Screening, Health Education, Check-Out, and Referrals!

WHY IS THIS IMPORTANT?!?

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What is the point of DOCS Healthfairs?

- To provide health screenings to underserved communities in South Florida
- To provide health education to our patients
- To assist our patients in gaining access to the healthcare system
- To make appropriate referrals for our patients who have abnormal screening results
- To provide our students with volunteer opportunities to hone our clinical and communication skills
Why Do Health Screenings?

- To detect disease early
- To provide appropriate treatment
- To reduce morbidity and mortality
- To Improve Health!

DOCS Healthfairs do NOT diagnose or treat

So... if we have a patient with an abnormal screening test....

We must ensure that the patient follows up with a physician for diagnosis and treatment!
Screening at our Health Fairs

- Vitals – Hypertension, Obesity
- Glucose – Diabetes
- Venipuncture – Dyslipidemia
- Female – Breast cancer, cervical cancer
- Male – Prostate cancer
- Derm – Skin cancer
- Ophtho – Glaucoma
- Bone Density – Osteoporosis
- Mental Health – Depression, Suicidality/Homicidality
- Pediatrics – Developmental delays, vision problems

You have an important job ahead of you this weekend!
½ of adults in Miami-Dade are in the lowest English literacy level → Low health literacy

- Huge knowledge gaps for you to fill!
- If you are better at explaining things in a way your patient can understand, you will have better patient-physician relationships and your patients will have better health outcomes!
- Use the Patient Education Booklet!
  - Info for every station, chronic disease, sexual health, diet and exercise...
- Use a translator, or practice your Spanish and Creole
Check Out Station

- Most important station at fair!
- Review patient’s chart and booklet
- Make sure patient understands everything!
- What are the next steps for the patient?
  - Lifestyle modifications
  - Referral sheet for primary care physician, follow up
  - **High risk Referral Needed?**
    - Patient will have a “Referral” sticker on face sheet in chart
    - After you finish your normal Check Out Station counseling, bring your patient to the Referral table for their specialized Referral counseling with Ali Moody and her team
<table>
<thead>
<tr>
<th>Vitals</th>
<th>Blood Pressure Systolic &gt; 160 or Diastolic &gt;100, or Physician determines patient to be high-risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose</td>
<td>&gt;200 if fasting (8 hrs) and no existing diabetes, or &gt;300 if known diabetes or non-fasting</td>
</tr>
<tr>
<td>Male Exam</td>
<td>Abnormal digital rectal or genital exam with recommendation from physician for urgent follow-up</td>
</tr>
<tr>
<td>Female Exam</td>
<td>Abnormal breast or pelvic exam with recommendation from physician for urgent follow-up</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>Intraocular pressure &gt;22 mmHg, or Evidence of glaucomatous damage to the nerve, or Ocular nevus with recommendation for follow-up from physician</td>
</tr>
<tr>
<td>Dermatology</td>
<td>Abnormal lesion with high suspicion of malignancy per physician</td>
</tr>
<tr>
<td>Bone Density</td>
<td>T-score &lt;2.5, or History of spontaneous hip or vertebral fractures</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Physician determines patient to be high-risk</td>
</tr>
</tbody>
</table>
Take Home Points?

- Health screenings are very important
  - But only the 1st step!
- Need to be accompanied by: proper education, counseling, referral, and follow-up
- Questions?
- Comments?

- Thank you!
- Have a great day at Hialeah Health Fair!
- Make a difference in your patient’s health outcomes!