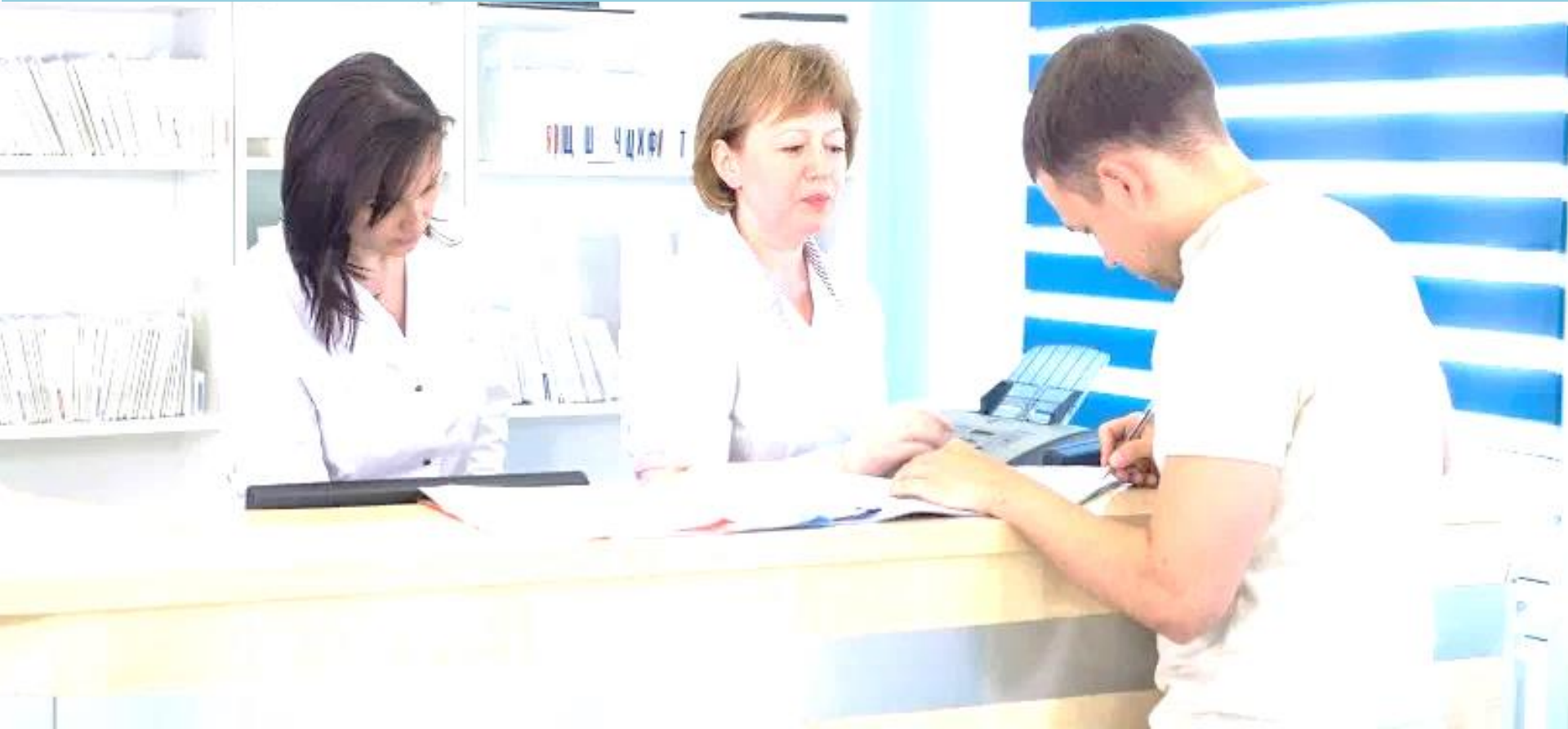


When to See the Doctor



My Best Life – Life Skills Classes
January, 2020

Reasons to Go to the Doctor

Physical
exam



Follow-up for
an ongoing
condition

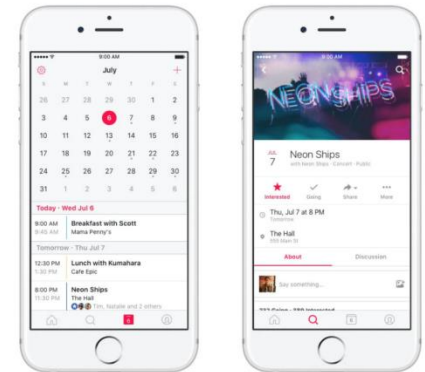
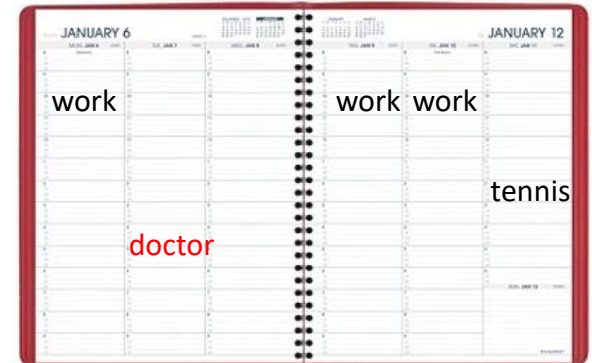


Feeling sick



Making an Appointment

- Make sure you have your calendar before you call the doctor's office.
- Call and ask to schedule a visit, clearly stating the reason for the visit.
- Physicals may have to be scheduled a month or more in advance; you should have a physical exam once a year unless the doctor tells you that you need one more often.



At the Doctor's Office

- Check in at the reception desk; sign your name and when you arrive.
- Wait until they call your name.
- Tell the nurse or doctor if anything is hurting or is different since your last visit.
- Listen carefully to the doctor's instructions.
- Ask questions if you do not understand.



Physical Exam

- You are not sick!
- General check up
- They will:
 - Weigh you
 - Take your Blood Pressure
 - Listen to your heart and lungs
 - Poke your tummy
 - Draw some blood



Follow up Visit

- This visit is to follow up with you on some condition that you have all the time. You may have medicine that you take regularly.
- **Example:** I take medicine for reflux every day. Other people may take medicine for seizures, or high blood pressure or high blood sugar.
- The doctor will ask you how you are feeling on your medicine and if anything has changed that might affect your medicine.
- **Example:** You lost weight and now you need less medicine.

Medicine

- Make sure you understand why you need medicine and what it does.
- Know when to take your medicine and how much to take.
- Follow the doctor's instructions. If you have questions, ask the doctor or the pharmacist.
- If you feel worse after you take the medicine, let the doctor's office know right away.





Getting your Medicine

- Take the prescription from the doctor to the pharmacy or drug store.
- Have your insurance card with you and money for anything you will have to pay.
- Make sure you understand how to take the medicine correctly.



Am I sick enough to need to see the doctor??

- High fever – 103 degrees for 3 days
- Your cold is worse and you have a bad cough.
- You have thrown up several times and cannot keep any liquids down.
- You have sinus congestion for more than two weeks.
- You are having trouble getting a deep breath.
- You have severe pain.

Symptoms of COVID 19

- Fever
- Cough
- Cannot smell or taste
- Trouble breathing
- Nasal congestion
- Very tired
- Aching muscles
- Diarrhea or vomiting
- Headache



Margaret Mary Health

Am I sick enough to need to see the doctor??

- You have lost weight without trying.
- You have had changes in your toilet habits.
- You have trouble with your vision.
- You fell and hit your head.
- You cut your hand in the kitchen. Is it bad enough to need stitches?

Let's Practice

In the following
scenarios, should you go
to the doctor?

Should I go to the doctor?

You have had a sore throat for two days and it is not getting better.

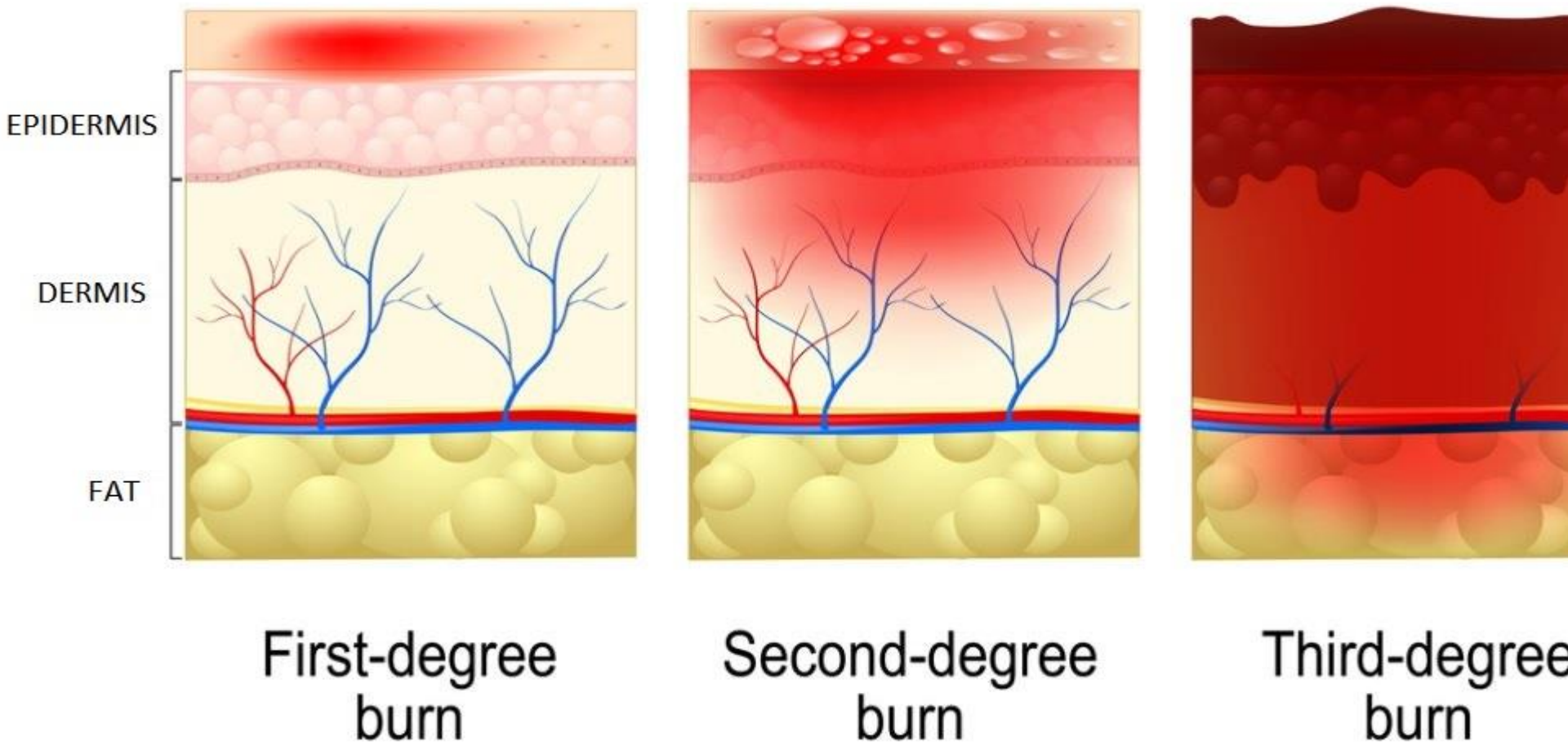


Should I go to the doctor?

You burned your finger on the cookie sheet.



Kinds of Burns



Should I go to the doctor?

You were awake in the night coughing. Your chest hurts when you cough.

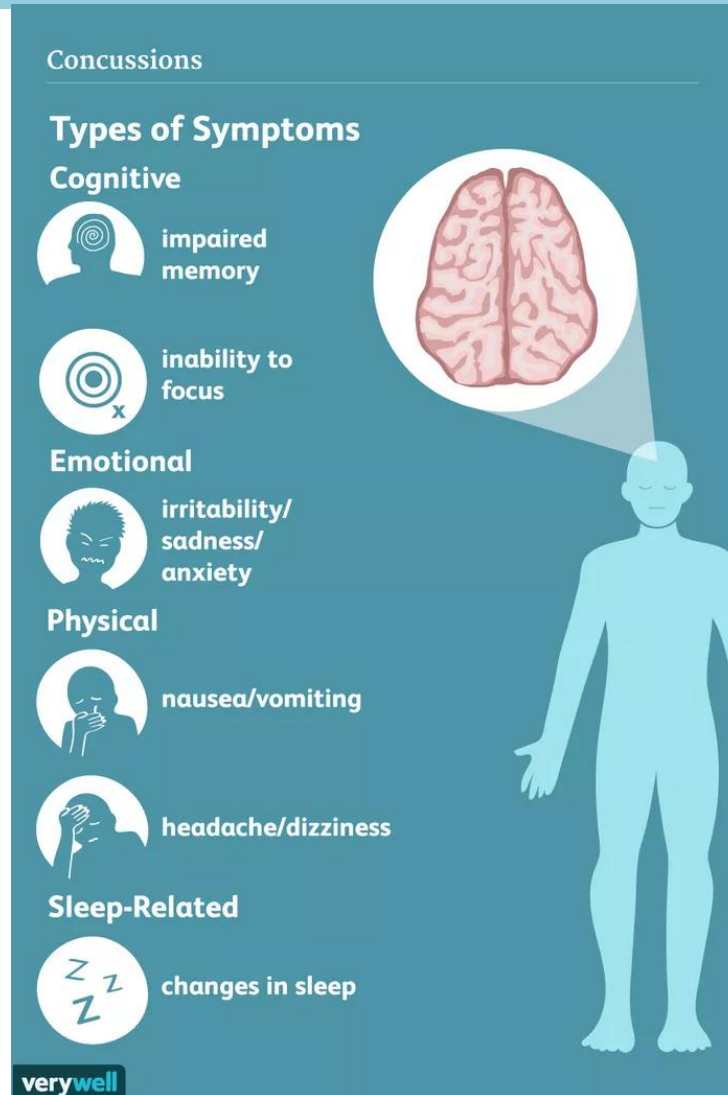


Should I go to the doctor?

Your friend fell down and bumped her head. She is awake and her head is not bleeding, but she has a big bump.

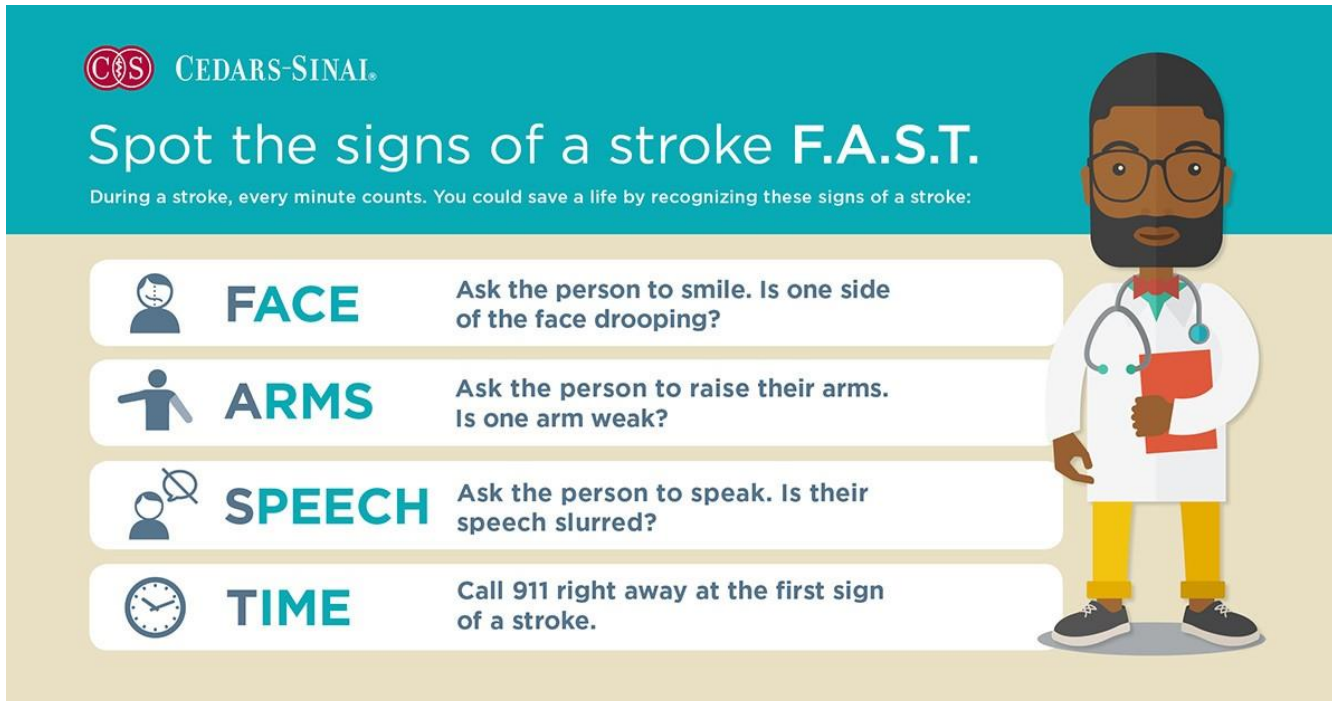


If Someone has a Concussion...



Should he go to the doctor?





Your father is acting very strangely, not speaking clearly and very confused.




CEDARS-SINAI

Spot the signs of a stroke F.A.S.T.

During a stroke, every minute counts. You could save a life by recognizing these signs of a stroke:

	FACE	Ask the person to smile. Is one side of the face drooping?
	ARMS	Ask the person to raise their arms. Is one arm weak?
	SPEECH	Ask the person to speak. Is their speech slurred?
	TIME	Call 911 right away at the first sign of a stroke.



The infographic features a teal header with the Cedars-Sinai logo and title. Below the title is a subtitle. The main content is organized into four horizontal white boxes, each with an icon, a bolded sign name, and a question. To the right of these boxes is a full-body illustration of a Black male doctor with a beard and glasses, wearing a white lab coat, yellow pants, and a stethoscope, holding a red folder.

Should I go to the doctor?

You have not been to the bathroom for a week!
Your stomach hurts.



What is an Emergency?

If waiting will endanger a person's life, call 911.



What is an Emergency?

- A serious, unexpected, and often dangerous situation requiring immediate action.
- A **medical emergency** is an acute injury or illness that poses an immediate risk to a person's life or long-term health, sometimes referred to as a situation risking "life or limb".



IMMEDIATE CARE

Seek attention at an Immediate Care center if you are in need of or experiencing the following:

- Allergies
- Blood Tests
- Cold & flu
- Cuts
- Ear ache
- Fever
- Infections
- Lab Tests
- Minor Burns
- Minor Injuries
- Nausea
- Persistent Coughs
- Rashes
- Scrapes and Bruises
- Sore Throat
- Sprains
- Stitches
- X-rays

OR

EMERGENCY ROOM

Seek care here if you are experiencing a medical emergency including:

- Severe chest pain
- Severe shortness of breath or difficulty breathing
- Suspected poisoning
- Severe abdominal pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Sudden fainting, dizziness, numbness or weakness
- Coughing or vomiting up blood
- Broken bone, puncturing skin
- Injury to head or neck
- Extreme high fever



IF YOU REQUIRE EMERGENCY MEDICAL ATTENTION, PLEASE
CALL 911 TO ACCESS YOUR LOCAL EMERGENCY SERVICES.

Calling 911 is No Joke!

DISPATCHER: Oregon 911

CALLER: I would like to order a pizza at ...

DISPATCHER: You called 911 to order a pizza?

CALLER: Uh ... yeah. Apartment

DISPATCHER: This is the wrong number to call for pizza.

CALLER: No, no, no ... you're not understanding.

Emergencies = Call 911

- Chest pain with shortness of breath
- Choking
- Unable to wake someone up
- Severe pain in stomach
- Broken bone poking out through the skin
- Bleeding badly
- Bad burns
- Poison
- Allergic reaction

Let's Practice

Practice calling 911 and giving the information that you would give to the operator.

- Name and location
- What is the emergency?
- Stay on the line until the operator says to hang up.
- Listen carefully for instructions.