

## Enhancing Canadian Population Health Through Clinical Prevention:

- > 90% of people see their family doctor at least once every 5 years (75% annually)
- Family doctors provide continuity and respected advice; their scope of practice includes prevention
- Medical research provides a considerable evidence-base for preventive actions



## Canadian Task Force on Preventive Health Care

### Groupe D'Étude Canadien sur les Soins de Santé Préventifs

- National scientific panel of clinician-methodologists
- Uses standardized methodology, employing explicit analytic criteria
- Evaluates the effectiveness of specific clinical preventive actions
- Systematic evidence reviews form the basis for practice recommendations
- Provides a bridge between research findings and preventive practice
- Helps clinicians choose tests, counseling strategies or other preventive interventions of proven utility and avoid those that lack demonstrated value
- Articulates areas where evidence is lacking; identifies research agendas

# Evidence-Based Prevention

## Canadian Task Force on Preventive Health Care

[www.ctfphc.org](http://www.ctfphc.org)

### The Task Force serves:

#### The Public:

- magazine and newspaper articles; other media coverage
- consumer versions of guidelines (under development)

#### Health Care Providers:

- technical reports (website)
- recommendation statements (general medical journals; website)
- systematic review papers (selected medical journals)
- presentations
- office tools (e.g., reminders, hand-held computer programs)

#### Decision-makers:

- linkage & exchange relationships with policy/program developers

#### Learners:

- undergraduate and post-graduate medicine
- CME through medical colleges
- textbooks

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## Quality Assurance

- Explicit, standardized, review methodology
- Quality, skills, and orientation of members
- Collaboration with other experts
- External peer review
- Feedback

## Review Topics

### Recently completed

- Violence against women
- Group B strep screening
- Otitis media
- Colorectal cancer screening
- Varicella vaccination
- Breast self examination
- Breast cancer chemoprevention
- Developmental hip dysplasia
- Mammography ages 40-49
- Cognitive impairment
- Child maltreatment
- Homocysteinemia
- Holter monitoring
- Breast cancer follow up
- Oral cancer
- Echocardiography

### In progress

- asthma education
- back belts
- bacterial endocarditis
- breast feeding update
- celiac disease
- depression screening
- disadvantaged children
- exercise in the elderly
- falls in long-term care
- flu vaccine
- frailty
- gestational diabetes
- HRT and cardiac disease
- HRT and cancer
- lung cancer screening
- newborn hearing
- obesity in adults
- osteoporosis
- prostate cancer screening
- type II diabetes
- unintended pregnancy
- vitamin E supplementation

## Impact of the Canadian Task Force

- Guides effective preventive health care for Canadians
- Scientific methodology internationally recognized and widely adopted
- Over 100 systematic reviews available
- 14 peer-reviewed publications in major medical journals in past 2 years
- Part of the medical curriculum in Canadian medical schools
- Sustained high usage of CTF Website since launch in 1997:
  - > 23,000 visits (>157,000 page hits) per month
  - > 750 visits (>5,200 hits) per day
  - Average length of visit ~10 minutes
- Advises health care agencies and associations on maneuvers that are effective and ineffective
- Recommendations conveyed via scientific journals, website and the popular media
- Widely sought resource for clinical preventive health care in Canada and abroad (over 30% of hits to CTF website are international)
- Guidelines featured on national and international guideline databases
- CTF members are prominent in national and international expert and scientific advisory panels

## Strength of Evidence & Grades for Selected Maneuvers

<b>A Recommendations</b> (Good Evidence for What Works)	<b>B Recommendations</b> (Fair Evidence for What Works)	<b>D &amp; E Recommendations</b> (What Doesn't Work)
Total = 43	Total = 67	Total = 44
For example:	For example:	For example:
<ul style="list-style-type: none"> <li>• Mammograms for women 50-69</li> </ul>	<ul style="list-style-type: none"> <li>• Cervical cancer screening</li> </ul>	<ul style="list-style-type: none"> <li>• Tamoxifen (low-risk women)</li> </ul>
<ul style="list-style-type: none"> <li>• Home visits to prevent child maltreatment</li> </ul>	<ul style="list-style-type: none"> <li>• Down's syndrome (triple marker screening)</li> </ul>	<ul style="list-style-type: none"> <li>• Ultrasound for developmental hip dysplasia</li> </ul>
<ul style="list-style-type: none"> <li>• Colorectal cancer screening</li> </ul>	<ul style="list-style-type: none"> <li>• Breast feeding</li> </ul>	<ul style="list-style-type: none"> <li>• Chest x-rays (smokers)</li> </ul>
<ul style="list-style-type: none"> <li>• Varicella vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• Bicycle helmets (legislation)</li> </ul>	<ul style="list-style-type: none"> <li>• Ovarian cancer screening</li> </ul>
<ul style="list-style-type: none"> <li>• Hypertension screening &amp; treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Visual acuity screening (elderly)</li> </ul>	<ul style="list-style-type: none"> <li>• Routine urinalysis</li> </ul>
<ul style="list-style-type: none"> <li>• Influenza vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• Lead exposure (high risk)</li> </ul>	<ul style="list-style-type: none"> <li>• Sputum cytology (smokers)</li> </ul>
<ul style="list-style-type: none"> <li>• Smoking cessation</li> </ul>	<ul style="list-style-type: none"> <li>• Problem drinking</li> </ul>	<ul style="list-style-type: none"> <li>• Teaching breast self-exam</li> </ul>

## C and I Grade Recommendations

- Outlines when evidence is insufficient in quality or quantity (I) , or is conflicting (C)
- Identifies factors that can help patients and their physicians make a decision
- Proposes clear research agendas

### Examples:

- mammography for women 40-49
- screening children for otitis media with effusion