



Screening and Risk Reduction Counseling



Client information

Client name: _____ Patient ID number: _____

Provider: _____

Screening results

Office visit date: _____

Height: _____ inches Unable to obtain

Weight: _____ lbs. Unable to obtain

Waist circumference: _____ inches Unable to obtain

Hip circumference: _____ inches Unable to obtain

First blood pressure: _____ / _____

Second blood pressure: _____ / _____

Laboratory results:

Fasted at least 9 hours? Yes No

TC: _____ Inadequate blood sample

HDL: _____ Inadequate blood sample

LDL: _____ Inadequate blood sample

Triglycerides: _____ Inadequate blood sample

Cholesterol measurement date: _____
(if different from office visit)

Glucose: _____ Inadequate blood sample

Glucose/ AC1 measurement date: _____
(if different from office visit date)

A1C: _____ % Inadequate blood sample

ALERT MANAGEMENT

*It is required that women with an alert screening value are seen by a health care provider within 7 days of screening.

ALERT blood pressure:

If average systolic blood pressure > 180 mmHg or diastolic blood pressure > 110 mmHg

Workup date: _____

- Workup complete
- Follow-up: workup by alternate provider
- Client refused workup
- Workup not completed, client lost to follow-up

ALERT Glucose

(fast or non-fasting):
If glucose ≤ 50 mg/dL or ≥ 250 mg/dL

Workup date: _____

- Workup complete
- Follow-up: workup by alternate provider
- Client refused workup
- Workup not completed, client lost to follow-up

Risk reduction counseling

Staff member: _____

Credentials: _____

Client priorities: _____ Date: _____

- ▶ Nutrition Yes No
- ▶ Physical activity Yes No
- ▶ Smoking cessation Yes No
- ▶ Medication adherence for hypertension.. Yes No

Readiness to change: _____ Date: _____

Pre-contemplation
No intention to make a change over the next six months. Characterized by avoiding discussion of the problem, not seeing problem behavior and not considering change.

Preparation
Planning to make a change in the next month. Characterized by currently taking steps and getting ready to change.

Contemplation
Intention to make a change within the next six months. More likely to acknowledge that there is a problem but struggles with ambivalence. Weighs the pros and cons and the benefits and barriers.

Action
Individual has made a change in the last six months. Making the change(s) and living the new behavior(s), is an all-consuming activity.

Maintenance
Individual is working to sustain change. This change is fully integrated into the individual's life.

Referrals:

Referred to:	Resource type:	Date
<input type="checkbox"/> Health coaching:	_____	_____
<input type="checkbox"/> Lifestyle program:	_____	_____
<input type="checkbox"/> Community-based:	_____	_____
<input type="checkbox"/> Tobacco cessation:	_____	_____

Provider signature _____ Date _____