

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
 - PReP
 - Plan B
 - LARC

Common Meds

- **Mood Lability/Intensity**
 - Quetiapine (Seroquel)
 - Olanzapine (Zyprexa)
 - Lurasidone (Latuda) if pregnant
- **Nightmares, Hyperarousal**
 - Prazosin
- **Depression/GAD/PTSD**
 - Escitalopram (Lexapro)
 - Sertraline (Zoloft)
 - Duloxetine (Cymbalta)
 - Venlafaxine (Effexor)
 - Fluoxetine (Prozac)
- **STIs**
 - Doxycycline (Azithromycin)
 - Ceftriaxone
 - PCN
 - Metronidazole
 - PrEP
- **Infectious (Regimen Dependent)**
 - TB, Hepatitis, HIV
- **Substance Use (Regiment Dependent)**