

## Guidelines for Consultas, CHIMPS

### Purpose of Consultas:

- Reinforce the preventive health messages presented by the brigade.
- Empower patient's to take control of their own health through education, nutrition, beneficial traditional and live style practices rather than clinics and allopathic medicine.
- Address patient's personal health concerns.
- Provide needed education follow-up plans and referrals for acute or chronic conditions.

### Reinforcing Preventive Health Messages:

Review patient/families health history and affirm positive behaviors (brushing teeth, using latrine, filtering water, getting vaccinations, home garden, raising chickens for eggs, etc).

See what additional changes in behavior they are willing/able to make to improve health (build or use a latrine; water purification; modify stove to decrease indoor smoke exposure, increase exercise, etc).

Review the vital signs and blood test results.

Give positive feedback for low blood pressure; good weight for height; normal blood test results.

### Empowering patients/families:

Recommend home treatments rather than medications (e.g.oatmeal baths rather than antihistamines for itching skin conditions; home rehydration solutions and teaching signs of dehydration).

Encourage participation in health committee or with community leaders to obtain needed services (Can they obtain seeds and start at home garden in Los Abelines; can they join with community leaders in Santa Elena to have services of a health promoter; can they develop exercise/dance classes in Regalo?)

### Address patient's personal health concerns:

Listen to their concerns and learn about their daily lives and how that impacts their health

Do a focused physical exam as needed for specific problems.

### Education and treatments:

Preventive: antiparasitics to all participants; fluoride varnish; vitamin A (children 9 and under and pregnant or immediate pp women); multivits if malnourished or in children and pregnant women; iron treatment as needed based on blood test results. Senior multivits (no iron) for people over 50 if anemic.

For common problems follow treatment guidelines. Medications can be obtained over the counter.

F/U and Referrals: Abelines – Encourage F/U at the clinic; health promoter for vaccinations and family planning or with Doris Evangelista for social issues. Santa Elena – Consult with patient and Abrazo staff about F/U. There is a clinic that many families use. Regalo – F/U done by Abrazo staff and junta leaders. The health dept. clinic is close. Give a referral note with test results. Give all patients the completed yellow copy of intake form (in Zip-lock bag).

Supplies: oto/opthalmoscope; stethoscope, tongue blades, purell, alcohol wipes, ear curette, fluoride varnish; packs of meds you commonly use such as antiparasitics; acetaminophen; ibuprofen; cot and paper to cover it.

Updated 3/12/2010