

# **Cholesterol Screening of Asymptomatic Young Adults**

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## **Introduction**

The USPSTF gives a Grade B recommendation for the cholesterol screening of asymptomatic young adults who have at least one risk factor for cardiovascular disease.

The purpose is to establish the cholesterol screening percentage of these defined populations for the University Family Medicine (UFM) clinic from 2000-2005 and to make a quality improvement to improve this screening percentage.

## **Methods**

The UFM electronic medical record (EMR) database was queried to identify the defined aged populations that had any type of cholesterol screening from 2000-2005. This data was then compared to the total number of visits for the defined population to establish a baseline screening percentage. A medical record review was then performed on a portion of the screened populations to determine the percentage that qualified for a cardiovascular risk factor.

## **Results**

To date, it has been established that from 2000-2005 there was 35,726 female visits and 3,844 male visits of patients in the defined age ranges. Of those visits, it has been determined that 3,380 females and 671 males had cholesterol screens performed for the following percentages: females: 3,380/ 35,726 (9%) and males: 671/3,844 (17%).

## **Conclusion**

Even though there was nearly ten times the number of female visits from 2000-2005, there was approximately twice the number of males screened for cholesterol abnormalities.