

Updates from the United States Preventive Services Task Force (USPSTF)

Tim Ho, MD, MPH, FAAFP, CPHQ
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Disclosures

Tim Ho, MD, MPH, FAAFP, CPHQ

- Has no relationships to disclose

At a conference focused on the care
of active & athletic patients,
why do we need to talk about
the United States Preventive Services Task Force?

Updates from the United States Preventive Services Task Force (USPSTF)

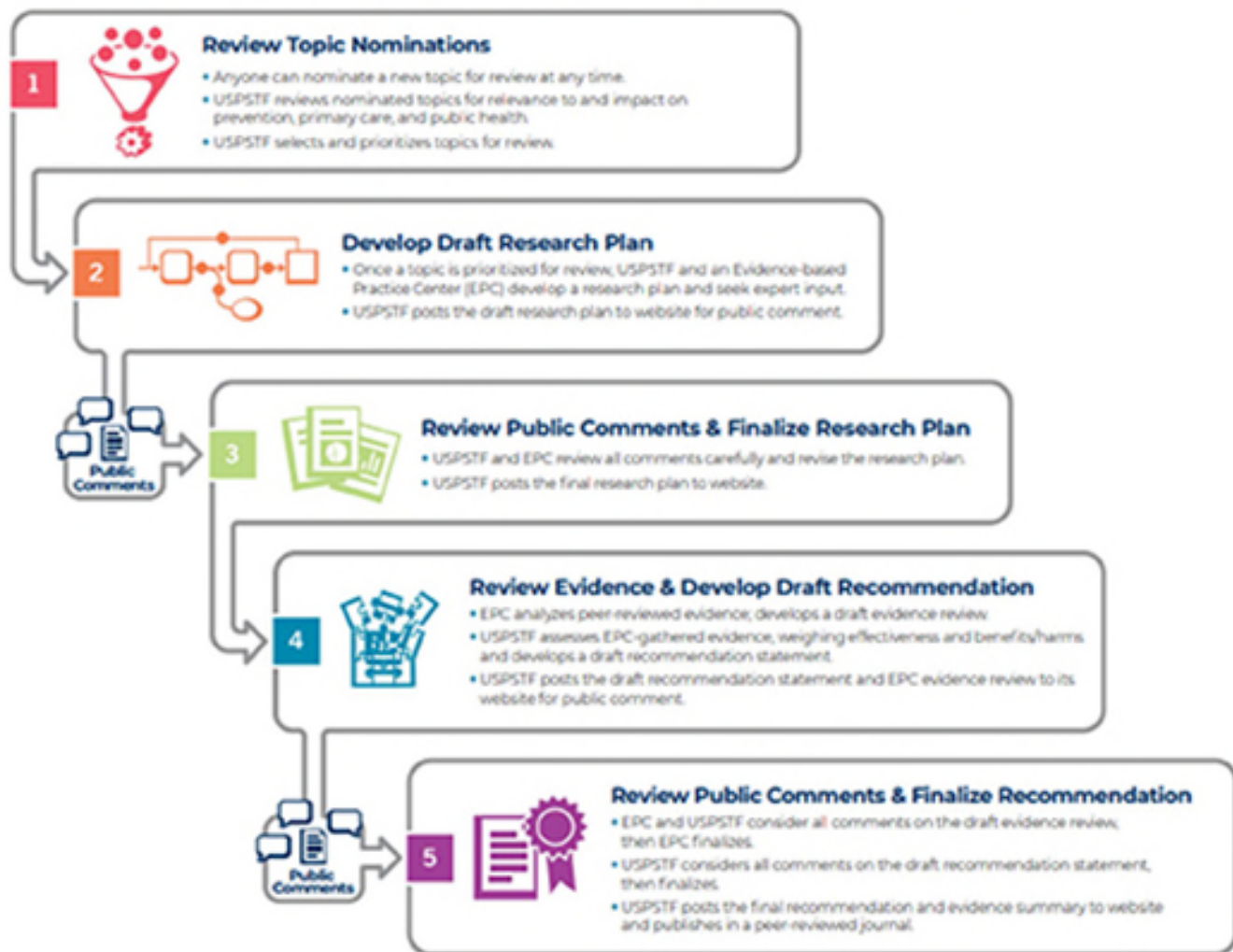
- Who is the United States Preventive Services Task Force (USPSTF) and what do they do?
- How do they do it and what does it mean?
- Recent Updates
- Difficulties, Issues... Problems
- Discussion

Who is the United States Preventive Services Task Force (USPSTF) and what do they do?

The United States Preventive Services Task Force is an independent, volunteer panel of national experts in disease prevention and evidence-based medicine. The Task Force works to improve the health of people nationwide by making evidence-based recommendations about clinical preventive services.

Source: USPSTF

Recommendations Development Process



Grade Definitions

After July 2012

Grade	Definition	Suggestion
A	<u>USPSTF recommends the service.</u> High certainty that the net benefit is substantial.	Offer or provide the service.
B	<u>USPSTF recommends the service.</u> High certainty that the net benefit is moderate OR moderate certainty that the net benefit is moderate to substantial	Offer or provide the service.
C	USPSTF recommends selectively offering or providing this service to individual patients based on professional judgment & patient preferences. At least moderate certainty that the net benefit is small.	Offer or provide the service for selected patients depending on individual circumstances.
D	<u>USPSTF recommends against this service.</u> Moderate or high certainty that the service has no net benefit or that the harms outweigh the benefits.	Discourage the use of this service.
I	<u>USPSTF concludes that the current evidence is insufficient</u> to assess the balance of benefits & harms of the service. Evidence is lacking, or poor quality, or conflicting, and the balance of benefits & harms cannot be determined.	Read the clinical considerations section. If the service is offered, patient should understand the uncertainty about the balance of benefits & harms.

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Updates: Recent vs “Big”

Published in 2023

- Anxiety Disorders in Adults: Screening
 - Grade B – 64 years old & younger
 - Grade I – 65 years old & older
- Depression & Suicide Risk in Adults: Screening
 - Grade B – 64 years old & younger
 - Grade I – 65 years old & older

Published in 2021

- Colorectal Cancer Screening
 - Grade A – 50 to 75 years old
 - Grade B – 45 to 49 years old

Not yet published

- Breast Cancer Screening
 - Grade B – 50 to 74 years old
 - Pending – Lowering starting age

Difficulties, Issues... Problems

- Tells us what to *do* more than it tells us what *not to do*
 - Inclusion criteria > exclusion criteria
- The role of perception
 - Source of support
 - Source of funding of research
- The role of emotions
 - The role of “shared decision-making”
 - Trying to “see black & white in an ocean of gray.”
- The role of other interests
- “Awkward silence” or “awkward absence” of certain recommendations
- The role of variation throughout the US
- Deontology vs Utilitarianism
 - Care of the individual vs care of the population
 - Agenda of the individual vs agenda of the organization

Villani J, Ngo-Metzger Q, Vincent IS, Klabunde CN. Sources of Funding for Research in Evidence Reviews That Inform Recommendations of the US Preventive Services Task Force. JAMA. 2018 May 22;319(20):2132-2133. doi: 10.1001/jama.2018.5404. PMID: 29800165; PMCID: PMC6584316.

Deontology vs Utilitarianism

Deontology

- Greek: duty (*deon*) and science/study (*logos*)
- Ethical theory that the morality of an action should be based on whether that action itself is right or wrong under a series of rules & principles, rather than based on the consequences of the action
- “Rightness” or “wrongness” of an action is determined by its nature and cannot be impacted by its consequences

Utilitarianism

- Family of ethical theories that support actions that maximize happiness and well-being for all affected individuals
- “Doing the most good for the most people”

Summary

- The United States Preventive Services Task Force (USPSTF) makes evidence-based recommendations about clinical preventive services, in order to improve the health of people nationwide
- Although considered independent, the USPSTF is overseen by the Agency for Healthcare Research & Quality (AHRQ), an agency of the Department of Health & Human Services (HHS)
- Health care organizations are being held accountable for following high grade USPSTF recommendations
- Recommendations need to be considered in the context of how we care for individual patients

Thank You
Timothy.S.Ho@kp.org