AHRQ ePSS (Electronic Preventive Service Selector)


This application provides the current recommendations of the USPSTF and can be updated when new recommendations come out. Select by age, sex, tobacco use, and sexual activity. Results are viewed by grade of recommendation (A, B, C, etc.). You may also view by topic to see a brief summary of the recommendations. This application is used in your Family Medicine rotation.

Use ePSS app to answer the following questions:

1. What preventive services are recommended for a 36 year-old sexually active woman who smokes?

2. For the same woman, does the USPSTF recommend Pap smear for cervical cancer screening? How about mammography? How often is each recommended? (Tip: If you have trouble finding mammography, try the Browse function.)

3. The USPSTF recommends screening for hypertension by measuring blood pressure, a grade ‘A’ recommendation. What does an A recommendation mean?

4. There is very good evidence to screen for hypertension, but what about how often?* What interval do they recommend screening this 36-year-old woman with normal blood pressure? Is there good evidence for this recommendation or is it based on expert opinion?

5. You have time only to provide one piece of counseling advice to a 22-year-old male patient. According to the USPSTF, which has stronger evidence for effectiveness: Counseling on smoking cessation or behavioral dietary counseling (for patients with high cholesterol)?

*Though screening for hypertension has good evidence, the interval of how often to screen is less clear. Therefore, many physicians screen every patient at every visit so as to not to miss the recommended interval. It is cheap, not very time consuming, and engages the physician with the patient. This is how evidence translates into practice.