

Mercy Family Health Center-Medical Safe Haven

Physician Tip Sheet: Clinic Patient Visit

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Crucial Points to the Visit

- **Express gratitude for their courage** for starting down this new path, and your appreciation at being part of their recovery.
- **Inform patient they are in control of visit** both in what history they share and what physical exam is done.
- Inform patient that other physicians are available and ask if they would be more comfortable with a different gender service provider.
- **Ask permission to ask invasive questions.** Preface this with the understanding that it may be helpful in determining what tests, etc. may be necessary in order to provide the best care.
- Obtain as much history as possible, and start early (ex: where were you born...) This builds the long term relationship (**safety, eventual trust**)
- Try to stream together timelines. Remember **trauma disrupts.**
- **Validate emotions:** patients are having normal reactions to abnormal situations.
- **Involve case manager** as much as possible, if beneficial relationship is established.
- **Be aware of secondary trauma.**
 - **Decompress** after visit. Know that you have made a positive impact just by listening.
 - Employ Grounding Techniques: (<https://scottjeffrey.com/grounding-techniques/>)
- Schedule multiple **closely scheduled follow-ups.** Anticipate more no-shows.
 - Note: Follow-up may be with another provider, *know that this is ok*, as this is a team approach. We are also helping to “**normalize**” health provider experience with patients, who may have **encountered trauma-bonding.**
- Order lab work, return for full physical (**allowing patient time to prepare**).
- Treat STDs, **catch up immunizations, check for TB**, pregnancy, drug use, needed **contraception** (you know, be a good primary care doctor).
- Use Prazosin for **acute PTSD symptoms** (Hyperarousal, nightmares). Non-activating SSRIs for anxiety, depression, **chronic PTSD.** Antipsychotics for **mood lability** (Zyprexa, Seroquel).

ICD-10 Codes

Common Conditions (human trafficking)

T74.51	Adult forced sexual exploitation, confirmed
T74.52	Child sexual exploitation, confirmed
T74.61	Adult forced labor exploitation, confirmed
T74.62	Child forced labor exploitation, confirmed
T76.51	Adult forced sexual exploitation, suspected
T76.52	Child sexual exploitation, suspected
T76.61	Adult forced labor exploitation, suspected
T76.62	Child forced labor exploitation, suspected
Y07.6	Multiple perpetrators of maltreatment and neglect

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Z04.81	Encounter for examination and observation of victim following forced sexual exploitation
Z04.82	Encounter for examination and observation of victim following forced labor exploitation
Z62.813	Personal history of forced labor or sexual exploitation in childhood
Z91.42	Personal history of forced labor or sexual exploitation

<u>ICD-10 Codes</u>	<u>Common Conditions (other)</u>
F43.1	PTSD
F43.12	PTSD, Chronic
P91.4	Depression
F41.9	Anxiety
F31.9	Bipolar, unspecified
F19.19	Substance Use Disorder
Z11.3	STD Screening
Z20.2	STD Exposure
T74.22Xa	Child Sexual Abuse
T74.32XA	Child Psychological Abuse
T74.12XA	Child Physical Abuse
Z91.410	Adult Physical/Sexual Abuse
Z59.0	Homelessness

Initial Tests (lab, imaging)

- HIV 1/2
- RPR reflex titer
- Gonorrhea – urine
 - (Consider 3 site)
- Chlamydia -urine
- Hepatitis B, C
- HSV 2 – HSV 1&2 if pregnant
- Trichomoniasis –can only be done with swab
- Urine HCG
- Quantiferon Gold
- Drug Monitoring Profile
- CMP
- TSH – with reflex T4
- CBC
- Pap Smear – consider adding GL/Chlamydia, BV/Trichomoniasis

Follow-Up Tests & Special Considerations

- **Health Care Maintenance**

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- Physical Exam
- Immunizations
 - MMR Titer
 - Varicella Titer
- **Repeat Testing**
 - STIs in 2 weeks
 - RPR, HIV at 6 weeks and 3 months

Common Meds

- **Mood Lability/Intensity/Complex Chronic PTSD**
 - Quetiapine (Seroquel)
 - Olanzapine (Zyprexa)
 - Lamotrigine (Lamictal)
 - Lurasidone (Latuda) if pregnant
- **Nightmares, Hyperarousal**
 - Prazosin
- **Depression/GAD/PTSD**
 - Escitalopram (Lexapro)
 - Sertraline (Zoloft)
 - Duloxetine (Cymbalta)
 - Venlafaxine (Effexor)
 - Fluvoxamine
- **STIs**
 - Azithromycin
 - Doxycycline
 - Ceftriaxone
 - PCN
 - Metronidazole
- **Infectious (Regimen Dependent)**
 - TB, Hepatitis, HIV
 - PrEP
- **Substance Use Disorders (Maintenance/Withdrawal – Regimen Dependent)**
 - Suboxone, Methadone, Naltrexone, Naloxone, Gabapentin, Mitazapine, Acamprosate, Clonidine, etc.
- **Womans Health**
 - Plan B
 - LARC (IUD, Nexplanon), SARC (OCPs, Nuvaring, Patch)
 - Rhogam