

**Newcomers Health Program
Healthy Living Protocol**

Date: _____

Patient Name: _____

Staff: _____

Country of Origin: _____

Section 1. Healthy Living: I am going to ask you some questions and give you information on ways to improve and manage your health.

<p>How often do you <u>exercise</u>?</p> <ul style="list-style-type: none"> Moderate amounts of exercise can improve health. The benefits of exercise include: increasing “good” cholesterol, preventing diabetes, reducing blood pressure, helping insomnia, reducing stress, helping to maintain a stable weight, improving flexibility and muscle tone and improving mood. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you eat healthy diet with <u>at least 5 servings of fruit and vegetables each day</u>?</p> <ul style="list-style-type: none"> Eating a balanced diet helps you feel better and reduces the risk of many diseases. In your country, you may have cooked at home and eaten lots of fresh fruits and vegetables. In the U.S., Americans often eat unhealthy fast food. Try to avoid this unhealthy part of American culture and maintain a healthy diet. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you have a <u>healthy weight</u>?</p> <ul style="list-style-type: none"> Excess weight causes increased risk for heart disease and cancer. If you are overweight, talk to your doctor about a healthy way to reduce calories and increase your exercise to lose weight. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you <u>smoke or chew tobacco</u>? Do you live with someone who smokes?</p> <ul style="list-style-type: none"> Smoking is the number one cause of preventable death in the United States. It is linked to heart disease, strokes, cancer and many other diseases. The best thing you can do for your health is to quit smoking and reduce your exposure to secondhand smoke. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided

Section 2. It is important to follow-up with your health care and have regular medical check-ups, even if you are not feeling sick. Prevention, such as a healthy lifestyle and getting immunizations are an effective way to avoid illness and costs associated with being sick.

<p>Do you know what to do if you need to see your doctor and <u>how to schedule an appointment</u>?</p> <ul style="list-style-type: none"> If you remain a patient of Family Health Center you can call for an appointment. *(Provide “Helpful Tips for Patients of FHC” flyer) 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you know you can request your medical records to <u>transfer to another doctor</u> you choose?</p> <ul style="list-style-type: none"> It’s important to have all of your medical information transferred to your new doctor. You may obtain your medical records in person and pay a fee or have your new medical office make the request for free. *(Provide: “How to Request Medical Records” flyer) 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you know how to renew your Medi-Cal?</p> <ul style="list-style-type: none"> It is important to have continued health care and transfer your records if needed *(Provide: Health Care Options & Immigration Medical Exam Brochure) 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Are there any <u>resources or information</u> that I can help you with?</p> <ul style="list-style-type: none"> For example, local activities, food resources, legal assistance, community groups, employment assistance? *(Provide appropriate information, brochures, flyers, websites etc.) 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>Do you know employees have rights to <u>minimum wage and breaks</u>?</p> <ul style="list-style-type: none"> Minimum wage is \$13.00 if you work in San Francisco. You have rights to breaks and sometimes health coverage. There are agencies who can help with your rights and help you find jobs. *(Provide workers’ rights information, brochures, flyers, websites etc.) 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided

Family Violence Prevention Education

Please encircle yes or no:

Was the client notified that domestic violence is a crime in the United States?	Yes	No
Was the client notified that child/elder abuse is a crime in the United State?	Yes	No
Did the client give any indication that she/he has been or is a victim of domestic violence?	Yes	No

LTBI/TB Educational Protocol

TB Prevention Education Form with QFT and Side Effects Information:

<p>What is Tuberculosis (TB) disease and Latent TB Infection (LTBI)?</p> <ul style="list-style-type: none"> • TB is caused by airborne bacteria, which can damage your lungs or other parts of your body, for example, spinal cord and limbs, and cause serious illness. • LTBI is an infection where the bacteria can develop into active disease. LTBI cannot be spread from one person to another. • One of the blood tests you will have will test for TB. We test all patients for this infectious disease. We use the QuantiFERON test (QFT), which is a blood test. • We want to make sure you have some information about TB and LTBI transmission and treatment prior to your test. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>How is TB spread?</p> <ul style="list-style-type: none"> • Someone with active TB Infection can spread the bacteria through the air by coughing, laughing or sneezing. When someone else breathes the bacteria there is a chance for them to develop TB disease or Latent Tuberculosis Infection (LTBI). • TB disease is usually transmitted by long exposure to an infected person and is not likely to be transmitted from someone coughing in the bus or at a restaurant. It is not spread by shaking hands, sharing dishes, utensils, drinking glasses or clothing. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>What are the signs and symptoms of TB and LTBI?</p> <ul style="list-style-type: none"> • TB bacteria can attack any part of the body, but usually attacks the lungs. A person with TB disease may feel weakness, night sweats, weight loss/loss of appetite, a bad cough that lasts longer than 2 weeks, spitting up blood, chest pain, fever and/or chills • People with LTBI often DO NOT have any symptoms or feel sick. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>What is the difference between TB disease and LTBI?</p> <ul style="list-style-type: none"> • TB infected patients have ACTIVE TB bacteria in their body and usually have TB disease symptoms and CAN infect others. • LTBI patients have INACTIVE TB bacteria in their body usually WITHOUT any symptoms, they DO NOT feel sick at all. The inactive bacteria CANNOT infect others but patients with LTBI can develop active TB in the future if not treated. 	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>If you test Positive for LTBI:</p> <p>You will be given a referral to the TB Clinic. It is very important that you go to the TB Clinic so the doctor can determine what is best for you. You will need a chest x-ray to find out if the bacteria have caused any damage in your lungs. You will get a medical review by a specialized provider who will determine if you need to have medical treatment.</p>	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided
<p>TB/LTBI can only be cured if a patient is taking his/her medicine as prescribed by a provider. If a patient stops taking the medicine without provider's permission, TB bacteria can come back. When TB returns, it can be worse than before. The bacteria can grow stronger and more stubborn, and the patient can spread the TB bacteria to family and friends. Start and complete the LTBI or TB treatment if provider recommends it.</p>	<input type="checkbox"/> Discussed <input type="checkbox"/> Materials provided