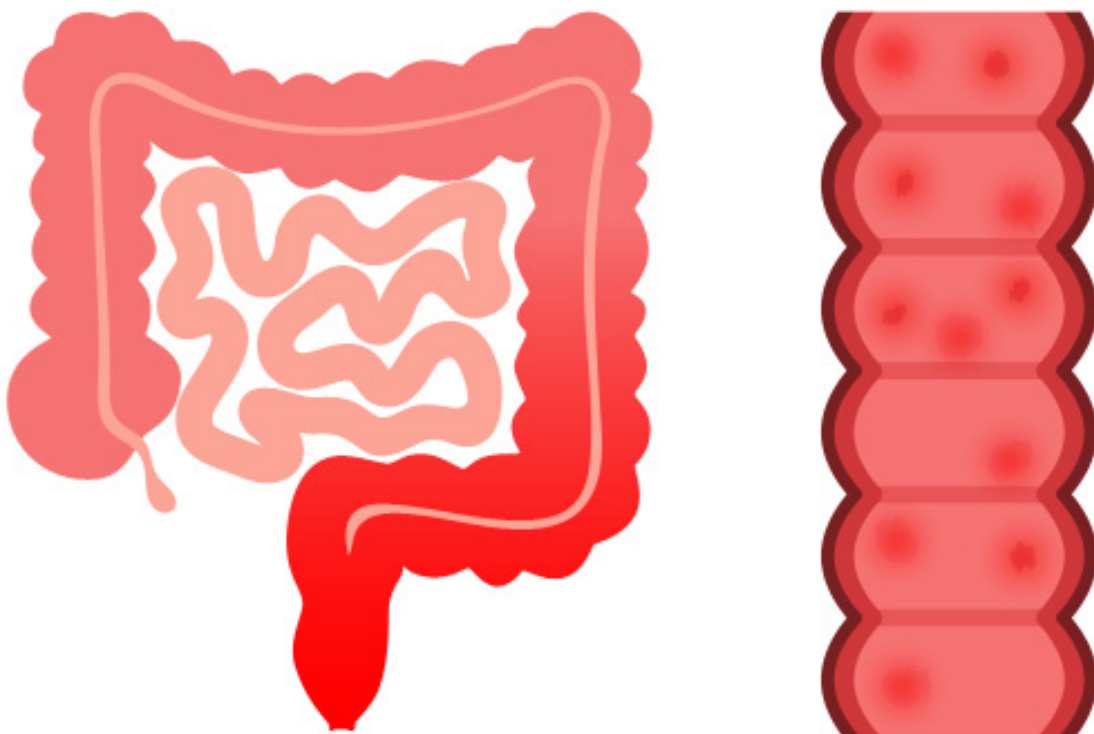


**Crohn's disease** is a condition in which the gastrointestinal tract is inflamed over a long period of time.

# Ulcerative Colitis

Comprehensive Health Survey - Question 9d

**Ulcerative colitis** is a chronic inflammation of the colon that produces ulcers in its lining.



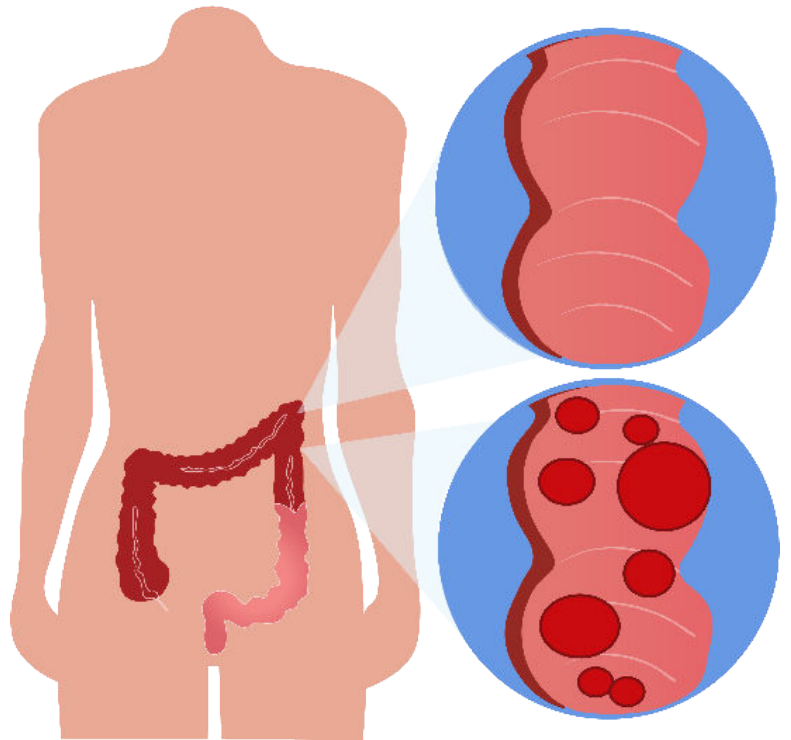
# Familial Adenomatosis Polyposis (FAP)

Comprehensive Health Survey - Question 9e

**Familial Adenomatous Polyposis (FAP)** is an inherited condition in which many polyps form on the inside walls of the colon and rectum.

These polyps may develop into colorectal cancer if left untreated.

Crohn's disease, ulcerative colitis and Familial Adenomatous Polyposis (FAP) increase your risk for developing colorectal cancer.

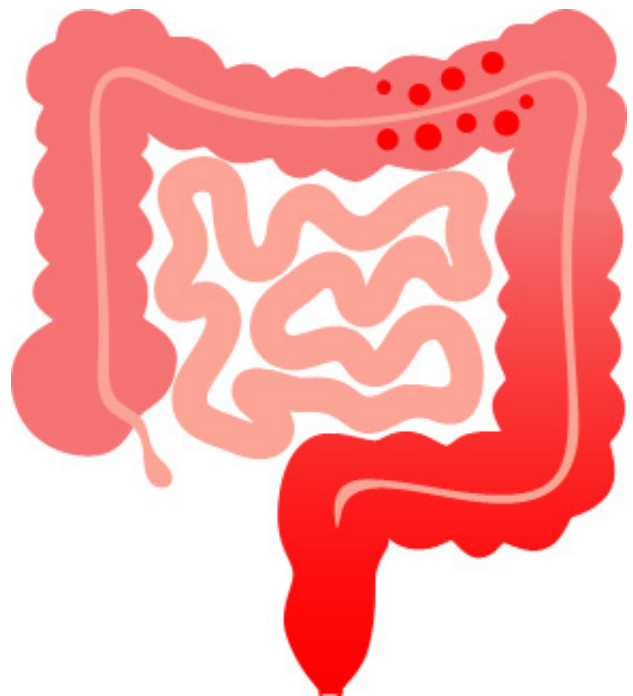
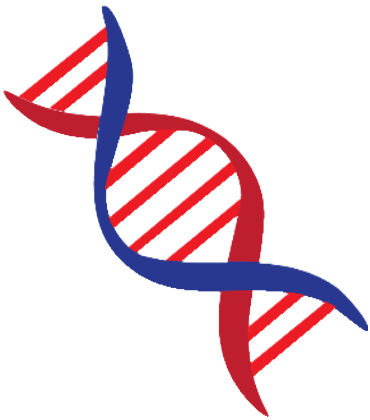




# Hereditary Nonpolyposis Colon Cancer (HNPCC) or Lynch Syndrome

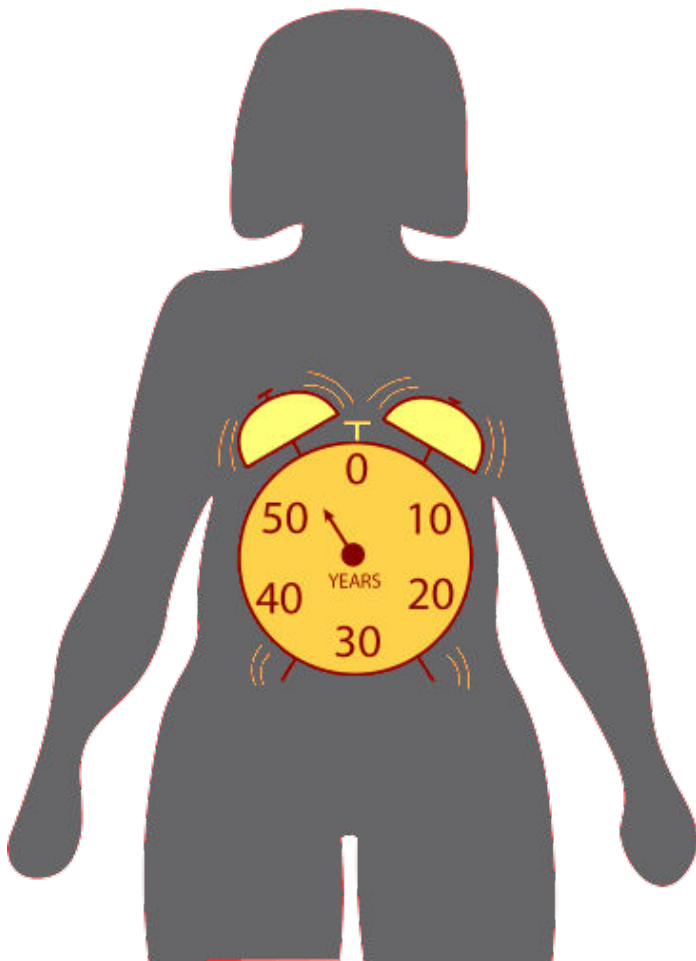
Comprehensive Health Survey - Question 9f, 10-12

**HNPCC or Lynch Syndrome** is an inherited genetic disorder that puts carriers at higher risk for many types of cancer, including, but not limited to, colorectal cancer.



# Post-Menopausal

## Comprehensive Health Survey - Question 13



**Post-menopausal** is defined as 12 consecutive months without menstruation.

There is an increased cardiovascular risk associated with being post-menopausal, due to the sudden lack of estrogen.

Estrogen has effects on the removal of lipids in the blood and the function of the blood vessels.

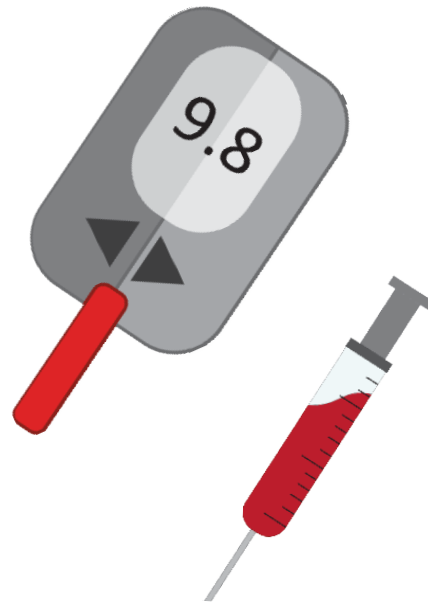
# Gestational Diabetes

Comprehensive Health Survey - Question 14a

**Gestational diabetes** is defined as high glucose levels in the blood during pregnancy.

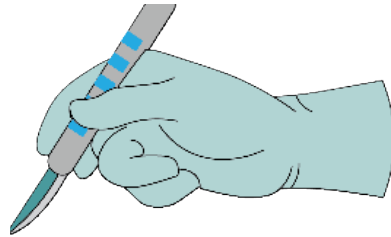
It resolves itself once the baby is born.

Mothers who have had gestational diabetes, and their babies, are at higher risk for developing Type 2 Diabetes later on in life.



# Immunocompromised

Comprehensive Health Survey - Question 14b & 14c



**Immunocompromised** means a person's immune system is weakened, decreasing their ability to fight infection and disease.

A person may be considered immunocompromised if they fit one or more of the following criteria:

- HIV
- Undergoing cancer treatment (chemotherapy, radiation)
- Post-organ transplant therapy
- Medication\*\* use that causes immunosuppression (for a variety of reasons such as cancer, or inflammatory conditions such as arthritis)

Medications\*\* can include:

- Long-term corticosteroids
- Biologics
- TNF blockers
- Alkylating agents
- Certain anti-rheumatic drugs
- Other immunosuppressive therapies

\*\* a list of these medications is available on the Community of Practice for reference

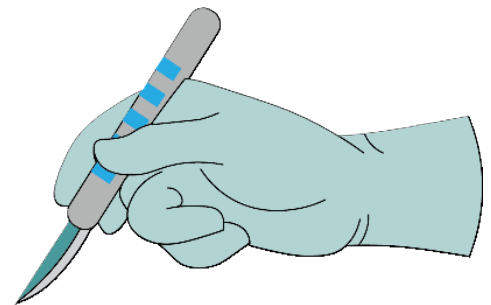
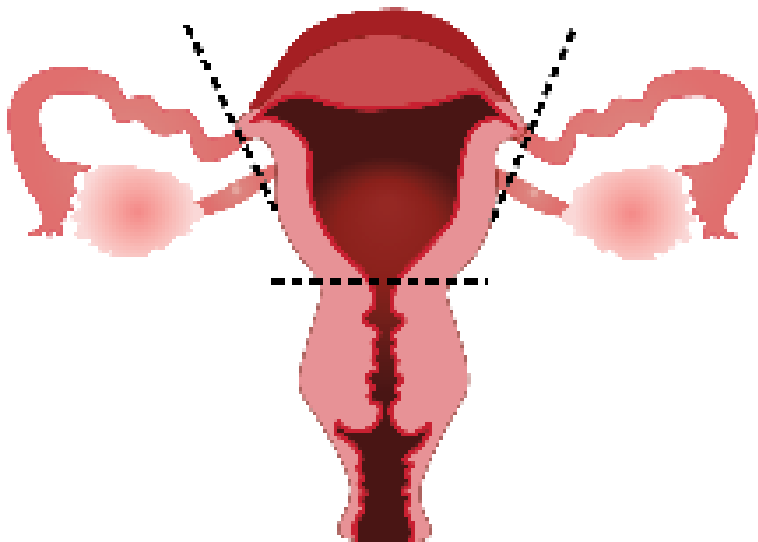
# Cervical Intraepithelial Neoplasia (CIN) 2 or 3

Comprehensive Health Survey - Question 14d

**Cervical Intraepithelial Neoplasia (CIN)** is a condition in which abnormal cells grow on the surface of your cervix.

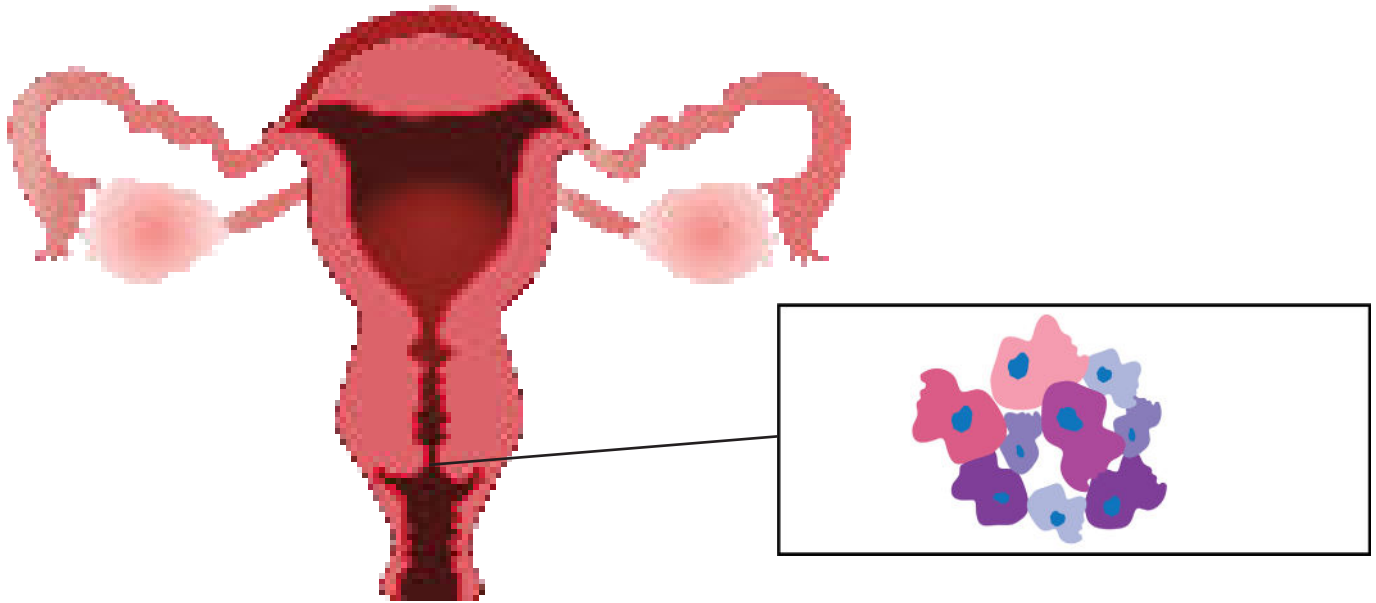
CIN is classified on a scale from 1 to 3, based on how abnormal the cells look under a microscope and how much of the tissue in the cervix is affected.

CIN is not cancer, but may become cancer if not treated.



# Hysterectomy

## Comprehensive Health Survey - Question 15



A **hysterectomy** is a surgery that removes a woman's uterus (womb).

A **total hysterectomy** also includes removal of the cervix. Fallopian tubes and ovaries may or may not also be removed. The cervix may or may not be removed as part of the surgery.

If the patient still has a cervix, they may need a Pap Test.

If the patient has had a total hysterectomy and is at high-risk, they may need a vaginal vault smear.

# Cervical Cancer

## Comprehensive Health Survey - Question 16

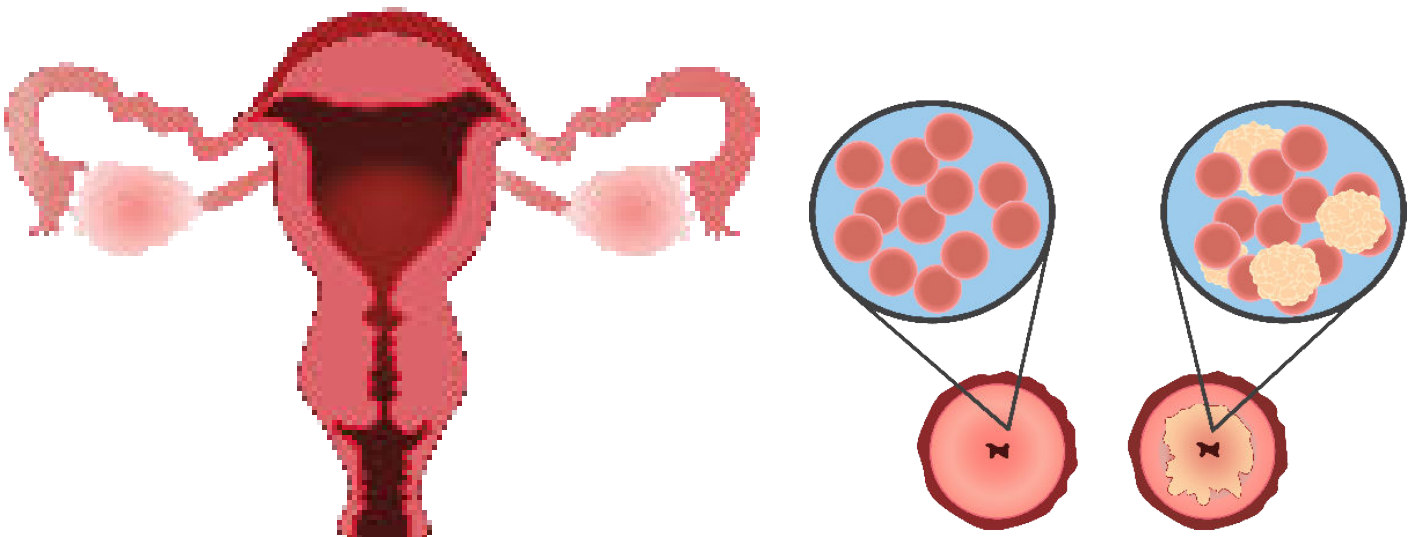
**Cervical cancer** is cancer of the cervix.

Almost all cervical cancer is caused by HPV (Human Papilloma Virus).

It can be transmitted through sexual activity (oral, anal, or vaginal sex).

Using condoms can help protect against HPV.

Any person who was assigned female at birth can get cervical cancer.



# Pap Test

## Comprehensive Health Survey - Question 17

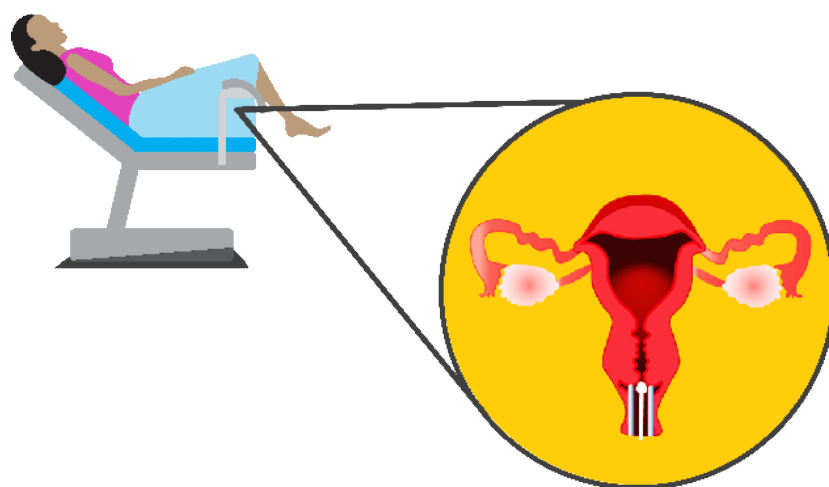
A **Pap test** detects changes in the cells of the cervix.

An instrument called a speculum is gently inserted into the vagina, so your cervix can be seen. A swab is inserted into the cervix to take a sample of the cells and the sample is sent to a lab.

When found early, cervical cancer can be treated. If it has spread to other parts of your body, it may be harder to treat.

A Pap Test is considered abnormal when abnormal or unusual cells are found in the sample.

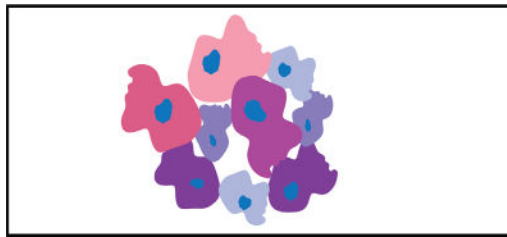
This does not necessarily mean that the patient has cervical cancer, but steps will be taken to prevent cervical cancer from developing.





# Abnormal Pap Cytology/Test Results

Comprehensive Health Survey - Question 18



**Abnormal Pap cytology or test results** mean that the test found some cells on the cervix that have changed and do not look normal.

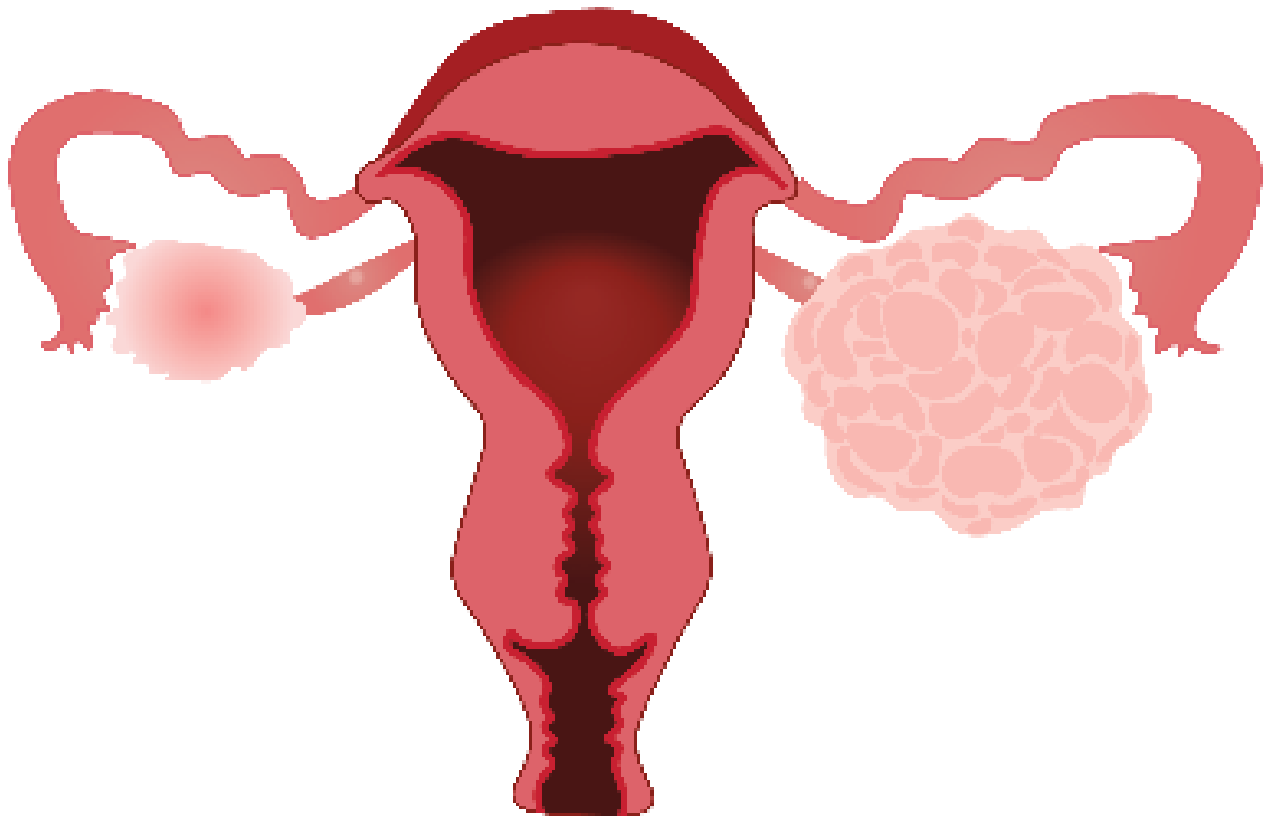
An abnormal result does not often mean cancer. Some abnormal cells return to normal on their own.

Abnormal cells are classified based on the type of cell that has changed and how different they look from normal cells. Cells may be described as low-grade (lower risk) or high-grade (greater risk).

These changes can develop into cancer if they are not treated. Additional screening or treatment may be recommended by healthcare providers to help prevent cancer.

# Ovarian Cancer

Comprehensive Health Survey - Question 19a



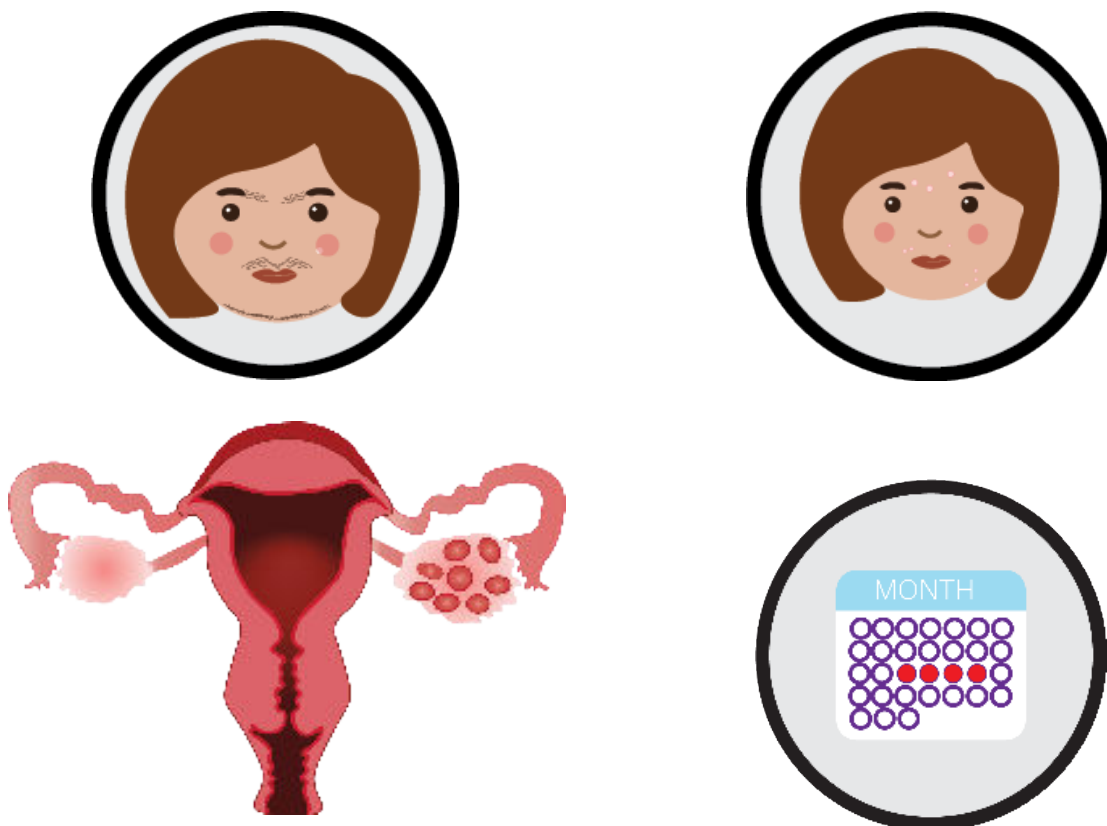
**Ovarian cancer** is a type of cancer that forms in the tissue of the ovary. It is typically treated with surgery, chemotherapy and/or radiation.

# Polycystic Ovarian Disease or Polycystic Ovary Syndrome

Comprehensive Health Survey - Question 19b

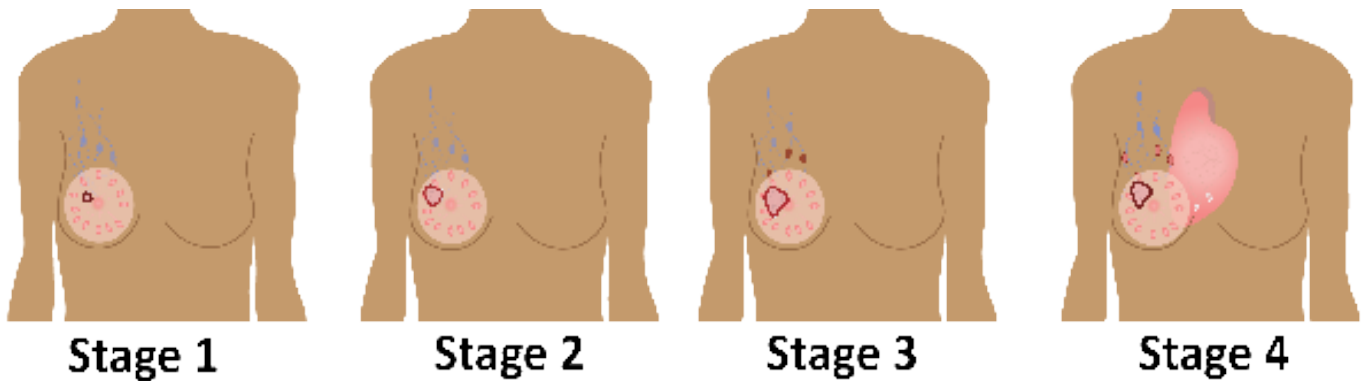
**Polycystic ovarian disease or polycystic ovary syndrome** is a hormonal disorder in which a woman's hormones are out of balance and there is an increase in male hormones (androgens).

Symptoms include heavy or no menstrual periods, acne, increased body and facial hair, pelvic pain and patches of thicker, darker skin.



# Breast Cancer

Comprehensive Health Survey - Question 19c



**Breast cancer** is a cancer that occurs in the breast tissue. It's important to find breast cancer early so it can be treated.

If breast cancer is diagnosed at an advanced stage, it may have spread to other parts of the body.

There are 4 stages of breast cancer: Stage 1, Stage 2, Stage 3, Stage 4.

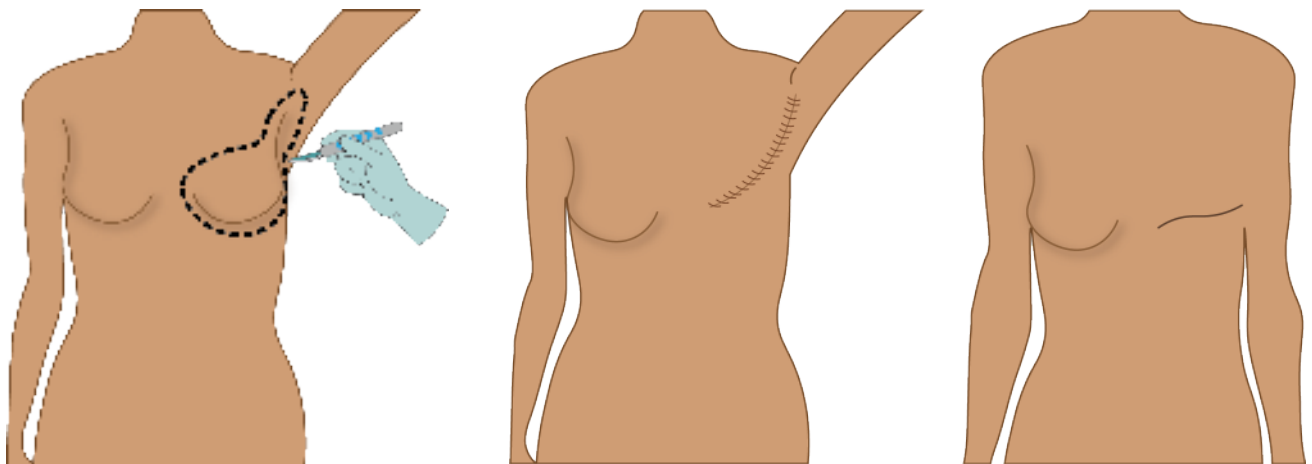
# Mastectomy

## Comprehensive Health Survey - Question 20

A **mastectomy** is the surgical removal of one or both breasts.

A **bilateral mastectomy** is the removal of both breasts.

There are different variations in this type of surgery, however, it is important to know whether or not the patient still has any breast tissue present for breast cancer screening purposes.



# BRCA1 & BRCA2

Comprehensive Health Survey - Questions 21 - 24



**BRCA1** and **BRCA2** are two genes that help repair damaged DNA in the body.

If someone has genetic mutations in either one of the genes, they are at higher risk of certain cancers, including breast and ovarian cancer.

A mutation in either BRCA1 or BRCA2 is inherited.

# Prostate Cancer

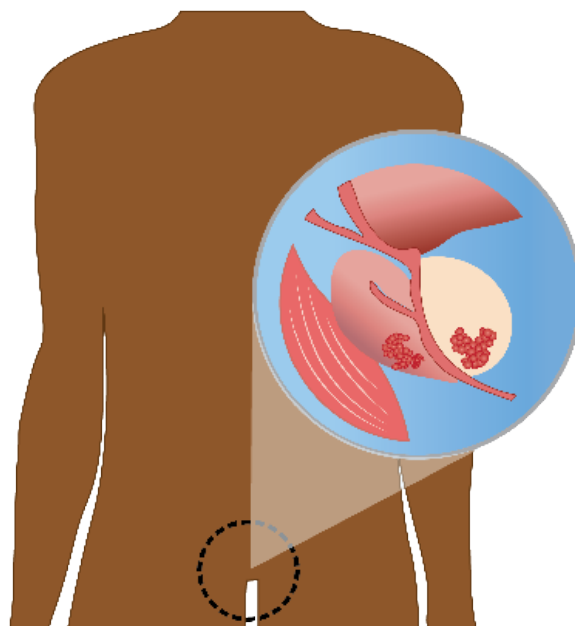
## Comprehensive Health Survey - Question 25

**Prostate cancer** is cancer of the prostate. It starts in the cells of the prostate and typically grows slowly. The prostate is a gland in the male reproductive and urinary system.

Prostate cancer is more common in:

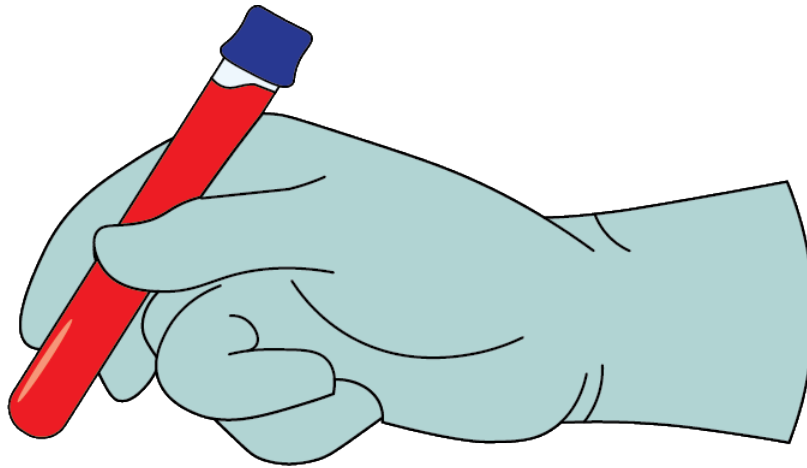
- Older men;
- Black men (including men of African and Caribbean ancestry); and
- Those with a first degree family history (parent, sibling, or child).

Any person who was assigned male at birth can get prostate cancer.



# PSA Test

Comprehensive Health Survey - Question 26



A **prostate-specific antigen (PSA)** test is a blood test that checks PSA levels. PSA is a protein produced by the prostate gland.

PSA levels change as men age. High levels of PSA can be caused by prostate cancer, but do not necessarily mean that a man has prostate cancer. That is why PSA tests are sometimes paired with other tests.

PSA screening comes with risks and benefits. Not every man needs a PSA test.

Discuss your risk for prostate cancer and whether you need a PSA test with your healthcare provider.

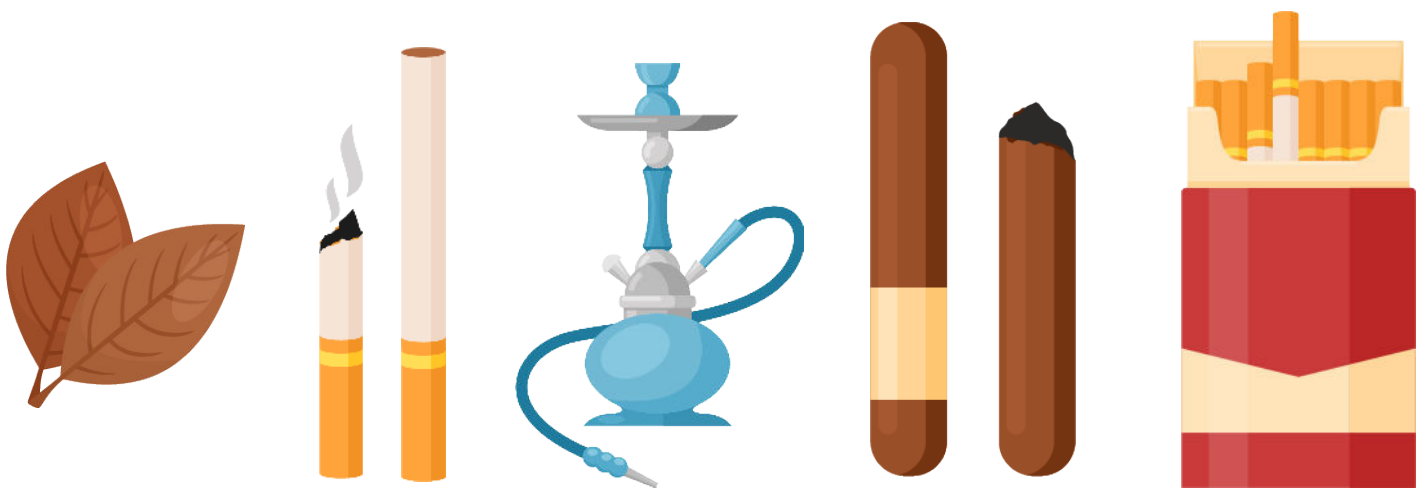


# Tobacco

Comprehensive Health Survey - Questions 27-35, 37

**Commercial tobacco** use includes smoking, vaping, e-cigarettes, chewing, water pipe, snuff use, and hookah use. It does not include traditional tobacco used for ritual, ceremony, and prayer.

- The chemicals in tobacco smoke cause inflammation and swelling of the arteries, which can cause heart disease and stroke.
- Using commercial tobacco can also increase your risk for many cancers (such as lung and colorectal cancer), osteoporosis, lung disease, diabetes, and more.
- These risks increase with increased use.



# E-cigarettes and Vaping

Comprehensive Health Survey - Question 36



**Electronic-cigarettes (e-cigarettes) or “vapes”** heat a liquid (e-liquid or e-juice) into a vapor. The vapor is then inhaled into the lungs and expelled via the mouth or nose. This is often called vaping.

- E-cigarettes come in many shapes, colours, and sizes. Some look like cigarettes, while others look like items such as USB drives.
- Vaping liquids and vapor may contain nicotine, cannabis oil, and harmful substances or chemicals such as heavy metals (nickel, tin, and lead), flavourings (e.g. diacetyl), or ultra fine particles.
- Some of these can be addictive and/or have been shown to be linked to cancer or lung disease.

The long-term impact of vaping is not known. The only reliable way to avoid risk for harm is to abstain from use.



# Cannabis and Marijuana (Non-prescribed)



## Comprehensive Health Survey - Question 38

**Cannabis** refers to all products that come from the plant *Cannabis sativa*. The cannabis plant has about 540 chemical substances, some of which are called cannabinoids. The main cannabinoids are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD).

- THC is the main psychoactive cannabinoid, meaning that it is able to affect the mind or behaviour, which causes a 'high' feeling.
- CBD is a cannabinoid that has little to no psychoactive effects, so you do not feel 'high'.

**Marijuana** refers to parts of or products from the plant *cannabis sativa* that has large amounts of THC.

Cannabis can be inhaled or ingested in many ways: smoked, inhaled as vapor (vaped), consumed like food or swallowed as an oil, and used as an ingredient in food.

- When eating or drinking cannabis, effects can occur within 30-minutes to 2-hours and can last 24-hours.
- When smoking, vaporizing, or dabbing cannabis, effects can occur within seconds and can last 24-hours.

There is no universally safe level of cannabis use. The only reliable way to avoid any risk for harm from using cannabis is to abstain from its use.

# Ways Cannabis Is Used (Non-prescribed)

Comprehensive Health Survey - Question 38



- **Vaping/e-cigarette:** heats cannabis oil or plant material to allow inhalation of vapors.
- **Joints:** cigarettes that contain cannabis.
- **Bongs/pipe:** water pipe used to smoke cannabis.
- **Dabbing:** heating concentrated butane hash oil (BHO) that contains highly concentrated levels of THC that is inhaled.
- **Edibles:** Food or drinks that contain cannabis extracts. Can include consumables such as cookies, candy, chocolate, juice, and more.
- **Oils:** Cannabis extract dissolved in oil. Can be consumed as oil or taken by mouth in other ways (capsules, sprays, or solutions).

# Moderate and Vigorous Activity

## Comprehensive Health Survey - Question 40

**Moderate-intensity aerobic activity** makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

### Examples of Moderate Intensity:

- Walking briskly (5 kilometers per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 16 kilometers per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

### Examples of Vigorous Intensity:

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 16 kilometers per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack



# Assess Walking Speed

## Comprehensive Health Survey - Question 41

Assess intensity of exercise if patient walks “3 hours or more”.

0 – breathing easily, conversation is easy

1 – breathing lightly and talking easily, but heart rate increases

2 – still talking comfortably, but breathing more quickly and body warming up

3 – breathing more deeply and harder, talking with a little more difficulty

4 – breathing very hard and short of breath, cannot carry on a conversation

0-1 = Light activity

2-3 = Moderate activity

4 = Vigorous activity

Moderate or vigorous counts towards a patients’ physical activity. Moderate or vigorous activity helps reduce the patient’s risk of cardiovascular disease. It burns calories, lowers blood pressure, helps maintain healthy cholesterol levels and regulate blood sugars.



# Resistance Exercise

Comprehensive Health Survey - Question 42



**Resistive exercise, strength training and body weight exercises** help to increase your muscle strength by making muscles work against a weight or force.

- Examples of these exercises include push-ups, squats, sit ups, and using resistance bands or free weights, like dumbbells.
- Resistive exercise helps improve joint function, bone strength, memory, muscle strength, mood, and quality of life.
- It may also help prevent heart disease, diabetes, osteoporosis, depression, and other chronic conditions.

Before strength training, check in with a healthcare professional and warm up your muscles before each session (such as a 5 minute walk).

# Food Servings

Comprehensive Health Survey - Question 45



**1 serving of vegetables =**  
1/2 cup raw or cooked vegetables OR  
1 cup raw salad greens



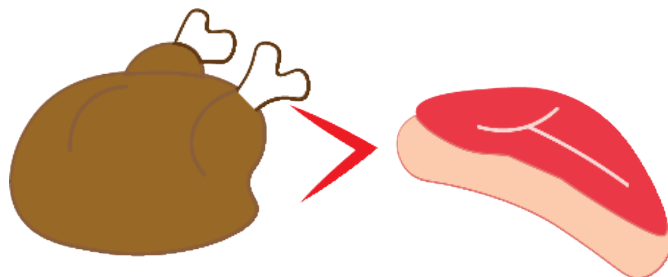
**1 serving of fish or seafood =**  
100-150 grams of fish or 4-5 pieces of  
seafood



**1 serving of legumes =**  
1/2 cup to 2/3 cup of peas, beans or lentils

**1 serving of fruit =**  
1 whole fruit OR 1 1/2 cups of fruit

**1 serving of red meat, hamburger,  
sausage or processed meats = 3 ounces**  
or about the size of a deck of cards





# Standard Alcohol Drink Size

Comprehensive Health Survey - Questions 48-51



12 oz./355 ml. can  
3.5% = 0.7 standard drink  
5% = 1 standard drink  
6.5% = 1.4 standard drinks



11.5 oz./341 ml. bottle  
3.5% = 0.7 standard drink  
5% = 1 standard drink  
6.5% = 1.4 standard drinks

**Legend**  
Low alcohol content = approx. 3.5%  
Regular alcohol content = approx. 5%  
High alcohol content = approx. 6.5%



16 oz./473 ml. tall can  
3.5% = 1 standard drink  
5% = 1.4 standard drinks  
6.5% = 1.8 standard drinks



16.9 oz./500 ml. bottle  
3.5% = 1 standard drink  
5% = 1.5 standard drinks  
6.5% = 1.9 standard drinks



12 oz./355 ml. medium glass  
3.5% = 0.7 standard drink  
5% = 1 standard drink  
6.5% = 1.4 standard drinks



16 oz./473 ml. pint  
3.5% = 1 standard drink  
5% = 1.4 standard drinks  
6.5% = 1.8 standard drinks



20 oz./591 ml. pint  
3.5% = 1.2 standard drinks  
5% = 1.7 standard drinks  
6.5% = 2.3 standard drinks

# Alcohol Consumption

## Comprehensive Health Survey - Question 48-51

**Alcohol consumption** above the recommended guidelines can cause:

- Increased blood pressure
- Weakened heart muscle (cardiomyopathy)
- An irregular heart beat
- An increased risk for diabetes due to the body's inability to regulate insulin
- Liver disease
- Inflammation of the pancreas (pancreatitis)
- Cancer of the mouth, colon, esophagus or liver

The only way to prevent cancer and chronic disease is to limit your alcohol consumption.

**No Risk**  
**0 drinks**

No risk.

**Low Risk**  
**1 - 2 drinks**

Low risk.

**Moderate Risk**  
**3 - 6 drinks**

The risks of developing certain cancers, such as breast or colon cancer, increases.

**Increasingly High Risk**  
**7 or more drinks**

The risk of heart attack or stroke increases. With each additional drink, the risk of cancer, heart disease, stroke, and other diseases increases quickly.



Wine  
5 oz  
142 ml  
12% alcohol



Beer  
12 oz  
341 ml  
5% alcohol



Spirits  
1.5 oz  
43 ml  
40% alcohol



Fortified Wine  
3 oz  
85 ml  
18% alcohol

# PHQ-2 Personal Health Questionnaire

## Comprehensive Health Survey - Question 54

**54. Over the LAST 2 WEEKS, how often have you been bothered by any of the following problems?<sup>3</sup>**

**54a. Little interest or pleasure in doing things** (Circle one number)

- |                            |            |
|----------------------------|------------|
| 1. Not at all              | → 0 points |
| 2. Several days            | → 1        |
| 3. More than half the days | → 2        |
| 4. Nearly every day        | → 3        |

**Positive PHQ2 screen if Q54a + Q54b  $\geq$  3 points**

**54b. Feeling down, depressed, or hopeless** (Circle one number)

The **Patient Health Questionnaire - 2 (PHQ-2)** is a 'first step' to screen for depression. It consists of two questions that are scored from 0 to 3.

- A total score of 3 or more means major depressive disorder is likely, but it does not mean that a person has depression.
- If a person scores 3 or more points on the PHQ-2, they may require further assessment by their Primary Care Provider.

# Ethnicity and Cultural Background

## Comprehensive Health Survey - Question 57

People from some ethnic and cultural backgrounds are known to be at higher risk of cancer and chronic diseases. This can impact the type of screening a person needs.

### **Prostate Cancer:**

- African-Caribbean (e.g. African, African Canadian, Afro-Caribbean, etc.)

### **Diabetes:**

- African, Arab, Asian, Hispanic, Indigenous or South Asian descent
- From a community of color -African, Caribbean, Black, East Asian, Southeast Asia, South Asian and Latin

### **Breast Cancer:**

- Ashkenazi Jewish
- Icelandic



### **Waist Circumference:**

- Sub-Saharan African, Eastern Mediterranean and Middle East (Arab)
- South Asian, Chinese, Malay, Asian Indian, Japanese, South and Central American

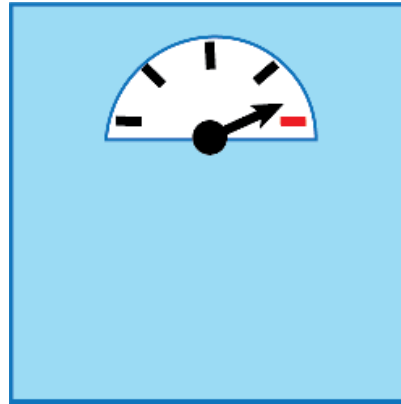
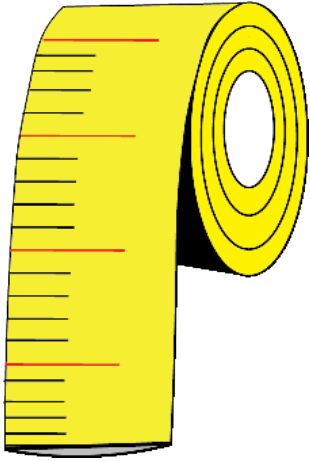
**Europid** means having an ethnic background from Europe, Northeast Atlantic, North Africa, the Horn of Africa, West Asia, and Central Asia.



# **Section 2**

## Screening Tests Discussed During the BETTER Visit

# Cardiovascular Measures



- **Height & Weight:** are used to calculate Body mass Index (BMI).
- **BMI:** A universal measure of weight in relation to height.
- **Waist Circumference (WC):** This is an indicator of health risk associated with excess weight around the waist.
- **Blood Pressure (BP):** A cuff is inflated around the arm to measure blood pressure. High blood pressure or hypertension is too much pressure in the vessels and is associated with higher risk of chronic disease.

# Cardiovascular Risk Assessment Tools

Patients eligible for cardiovascular risk assessment calculation include:

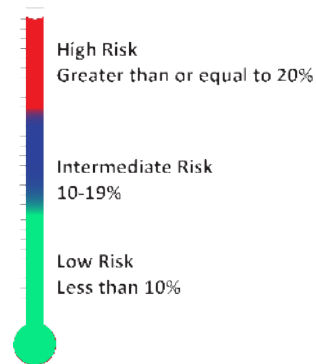
- Men: over the age of 40
- Women: over the age of 50 OR post-menopausal
- Everyone: with Type 2 diabetes

Cardiovascular risk assessment calculators use various factors to estimate the risk of someone having a heart attack or stroke. Some calculators assess additional risks such as heart failure as well. Depending on the calculator, they assess the risk of someone having a heart attack or stroke within the next 5 or 10 years.

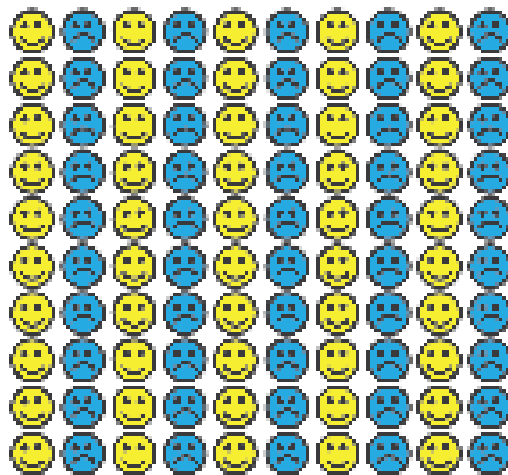
Some cardiovascular risk assessments that can be used include:

- QRISK3: 10-year risk score. Uses UK data.
- Framingham risk score (FRS): 10-year risk score. Uses US data.
- ACC/AHA ASCVD: 10-year risk score. Uses US data.
- PREDICT: 5-year risk score. Uses New Zealand data.

The calculators listed above can be found online at [cvdcalculator.com](http://cvdcalculator.com)



# Cardiovascular Risk Assessment Tools - QRISK3



The **QRISK3** is a cardiovascular risk assessment tool that is available online at: <https://qrisk.org/three/>

It asks for several pieces of patient information and history to make an assessment calculation. The more information entered into the calculator, the more accurate the assessment.

It calculates the risk of a heart attack or stroke in the next ten years. For example, if the person's result is 15%, it means that in a group of 100 people with the same risk factors, 15 of those people will likely experience a cardiovascular event, such as a heart attack or stroke, in the next 10-years.

- **If the result is less than 10%:** it is considered a lower risk.
- **If the result is 10% or greater:** it is considered a higher risk.

Positive lifestyle changes should be encouraged for all patients.



# Cardiovascular Risk Assessment Tools - Framingham Risk Score

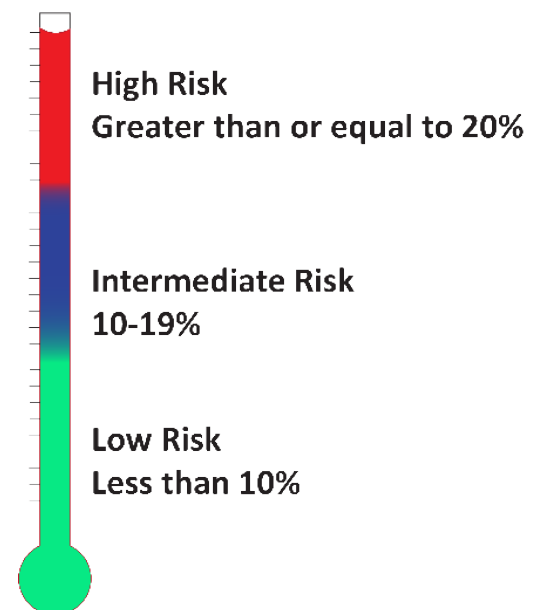
The **Framingham** is a cardiovascular risk assessment tool that is available online at <https://www.ccs.ca/calculators-and-forms> and comes in a worksheet format.

It asks for several pieces of patient information in order to make an assessment calculation. All of the questions must be answered.

The result is a calculated percentage of risk that the patient may have a cardiovascular event in the next 10 years. Risk levels guide clinician treatment decisions.

The risk levels are categorized into three categories:

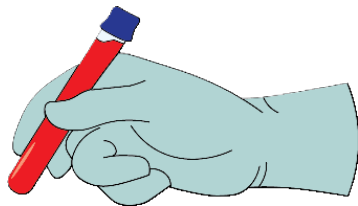
- high (greater than or equal to 20%),
- intermediate (10-19%), and
- low (less than 10%).



## FBS/FBG/HbA1c

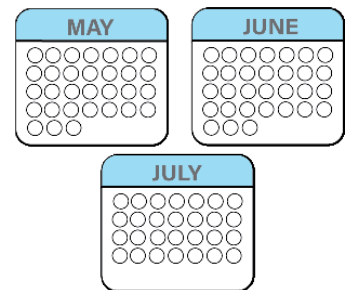
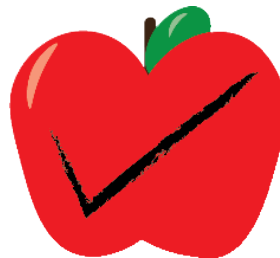
**FBS/FBG** = Fasting Blood Sugar or Fasting Blood Glucose.

A blood sample collected in the lab the morning after an overnight fast.



**HbA1c** = Hemoglobin A1c.

A blood sample will be collected in the lab. No fasting is required. It measures your average blood sugar levels over the past 2-3 months.



## CT for Lung Cancer Screening



A **low-dose CT** is a computed tomography test using low levels of radiation to screen the lungs for lung cancer.

A machine shaped like a donut makes circular movements around the body to take 3D pictures of your lungs.

# FIT/FOBT

## FIT = Fecal Immunochemical Test

You will collect a stool sample at home and then return to the lab for testing. This tests for antibodies to detect blood in the stool.

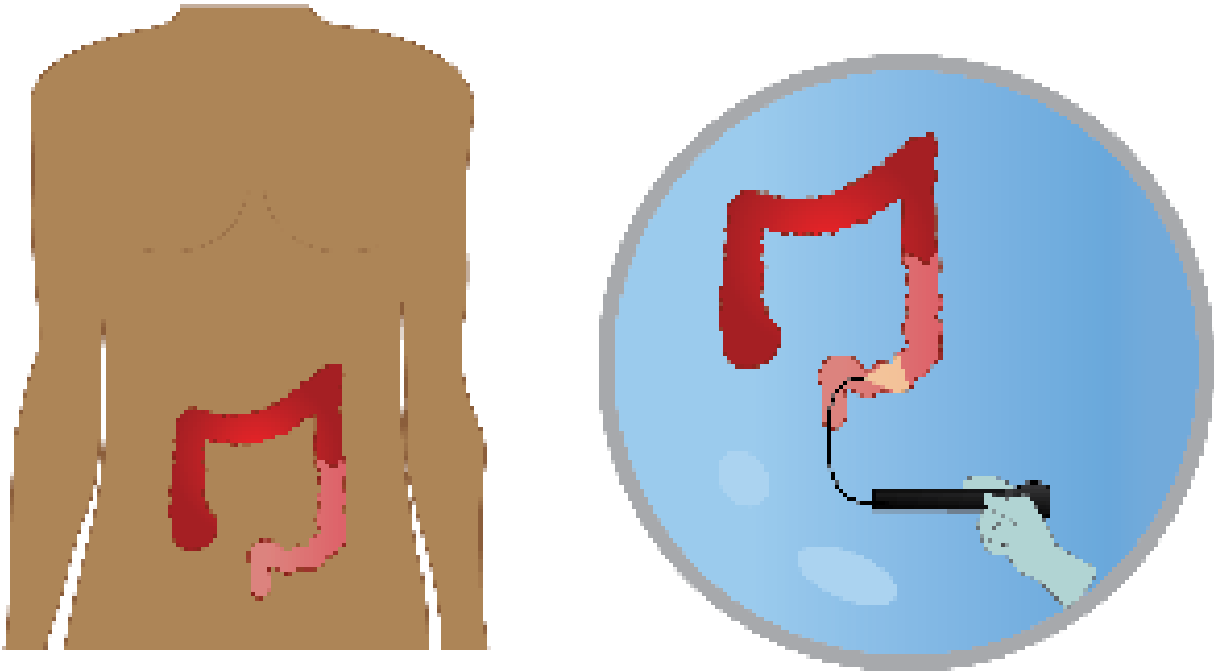


## FOBT = Fecal Occult Blood Test

You will be given a test kit to take home and you will need to collect a stool sample for three days in a ten day period. This test looks for blood in your stool.



# Colonoscopy



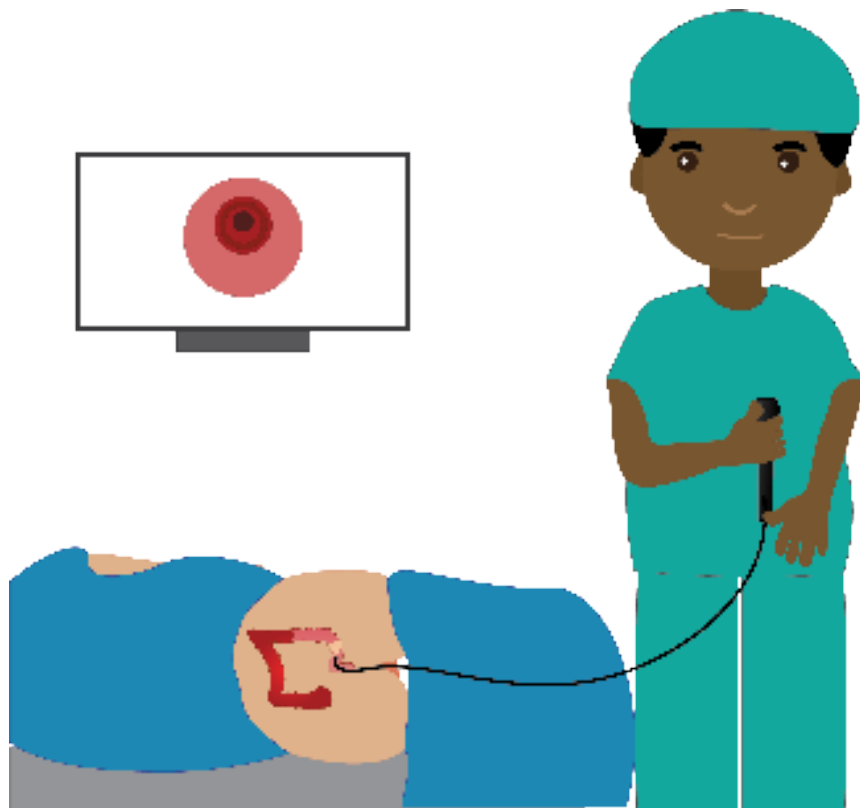
During a **colonoscopy**, a large flexible tube containing a camera is inserted into the rectum. This allows a doctor to view the inside of the entire colon.

Samples can be taken and polyps can be removed during this procedure. It is performed as an out-patient procedure and the patient is heavily sedated.

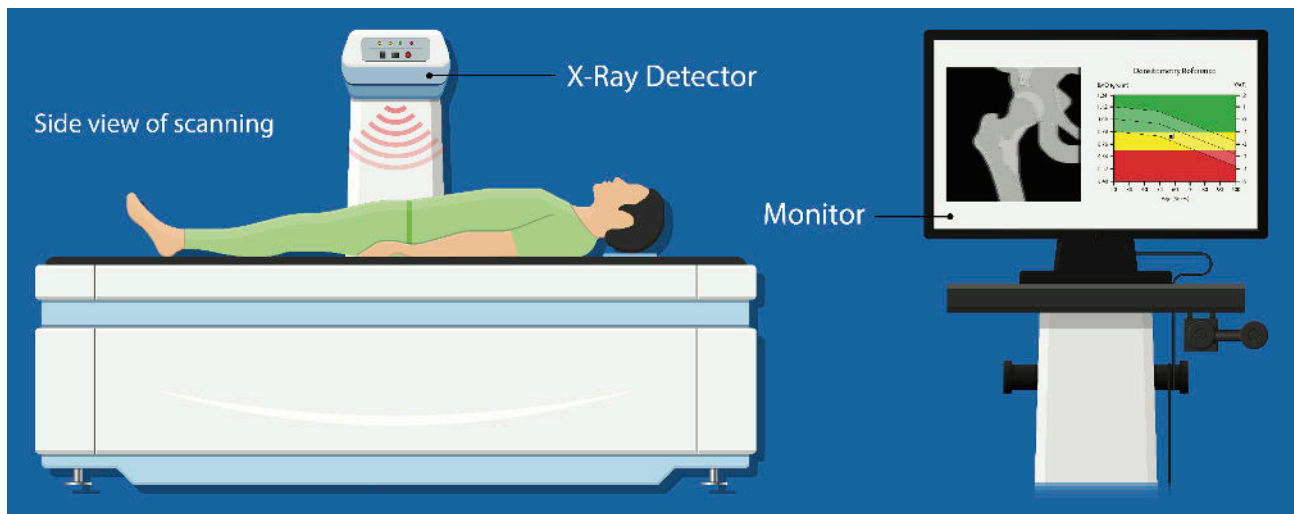
# Sigmoidoscopy

A **sigmoidoscopy** differs from a colonoscopy in that only the rectum and lower (sigmoid) colon are viewed. It is less invasive than a colonoscopy, and the patient requires less sedation for the procedure.

However, if something abnormal is found, then the patient may still require a colonoscopy.



# Bone Mineral Density (BMD) Testing



**Bone Mineral Density (BMD)** testing measures the density of your bones.

BMD testing is used in combination with clinical risk factors determine if someone has osteoporosis and how likely they are to develop it in the future, and can help to make decisions that may prevent fractures or bone loss.

Dual energy x-ray absorptiometry (DXA) is the most common bone density test. It is painless and does not require any injections. A small x-ray detector scans your bones for several minutes.

# Fracture Risk Assessment Tools

Country: **Canada** Name/ID:  [About the risk factors](#)

**Questionnaire:**

1. Age (between 40 and 90 years) or Date of Birth  
 Age:  Date of Birth: Y:  M:  D:

2. Sex  Male  Female

3. Weight (kg)

4. Height (cm)

5. Previous Fracture  No  Yes

6. Parent Fractured Hip  No  Yes

7. Current Smoking  No  Yes

8. Glucocorticoids  No  Yes

9. Rheumatoid arthritis  No  Yes

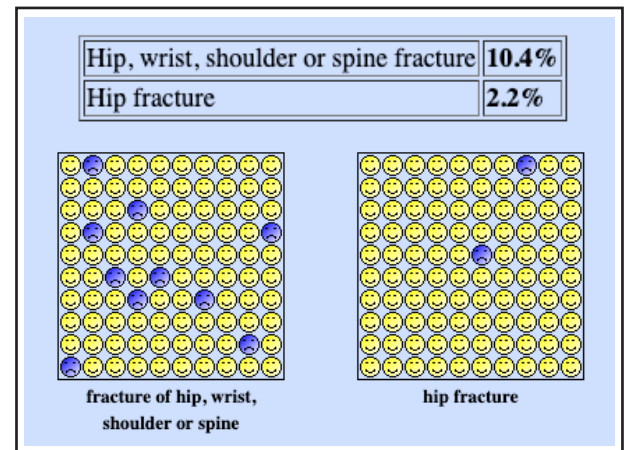
10. Secondary osteoporosis  No  Yes

11. Alcohol 3 or more units/day  No  Yes

12. Femoral neck BMD (g/cm<sup>2</sup>)  
 Select BMD

**BMI: 33.4**  
 The ten year probability of fracture (%)

without BMD	
Major osteoporotic	<b>6.7</b>
Hip Fracture	<b>0.8</b>



**Fracture risk assessment tools** are used to estimate the risk of a bone fracture in the next 10 years. They help identify those at increased risk of bone fracture.

The risk calculators use several pieces of patient information to make an assessment calculation. The following 2 tools are available online:

- **Fracture Risk Assessment Tool (FRAX):** <https://osteoporosis.ca/frax/>
- **QFracture:** <https://qfracture.org/>

Refer to the Risk Assessment Tool on the Primary Prevention & Screening Care Map to determine who is eligible for a fracture risk assessment.



# Diabetic Retinopathy Screening

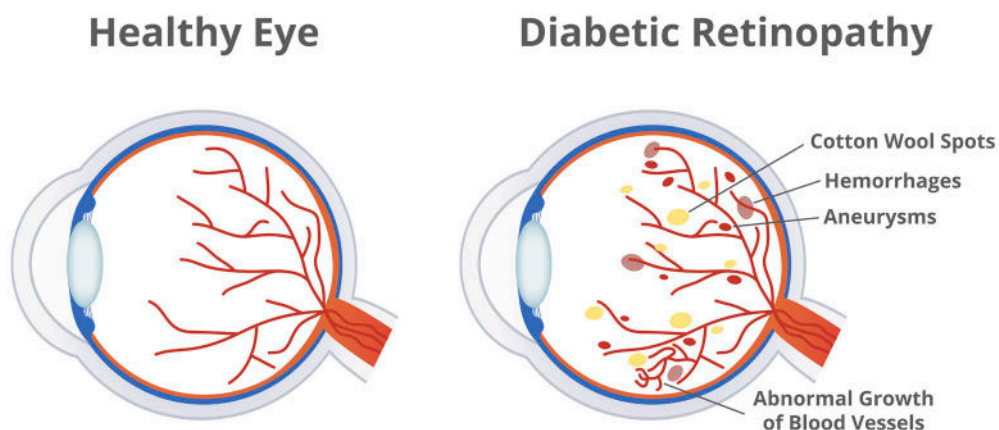
**Diabetic retinopathy** can develop in anyone who has Type 1 or Type 2 diabetes. It is a complication of diabetes that affects the eyes.

Overtime, too much sugar in your blood can damage the tiny blood vessels at the back of the eye (retina). At first, diabetic retinopathy might not cause symptoms, but it can lead to blindness.

It is important to screen for diabetic retinopathy and manage sugars and blood pressure to help prevent vision loss.

Screening for diabetic retinopathy is done by an ophthalmologist or optometrist. Special eye drops are used to dilate your pupils, so the eye doctor can see inside your eyes.

This test is covered by healthcare in most Canadian Provinces and Territories.

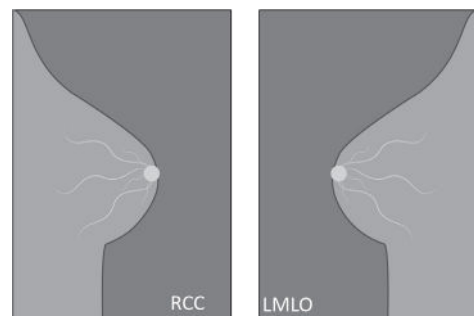
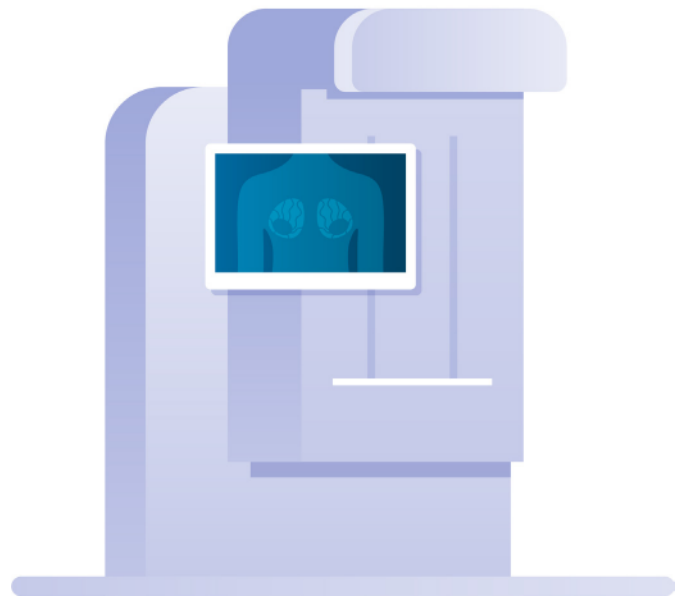


# Mammogram

A **mammogram** is an x-ray to screen for breast cancer.

The breast is placed on a special plate and compressed to hold it in place. It is uncomfortable but not painful.

Multiple images are taken of each breast.



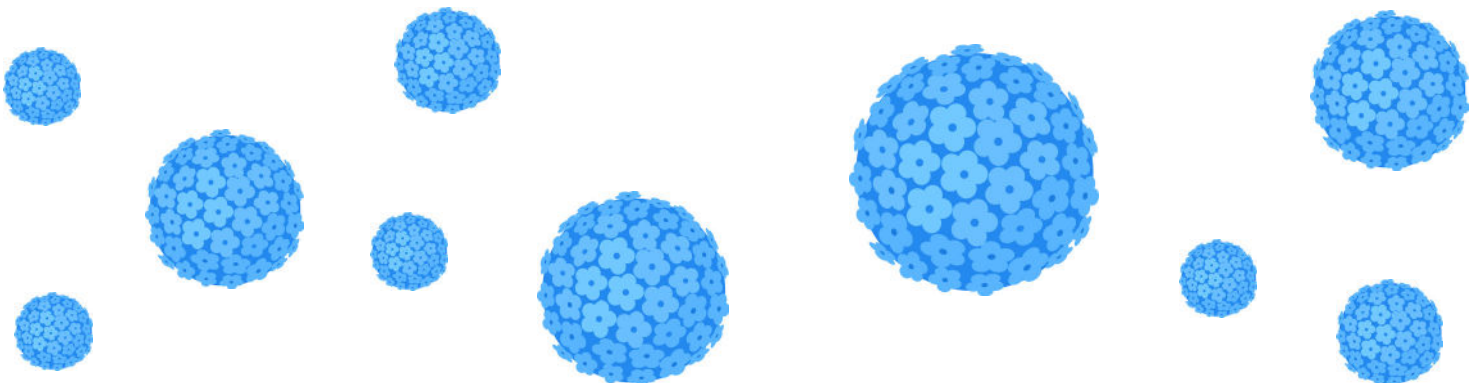
# Human Papillomavirus (HPV)

**Human papillomavirus (HPV)** is a group of over 100 types of viruses that are common. More than 40 types of HPV can be spread during intimate skin-to-skin contact during vaginal, oral or anal sexual activity.

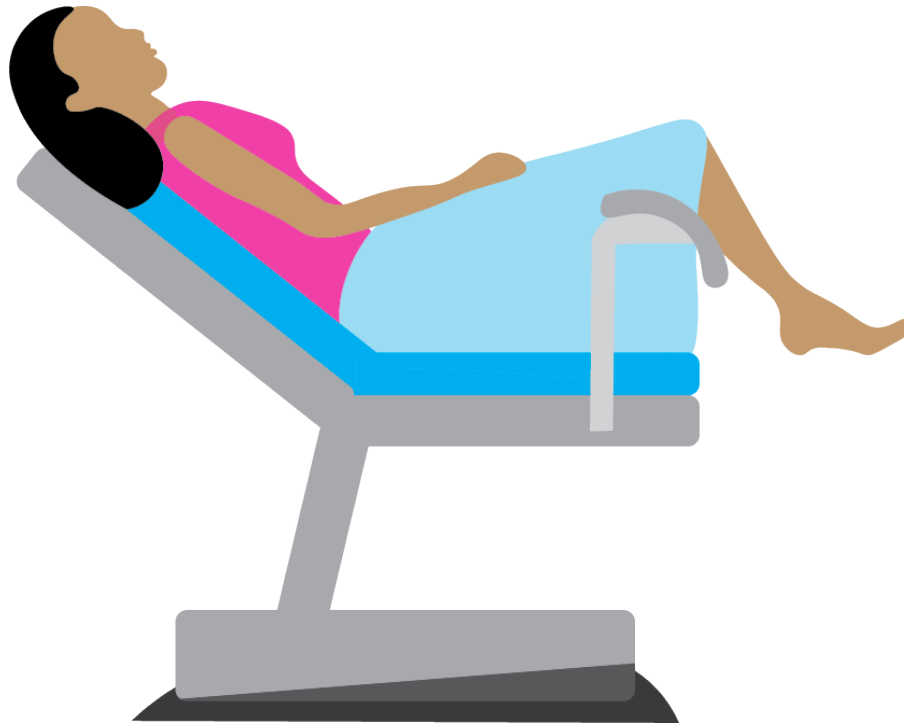
- HPV infections are very common. Most men and women who are sexually active will have an HPV infection at some point in their life.
- In most cases, HPV infections will go away on their own, but sometimes they do not go away and this can lead to cancer.

Infection with high-risk HPV can lead to changes in the cells of the cervix, which can develop into cervical cancer if they are not found early and treated.

- High-risk HPV infection can also lead to cancers of the penis, vulva, vagina, as well as some parts of the mouth and throat.
- Tests to check for high-risk types of HPV include an HPV test and Pap test.



# Human Papillomavirus (HPV) Testing



A **human papillomavirus (HPV) test** checks for high-risk HPV infection types that are linked to cervical cancer. A small brush is used to gently collect cells from the cervix.

- **Negative result:** High-risk HPV was not found.
- **Positive result:** High-risk HPV was found.

A positive result does not mean you have cancer. A healthcare provider will decide on next steps.

HPV tests are not currently used to screen for changes in the cells of the mouth, throat, anus or penis.

## Vaginal Vault Smear

When a person has had a total hysterectomy or had their cervix removed, a vaginal vault smear may be needed if they have a personal history of:

- cervical cancer or
- a high grade precancerous lesion (CIN grade 2 or 3)

A **vaginal vault smear** is a test that checks for changes in the cells of the vagina.

If results come back positive, that means that abnormal cells have been found and a healthcare provider may recommend additional tests.



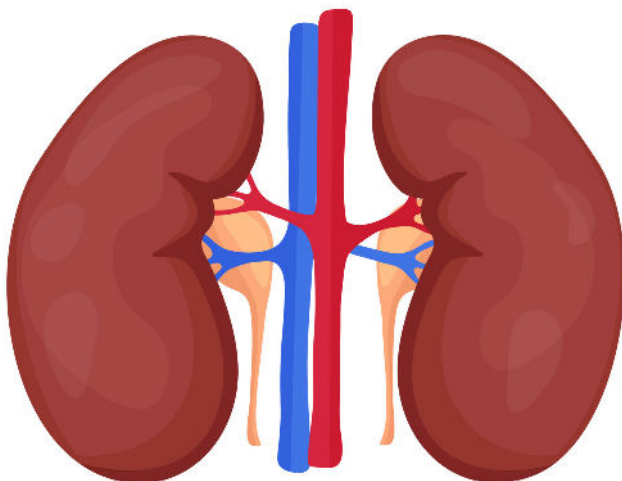
# Albumin-to-Creatinine Ratio (ACR)

Diabetes is one of the conditions that increases the risk of kidney disease.

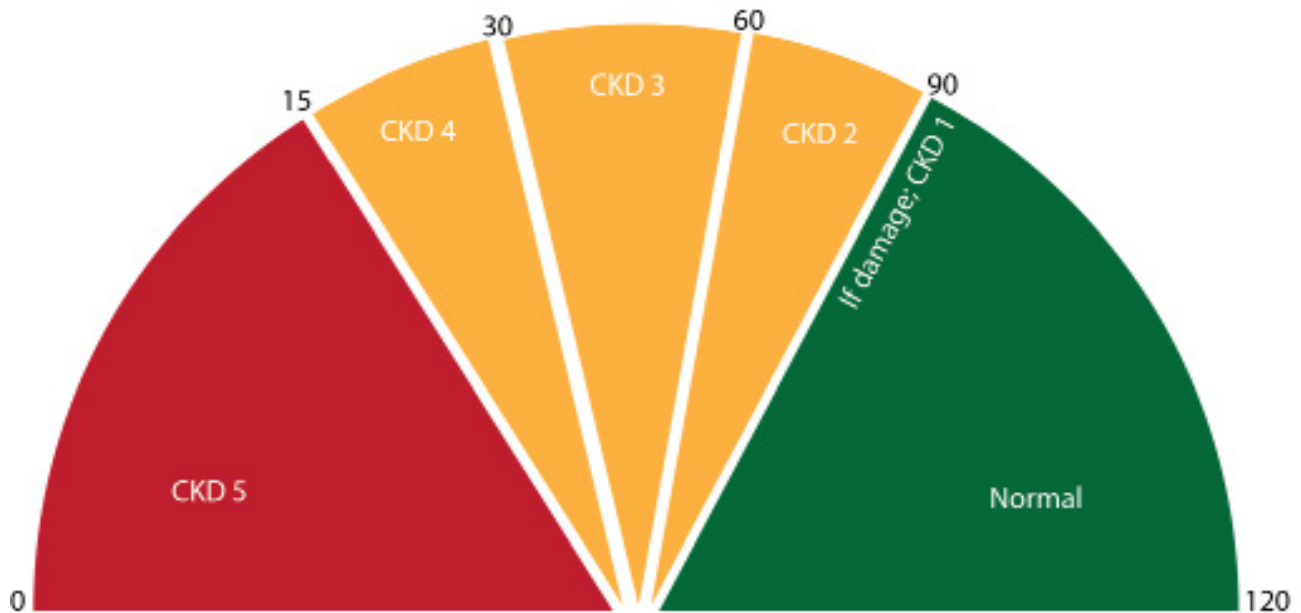
The **albumin-to-creatinine ratio (ACR)** checks the amount of protein in the urine and helps identify kidney disease that can happen as a complication of diabetes.

- A very low ACR value probably means that your kidneys are functioning normally.
- A slightly raised ACR level may mean that you have early-stage kidney disease.
- A very high ACR indicates more severe kidney disease.

Your ACR level should be measured every year. If kidney disease is identified early, treatments and monitoring can better help manage the kidney disease.



# Estimated Glomerular Filtration Rate (eGFR)



Healthcare providers use a formula to come up with an **estimated Glomerular Filtration Rate (eGFR)**. The formula combines results from a serum creatinine blood test with information like your age and gender. It measures the level of kidney function and helps identify kidney disease.

Your eGFR number tells you how much kidney function you have. As kidney function disease gets worse, the eGFR number goes down.

If your eGFR number is low, your kidneys may not be working as well as they should.

The sooner that kidney disease is found, the better the chance of slowing or stopping it from getting worse.









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