

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!
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- A blue clipboard icon with a white clip at the top. The text "Health Screening" is written on the clipboard, with "Health" in bold and "Screening" in a cursive font. Below the text is a stylized face with a thermometer in its mouth.
- 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!

Health Education



- 1/2 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

Importance of Counseling



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

Vitals	Blood Pressure Systolic > 160 or Diastolic >100, or Physician determines patient to be high-risk
Glucose	>200 if fasting (8 hrs) and no existing diabetes, or >300 if known diabetes or non-fasting
Male Exam	Abnormal digital rectal or genital exam with recommendation from physician for urgent follow-up
Female Exam	Abnormal breast or pelvic exam with recommendation from physician for urgent follow-up
Ophthalmology	Intraocular pressure >22 mmHg, or Evidence of glaucomatous damage to the nerve, or Ocular nevus with recommendation for follow-up from physician
Dermatology	Abnormal lesion with high suspicion of malignancy per physician
Bone Density	T-score <2.5, or History of spontaneous hip or vertebral fractures
Mental Health	Physician determines patient to be high-risk

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!