

CLINICAL PRACTICE GUIDELINE ON INTERVENTIONS FOR MAINTAINING HEALTH AMONG OLDER ADULTS AT THE PRIMARY HEALTHCARE LEVEL

- **Title:** Clinical Practice Guideline on interventions for maintaining health among older people at the primary healthcare level
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- **Abstract:**
 This paper abstracts the Clinical Practice guideline (CPG) on interventions for maintaining health among older people at the primary healthcare level. To perform this CPG, a guideline task force (GTF) was formed with specialized physicians and methodologists, the group proposed eight clinical questions. Since all the initially included CPGs met the proposed inclusion criteria and were considered by the GTF as adoptable, it was decided to carry out an adoptable CPG. For each proposed question, recommendations from previous CPG were adopted, also for the good clinical practice items. Certainty of evidence was evaluated using Grading of Recommendations Assessment, Development, and Evaluation (GRADE) methodology. In periodical work sessions, the group used GRADE methodology for reviewing the evidence and making recommendations (five strong and one conditional) and 13 good clinical practice items.
- **Key words:** Practice Guideline, aged, maintenance, GRADE Approach.
- **PICO questions for CPG:**

SCREENING			
Question 1: In asymptomatic older adults, does the blood glucose screening improve the health outcomes?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Asymptomatic older adults	Blood glucose screening	No screening	<ul style="list-style-type: none"> • Health benefits • Adverse effects
Question 2: In older adults in the community, does the screening for hypertension improve the health outcomes?			
Asymptomatic older adults	Hypertension screening	No screening	<ul style="list-style-type: none"> • Health benefits • Adverse effects
Question 3: In older adults in the community, does the screening for depressive episodes improve the health outcomes?			
Older adults	Screening for depressive episodes	No screening	<ul style="list-style-type: none"> • Health benefits • Adverse effects

INTERVENTIONS FOR PREVENTION AND TREATMENT			
Question 4: In older adults in the community, does performing fall prevention interventions decrease the incidence of falls and other health outcomes?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Older adults	Fall prevention interventions	Do not intervene	<ul style="list-style-type: none"> • Falls • Falls with injury • Fractures • Hospitalization • Mortality • Quality of life • Adverse effects.
Question 5: In overweight older adults or with risk factors for cardiovascular disease (CVD), is it recommended to offer or refer intensive behavioral counseling interventions promoting healthy diet and physical activity to prevent CVD?			
Overweight older adults or with risk factors for CVD	Intensive behavioral counseling interventions (healthy diet and physical activity)	Do not intervene	<ul style="list-style-type: none"> • Cardiovascular event • Total Cholesterol • LDL Cholesterol