Colorado State Fair
August 24th – September 3rd, 2018

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

- **iPad**
  - Obtain consent to perform the screen

- **Enter the following information**
  - Age
  - Gender
  - Gender identity
  - 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?
    - Wearing a helmet while participating in activities like riding a bicycle, motorcycle or ATV can drastically lessen the chance of suffering a serious brain injury or death. On a daily basis, people taking part in these activities are seriously injured or died because they chose not to wear a helmet.
    - In a majority of bicyclist deaths, the most serious injuries are to the head, highlighting the importance of wearing a bicycle helmet. **Helmet use has been estimated to reduce the odds of head injury by 50 percent, and the odds of head, face, or neck injury by 33 percent.**
    - Bicycle lanes and helmets may also reduce the risk of death. Almost three-quarters of fatal crashes (74%) involved a head injury. Nearly 97% of bicyclists who die do not wear a helmet. Helmet use among those bicyclists with serious injuries was low (13%), but it was even lower among bicyclists killed (3%).
    - Because serious head injury is common among fatally injured motorcyclists, helmet use is important. Helmets are about 37 percent effective in preventing motorcycle deaths and about 67 percent effective in preventing brain injuries.
Health Screening: Adults

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

- **Note:**
  - If their Blood pressure is > 130 systolic OR > 80 diastolic - recheck for later in the screen.
  - Any person who is hypertensive AND who is having chest pain, trouble breathing, confusion or dizziness refer to the faculty supervisor.
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
Health Screening: Adults

- Last tetanus?

- If 65+
  - Do you usually get the pneumonia vaccine?

  **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 usually get a Flu shot every year?
Health Screening: Adults

- If 50+
  - Have you had colon cancer screening of some kind (colonoscopy, FOBT – fecal occult blood test or FIT-DNA – Stool DNA test i.e. Cologuard) within the last 10 years?
  - If no, it is recommended that individuals undergo screening for colon cancer beginning at age 50 & every 10 years thereafter unless recommended more frequently by their personal healthcare provider.
Health Screening: Adults

- If Female under 50
  - Could you be pregnant? (prenatal care?)
  - Have you had cervical cancer screening (Pap Smear) 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? (Fasting > 8 hours)
- Measure blood glucose

**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
  - **Freestyle**: butterfly up/ wide end in glucometer
  - **Precision Xtra**: Blue side up/ striped end in glucometer
- Wipe participant finger with alcohol swab
- Use disposable lancet to draw blood from side of finger
- Start flow (may need to gently squeeze finger) - will need more for Precision Xtra
- **Freestyle**: Place glucose test strip (black dot) next to blood on finger
- **Precision Xtra**: fill end of test strip with blood
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

- **Do you drink milk?**
  - About 99 percent of your body's calcium resides in your bones & teeth. Calcium gives bones density & strength. Milk serves as an excellent source of calcium. To meet dietary calcium requirements, **women need three 8 oz glasses per day between ages 19 & 50 & four 8 oz glasses after age 51.** For men, three 8 oz glasses per day between age 19 & 70 & four 8 oz glasses thereafter provides the calcium needed.
  - **Calcium requires vitamin D for the body to absorb it.** If you don't get enough vitamin D, you can consume large amounts of calcium & still lose bone density. Most commercially produced milk in the United States is fortified with vitamin D, to ensure that you will absorb the calcium you get from milk. An 8-ounce serving of milk supplies around 30 percent of your daily vitamin D needs. Three glasses of milk per day would meet your vitamin D needs.
  - **If you don't like milk or can't drink it due to lactose intolerance or allergy,** you can choose from a variety of foods -- dairy & nondairy -- to help meet your nutritional needs & keep your bones strong. **Yogurt contains more calcium per serving than milk but typically isn't fortified with vitamin D.** Different types of cheese, such as cheddar & mozzarella, also equal milk in calcium content. Fish, including salmon or sardines canned with bones, can help meet both your calcium & vitamin D needs **without milk.** If you follow a vegan diet & don't consume dairy, **tofu, fortified cereals & vegetables such as kale, turnip greens & bok choy can help you meet your calcium needs.** Fortified cereals often contain both calcium & vitamin D.
Health Screening: Adults

- 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.
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

- Current tobacco use?
- Do you use marijuana?
  - According to the National Institute on Drug Abuse (NIDA) marijuana impairs short-term memory & judgment & distorts perception. It can impair performance in school & at work & make it dangerous to drive. It also affects brain systems that are still maturing through young adulthood, so regular use by teens may have negative & long-lasting effects on their cognitive development. Marijuana can be addictive, & its use during adolescence may make other forms of problem use or addiction more likely.
  - Studies show that participants who used marijuana in their teens & continued through adulthood show a significant drop in IQ between the ages of 13 & 38—an average of 8 points. (For context, a loss of 8 IQ points could drop a person of average intelligence into the lowest third of the intelligence range.) Those who started using marijuana regularly or heavily after age 18 showed minor declines. By comparison, those who never used marijuana showed no declines in IQ.
Health Screening: Adults

Substance Abuse

- Family history?
- Personal history?
- ADD, OCD, Bipolar, Schizophrenia, depression?

There is compelling evidence to show that individuals suffering from acute or chronic pain who have a family or personal history of substance abuse OR have been diagnosed with ADD, OCD, Bipolar disorder, schizophrenia or depression are considered at high risk for future abusive drug-related behavior including prescription opioids.
Health Screening: Adults

- **Blood Pressure Retake (if needed)**
  - If their Blood pressure continues to be $> 130$ systolic **OR** $> 80$ 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.
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?
Oral Health Screen cont.

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

- **Protective factors (any no answer is considered high risk)**
  - Do you live in a community that has fluoride in its water?
    - According to the CDC, **fluoride has been proven safe & effective & is important for preventing tooth decay & promoting oral health.** Oral health has been linked to other chronic diseases such as heart disease & diabetes.
  - **Bottled water products may contain fluoride, depending on the source of the water.** Fluoride can be naturally present in the original source of the water, & many public water systems add fluoride to their water. The U.S. Food and Drug Administration (FDA) sets limits for fluoride in bottled water, based on several factors, including the source of the water. Bottled water products labeled as de-ionized, purified, demineralized, or distilled have been treated in such a way that they contain no or only trace amounts of fluoride, unless they specifically list fluoride as an added ingredient.
  - **City (municipal) water, filtered water (via the refrigerator) or BRITA system does contain recommended amounts of fluoride.** Well water may or may not contain the recommended amount of fluoride & should be tested.
Oral Health Screen cont.

- 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?
- Submit

- Review results with participant
  - NOTE: For any participant under the age of 20, the results will include a growth chart for those 21& over a BMI scale will be included

- 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
ID: 13530
Age: 45 years, 7 months Height: 74in/188cm Weight: 185lbs/84.1kg BMI: 23.8
Weight for BMI 25: 194 lbs/88.2 kg
BP: 121/75
Prehypertensive BP: 120/80 Glucose (nonfasting): 134
Pulse Ox: 98
Vision (L/R): 20/30 : 20/30

Family history: unknown
Smoking: No
Activity: 4 day(s)
Sweet beverages: 8oz
Milk: 0.0 cups
Eats out: 5/week
Fruits/vege: 5/day

Cavity: Yes
Gum Disease: No
Removed Tooth: No
Dry Mouth: No
Substance Abuse: No
Mouth Sore: No

Water type: Well Tap
Water: No
Fluoride Toothpaste: Yes
Floss: Yes

Dentist: No
Dental Insurance: No
Fear of Falling: No
Recent Fall: No
Recent Near Fall: No
One Leg Balance: Yes

Romberg Together Balance Loss: Yes
Romberg Tandem Within Normal Limits: Yes
Balance Follow-up: No
Health Screening: Adults


Your Recommendations

Choose one or two changes to work on for several weeks. Experts advise not making many changes at the same time.

Activity

It seems you are doing a good job keeping active. Being active is very important for your health.

Nutrition

Order portion sizes that fit your age. Restaurants often give more food than you need. Do not eat out more than two times per week. Give your body a glass of milk with each meal. Eat meals together as a family whenever you can.
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?
Health Screening: Child/Adolescent

- Do you drink milk?

  - Milk & other dairy products are good sources of protein & calcium; nutrients important for normal growth & development in children. **The amount of milk a child should consume each day depends on their age.** A serving size of milk is equivalent to 1 cup, or 8 fluid ounces. **From ages 1-8, children need 2 cups of milk or its equivalent each day. Children ages 9-18 need 3 cups. Fat-free & low-fat dairy foods are recommended.** Adolescent girls ages 9 to 18 often don’t consume enough calcium.

  - **If they don’t like to drink milk,** other protein- & calcium-rich dairy products can replace cow’s milk in a healthy diet. These may include yogurt, cheese, cottage cheese & soy milk. According to the U.S. Department of Agriculture, **1 cup from the dairy group is equivalent to 1 cup of cow’s milk, 1 cup of soy milk, 1 cup of yogurt, 2 cups of cottage cheese, 2 ounces of processed cheese or 1.5 ounces of hard cheese such as cheddar.**
Health Screening: Child/Adolescent

- Does anyone smoke around you?
- Participate in 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 screen: 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 high risk) - ask only age appropriate questions:**
  - 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) - refer to adult guidelines
  - Does the child appear to have 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 high risk)** -
  - Do you live in a community that has fluoride in its water? - refer to adult guidelines
  - 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

- Submit

- Review results on iPad with child &/or parents/guardians
  - Have parent/child complete e-mail address or print
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
- Approx. 2 hour drive south of campus
- Booth: Palace of Agriculture #175
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
- You may wear a white coat however it is not required at the State Fair due to the heat
- 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 24th 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 fair grounds
  - Water will be provided at the booth
Contact information

Contact Cindy Armstrong if you have any questions, if you are running late or have an emergency:

- **Cynthia.Armstrong@ucdenver.edu** 303.724.8927
- cell: 303.888.0580 (call or text)

- If you need to cancel your shift, please remove your name from the signup genius (well in advance) to allow another student to sign up

- We are counting on you to be there! We will let your program know if you sign up & fail to show for your shift
Questions?