Colorado State Fair
August 25th – September 4th, 2017

Health Professions Interprofessional Training
What do I need to do?

- Recruit participants & help them feel at ease
Have materials ready

**BMI:**
- Stadiometer
- Scale

**Blood Pressure:**
- Blood Pressure Monitor
Have materials ready

**Blood Glucose**
- Cotton Balls
- Band-Aid
- Alcohol Swab
- Lancet
- Glucometer
- Glucometer Test Strip
Have materials ready

Pulse Oxymeter  Vision screener
Health Screening: Adults

- Measure height (inches)
- Measure weight (pounds)
- Write on sticky note to be entered into iPad
Health Screening: Adults

- iPad

- Enter the following information
  - Age
  - Gender
  - Ethnicity (req’d by HRSA): Hispanic or non-Hispanic
  - Race (req’d by HRSA): may decline to answer
  - Height
  - Weight
  - iPad will Calculate BMI
Health Screening: Adults

- Do you know your BMI?
- Do you know what BMI means?
  
  **if (No)**

- BMI is an indicator of body fat. It is used as a screening tool to identify whether an adult is at a healthy weight. Although BMI does not measure body fat directly, research has shown that BMI does correlate with maintaining improved quality of life.

- **For individuals with a BMI over 30:** Research has shown that individuals with a BMI over 30 have an increased risk of developing high blood pressure, high cholesterol, Type II diabetes, stroke, osteoarthritis and some cancers including breast cancer and colon cancer in addition to sleep apnea.

- **Do you snore?** Have you ever been tested for sleep apnea? Sleep apnea is a disorder where there is a pause in breathing that lasts from a few seconds to minutes. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness.
Health Screening: Adults

- Would you say you live in a City, Town or Rural area?
- What is your health insurance status?
  - Uninsured
  - Insured
  - Refused
- Do you have a Primary Care Provider (MD, DO, PA or NP)?
  - If no – please provide with referral information
- When was your last medical visit?
- Family medical history?
Health Screening: Adults

- Do you regularly wear your seatbelt?
- Do you ride a bike/motorcycle/ATV/horse? Participate in rodeo events?
  - Do you wear a helmet?
Health Screening: Adults

- Do you know what your Blood Pressure typically runs?
  - Take BP

- **Note:**
  - If their Blood pressure is $> 140$ systolic **OR** $> 90$ diastolic indicate recheck for later in the screen.
  - If their Blood pressure $> 160$ systolic **OR** $> 100$ diastolic, alert the supervising faculty **AND** ask them to talk to the person about being seen by their doctor or clinic because they are at risk for developing complications of high blood pressure.
  - Any person who is hypertensive **AND** who is having chest pain, trouble breathing, confusion or dizziness refer to the faculty supervisor and taken to the first aid station.
Blood Pressure Instructions

- Place cuff on patient & press start

Four different size cuffs to choose from
Health Screening: Adults

- **Pulse Oximetry:** Place oximeter on the index or middle finger & press button

- **Note:**
  - Oxygen saturation of 90% is normal in Pueblo in contrast to 95 to 98 at sea level
  - If someone is below 90 and they are feeling any symptoms, alert the faculty supervisor and send them to the first aid station
Health Screening: Adults

- Last tetanus?

- If 65+
  - Have you had the pneumonia vaccine this year?
  - Note
    - The CDC recommends that individuals over the age of 65 get a pneumonia vaccine. Check with your personal physician or clinic to get one.

- Did you get a Flu shot this year?
Health Screening: Adults

- If 50+
  - Have you had colon cancer screening of some kind within the last 10 years?
  - If no, it is recommended that individuals undergo screening for colon cancer beginning at age 50 and every 10 years thereafter unless recommended more frequently by their personal healthcare provider.
Health Screening: Adults

- If Female
  - Are you pregnant? (prenatal care?)
  - Have you had cervical cancer screening within the last 3 years?
  - If no - recommendation that women between the ages of 21 & 30 undergo a cervical cancer screen every three years
  - Starting at age 30, women should undergo a cervical cancer screen every 3 years or 5 years with HPV co testing

- If Female & 50+
  - Have you had a mammogram?
  - For women between the ages of 50 & 74 there is convincing evidence that undergoing a mammogram every two years reduces breast cancer mortality. There is limited evidence of benefit for women under the age of 50 and is determined by the presence of known genetic history or history of chest radiation.
  - Increasing age is the most common risk factor for most women.
Health Screening: Adults

- Do you know your blood sugar?
- Have you had anything to eat today?
- Take blood sugar

**Note:**
- Non-diabetics: If fasting blood sugar is >100 or non-fasting >140 advise the person to get it rechecked by their doctor or clinic.
- Known to be diabetic: fasting blood sugar should be 130 or less or 180 or less if non-fasting
- If numbers are higher than those listed above, contact clinical supervisor for consultation
Blood Draw for Glucose

- **Glove up**
- Place glucose test strip in glucometer (butterfly up/ wide end in glucometer)
- Wipe participant finger with alcohol swab & dry
- Use disposable lancet provided separately (not in kit) to draw blood from side of finger
- Start flow (may need to gently squeeze finger)
- Place glucose test strip (black dot) next to blood on finger
Vision screen

- Have you noticed any recent changes in your vision?
- Testing done with glasses if worn
- Place ruler on forehead (14 inches)
- Have them cover one eye & read lowest (most clear) number line (left hand column)
- Repeat for other eye
- Test is a guideline & does not offer a true prescription
- Have the person follow-up with an optometrist or ophthalmologist (>20/40)
Health Screening: Adults

- Current tobacco use?
- Do you drink alcohol?
- Do you use marijuana?
- Milk consumption?
- Sweetened Beverages?
- Fruits & vegetables daily?
- Restaurants per week? Sit down & fast food?
Health Screening: Adults

- On average, how many times per week do you do moderate exercise for at least 20 minutes? This can include brisk walking, bicycling, vacuuming, gardening, or anything else that causes an increase in breathing or heart rate.
Health Screening: Adults

- **Blood Pressure Retake**
  - If their Blood pressure continues to be $>140$ systolic OR $>90$ diastolic recommend that the person have it rechecked at their doctor’s office or clinic in the near future.
  
  - If their Blood pressure $>160$ systolic OR $>100$ diastolic, alert the supervising faculty AND recommend that the person follow up with their doctor or clinic because they may be at risk for developing complications of high blood pressure.
Balance Screen

- **Questions**
  - Are you afraid of falling?
  - Have you fallen in the past 3 months?
  - Have you had a near fall in the past 3 months?

- **Balance screen**
  - One leg stance *(eyes open: 10 seconds each leg)*
    - Able/ Unable
  - Romberg Test *(eyes closed: 30 seconds each position)*
    - Feet together *(excess sway, loss of balance, dizziness)*
    - Feet tandem – heel to toe *(excess sway, loss of balance, dizziness)*

- If response is yes to any of the above encourage them to talk to their PCP
Health Screening: Adults

- What Animals are you regularly exposed to?
  - Dogs
  - Casts
  - Horses
  - Sheep
  - Cows
  - Goats
  - Chickens
  - Pigs
  - Amphibians (snakes, frogs, turtles, etc.)
Oral Health Screen

Adult (answers are yes, no, I don’t know)

- **Risk factors (any yes answer is considered at risk)**
  - Have you had a cavity in the past year?
  - Have you ever been told that you have “pockets” or gum disease?
  - Have you had a tooth removed for decay or gum disease in the past year?
  - Do you have a history of diabetes, heart disease, stroke, COPD or depression?
  - Do you take medication that causes dry mouth?
  - Do you have a history of tobacco, alcohol or other substance abuse?
  - Do you have a mouth sore that has lasted more than two weeks?
Adult (answers are yes, no, I don’t know)

- **Protective factors (any no answer is considered at risk)**
  - Do you live in a community that has fluoride in its water?
  - Do you drink tap water?
  - Do you brush your teeth with a fluoride toothpaste twice a day?
  - Do you floss your teeth daily?
  - If you have a partial or dentures, do you take them out and clean them at night?
  - Have you seen a dental professional (Dentist/ Dental Hygienist, etc.)
  - Do you have Dental insurance (including Medicaid)?
Health Screening: Adults

- On a scale from 1-10, how important is it to change anything about your health?
- Have participant fill out e-mail address or print from laptop
  - Discuss any follow-up they may need
  - Provide them with Medical or Dental referral sources if they do not have a PCP in their area
- Exit the program
Health Screening: Child/Adolescent

- Measure height (inches) & weight (pounds)
- Record both on a sticky note to enter into iPad
Health Screening: Child/Adolescent

- Birthdate
- Age
- Gender
- Do they live in a big city, small town or on a ranch?
Health Screening: Child/Adolescent

- Family history?
- Eat breakfast?
- Eat at restaurant or fast food?
- Snacks?
- Sweetened beverages?
- Milk?
- Fruits & vegetables?
Health Screening: Child/Adolescent

- Does anyone smoke around you?
- Active play or sports?
- Television, movies, video games or computer?
Health Screening: Child/Adolescent

- Have you noticed any changes in your vision?
  - Vision screen: same as adult
- Balance screening: same as adult
Oral Health Screen

Children (answers are yes, no, I don’t know or n/a)

- **Risk factors (any yes answer is considered at risk)**
  - Have you ever had a cavity?
  - Do you eat candy, or drink soda or juice more than three times a day?
  - Do you take daily liquid medicine?
  - Have you ever been told that you are anemic or need to take iron?
  - Have you used tobacco/marijuana products in the past month (including chew, snuff, cigarettes, e-cigs or cigars)
  - Have you been diagnosed with any developmental problems?
  - Do you have any piercings in your mouth?
Oral Health Screen

Children (answers are yes, no, I don’t know or n/a)

- **Protective factors (any no answer is considered at risk)**
  - Do you live in a community that has fluoride in its water?
  - Do you drink tap water every day?
  - Do you brush your teeth with a fluoride toothpaste twice a day?
  - Have you seen a Dental Professional (Dentist, Dental Hygienist, etc) in the past year?
  - Do you wear a mouth guard for sports activities?
Health Screening: Child/Adolescent

- Print results & go over with child &/or parents-guardians
- or have parent complete e-mail address
Closure

- **DO**
  - Explain the power of small changes
  - Encourage them to follow up with their healthcare providers as needed
  - Be sensitive to weight issues – especially with kids
  - Consult faculty supervisor if unsure of how to answer questions

- **DON’T**
  - Give a laundry list of things they are doing wrong
PRACTICE TIME!!
Where is the booth?

- 1001 Beulah Ave, Pueblo, CO
- Booth: Palace of Agriculture #144
Parking?

- Public parking: Colorado State Fair lot south of Fairgrounds between Mesa & Northern Avenue ($7.00)

  OR

- Shuttle: sponsored by Parkview Medical Center from downtown Pueblo
  - The shuttle runs from Main Street Parking Garage - 110 S. Main Street to the State Fair Gate on Beulah Avenue
  - Runs every 15 to 30 minutes
  - Cost: $2 per person, round-trip, for everyone ages 7 & older
  - Parking in the garage is FREE
What do I wear?

- Western apparel or business casual
- CU Anschutz Nursing students must wear approved uniform per the CU Anschutz College of Nursing guidelines
- A white coat will be provided at the booth
  - You do not need to bring your own
- Student ID Badge **MUST** be worn at all times
How do I get in?

- Pick up entrance ticket from the AHEC Program Office in Ed 2 North, Room 5318 on Friday August 25th or prior to shift.

- OR text Cindy Armstrong (303.888.0580) when you arrive at the Beulah Street entrance & someone will meet you there with a ticket.
What do I bring?

- Very little storage space – do not bring backpacks or large bags
- Leave valuables at home
- Money for food or snacks
  - No outside food or drink is allowed on fairgrounds
  - Water will be provided at the booth
Contact information

Contact Cindy Armstrong if you have any questions or if you have an emergency & can’t make your shift:

- Cynthia.Armstrong@ucdenver.edu 303.724.8927
- cell: 303.888.0580
Questions?