

Guidelines:

- Only practice within your license and comfort zone.
- All providers must carry individual malpractice insurance that covers them while practicing with YHC Clinic (COPIC, NSO).
- No prescription of controlled substances (narcotics, benzos, psych meds).
- No private or genital exams.
- Refill rx if Pt is already on and taking without side effects.
- If Pt does not know name/dose of rx, give YHCs number to have provider call in rx for them.
- If Pt refuses EMS and meets capacity to refuse EMS, YHC can offer to start a medication. Document discussion of risks/benefits.
- Give Pt referral info or date of next outreach for follow-up.
- Verify vitals, discuss abnormalities.

Common Conditions:

- Hypertension: Escalate care if BP > 180/110, < 80/60, or symptomatic. Refer to \$4 prescription lists. Give automatic BP cuff if available. Encourage Pt to keep log of pressures.
- Elevated Blood Glucose or Known Diabetes: Escalate care if BG > 250, < 70, or symptomatic. Consider risks/benefits of starting metformin. If rx, start at lowest dose and refer. Give glucometer and test strips if available. Encourage Pt to keep log of sugars.
- Sexually Transmitted Diseases : Refer to FQHC clinic for testing/tx, ok to treat empirically if provider feels comfortable (no private exams). Give condoms, dental dams, or lube if available. Provide safe sex education.
- Sleep Issues: Can give melatonin up to 10g for 20 minutes before bedtime. Provide education on good sleep hygiene.
- Behavioral Health Issues. Rule out emergencies such as SI/HI. If SI/HI call 911. Refer to local providers as YHC does not have long term follow up for BH. Do not delve deeply into BH secondary to no long term follow up.
- Can ask if patients would like prayer or just to talk and refer to spiritual volunteer if available.
- Skin: Escalate care if infection (warm, red, pus). Document risks/benefits/allergies of rx antibiotic (ex. Keflex, Bactrim). Provide wound care if indicated. Give supplies (cleanser, dressing, ointment) to last until Pt can follow up.
- Vision: Refer to local specialists who provide discount services. In special cases, YHC can pay for vision check and glasses. Give reader glasses if available.