

Harm Reduction Primary Health Care Guidelines

Name: _____

Chart #: _____

1. <u>Selected Physical Exam</u>	<u>To Do/Reminders</u>
BP Wt Urinalysis/βhcg Dentition Resp (RAD/COPD/pneumonia/bronchitis/sinusitis/rule out TB) Gyne exam Check injection sites Check feet Mental health screen (depression/suicidality, anxiety, PTSD)	
2. <u>Selected Tests</u> PAP (annual) HIV TST (annual) Swabs (annual) HAV/B/C CBC/Fe/B12 VDRL (annual) LFTs BS/HbA1C	
3. <u>Immunizations</u> Hep A Td Hep B Pneumovax (esp HIV+, etoh, cirrhosis) Influenza rubella	
4. <u>Pregnancy/contraception</u> G T P A L P A P DLMP: Contraception hx Contraception preferences ECP aware? Post partum care? PP Depression?	
5. <u>Health Promotion</u> Multivites/C condoms OW (TTC, diet forms) toothbrush thiamine/B12 needles ODSP (TTC, diet forms) socks/und Folic acid pipes housing applications? pads/tampons	
6. <u>Education</u> Safer etoh/crack/IDU HIV/HCV transmission Safer sex (**esp if STI or pregnant) s/sx TB BSE/TSE HPV/cervical CA/PAP	
7. <u>Referrals</u> Detox/treatment/methadone Sexual assault care centre Dentist Specialist(s)	
8. <u>Index of Suspicion</u> HIV TB abscesses osteomyelitis FAS Syphilis Hep B cellulitis septic arthritis chronic pain PID Hep C bacteremia constipation (opiates) withdrawal STIs endocarditis reflux (opiates) DTs	

Drug(s) of choice: _____ **Current IDU?** _____