

I. Introduction

Preventive health screening has been advocated as a means to improve health outcomes and quality of life, and avoid preventable deaths. However, despite its perceived benefits, it may also bring harm to a patient such as physical, emotional and financial consequences of false positive results and more importantly, overdiagnosis.

The “Philippine Guidelines on Periodic Health Examination (PHEX): Effective Screening for Diseases Among Apparently Healthy Filipinos” was developed in 2004 to guide health providers and patients on preventive health screening. As new evidence on preventive screening emerges and the enactment of the Universal Healthcare law, there is an urgent need to update the existing outdated guidelines.

Due to the large scope of the guideline, its updating was carried in 3 phases. Phase 1 entailed evaluation of select screening strategies that are currently being implemented by the Department of Health. Phase 2 and 3 involved evaluation of additional screening strategies, that are considered novel, controversial, or misused. Phase 2 also involved the development of an online and mobile app that will allow users to generate a patient-specific plan based on age, sex, risk factors, and other patient characteristics. It covered screening recommendations for cardiovascular, neoplastic, congenital disorders, mental health & substance abuse, lifestyle advice and immunizations. This report only covers Phase 2 of the project.