


**COMMUNITY HEALTH EDUCATION & SCREENING (CHE&S)
PATIENT RECORD
HOW IT CAN BE USED**

NATIONAL & INTERNATIONAL STANDARDS & PRACTICE GUIDELINES (IS&GS)

HHS=Health & Human Services & its divisions & collaborating partners (CDC etc)

WHO=World Health Organization & its divisions & collaborating partners (Includes HHS)

<p>Although "The 3 Things" are very simple, they are not always easy to accomplish. For additional evidence-based health education and holistic (mind, body & spirit) health services & support please see the following:</p> <div data-bbox="256 787 750 894" style="border: 1px solid black; padding: 5px; text-align: center;"><p>Include Your Specific Follow-up Information Here</p></div> <p style="text-align: center;">4</p>	<p style="text-align: center;">HEALTH SCREENING & EDUCATION RECORD</p>  <p style="text-align: center;">The World Health Organization Reports that</p> <p style="text-align: center;">80% of Premature Heart Disease (#1 Killer)</p> <p style="text-align: center;">80% of Stroke (#3 Killer)</p> <p style="text-align: center;">80% of Diabetes (#6 Killer)</p> <p style="text-align: center;">40% of Cancer (#2 Killer)</p> <p style="text-align: center;">and NUMEROUS other conditions can be prevented by YOU doing just 3 things...</p> <p style="text-align: center;"><i>(Much more important than all of our hospitals & clinics, doctors & nurses, and drugs & surgeries combined.)</i></p> <p style="text-align: center;">From WHO 2005 1 www.HEPFDC.org</p>
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This record is 4 pages (5.5 x 8.5 inch) color printed front and back (Inside and Outside) on a single 8.5x11 sheet that is folded in the middle. (See Examples and Templates from [The 3 Things](#) section of the HEALTH SCREENING tab).

The record is given to the patient at the time of registration and serves several very important functions. It enables compliance with a number of international and national evidence-based guidelines. The illustrations facilitate compliance for illiterate patients as well. "The 3 Things" version includes the following:

- a. Pages 1 and 2 are copies of "The 3 Things" lesson. This enables reinforcement and also multiplication of the knowledge to the patient's family & friends.
- b. Page 3 is the health record with patient-specific health indicators. Normal and

abnormal standards are color coded so that illiterate patients can also easily determine their status.

(Pages 1 to 3 can be used as is in most communities, rural and urban, in the US and in developing countries.)

c. Page 4 is very important for providing patients with follow-up services with local sponsoring organizations (See [Page 4](#): below).

THE 3 THINGS

1. Healthy Diet

2. Not Using Tobacco

3. Adequate Exercise

From WHO 2005 2 www.HEPFDC.org

HEALTH SCREENING RECORD

NAME: _____
Surname/No./Apellidos (Last) Given names/Prenoms/Nombres (First) (Middle)

Age: _____ Date (Mo/Da/Yr): _____ Registration Number: _____

1. Do you get less than 30 minutes exercise per day? Yes ___ No ___
 2. Do You Use Tobacco? Yes ___ No ___
 3. I Request the Following Free Services: Yes ___ No ___

A. HEIGHT & WEIGHT for BODY MASS INDEX (BMI): The higher your BMI, the higher your risk for heart disease, stroke, type 2 diabetes, certain cancers, high blood pressure, breathing problems, osteoarthritis, and other diseases.

For ages 19 years and older: Underweight = Less than 18.5 BMI Normal weight = 18.5–24.9 BMI Overweight = 25–29.9 BMI Obesity = 30 or greater BMI	Height Inches: _____ or Cm _____ Weight Pounds: _____ or Kg: _____ BMI: _____ (For ages 5-18 years use WHO Chart: U N Ov Ob)
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B. CDC PREDIABETES SCREENING TEST RESULTS: _____
0-2=Normal / 3-8=Healthy lifestyle/ 9 or Greater=Need follow-up testing

C. BLOOD PRESSURE (Should always be confirmed by follow-up with your own doctor) For ages 18 years and older: **Green=Normal/ Yellow=Pre-hypertension/ Red=Hypertension.** Blood pressure in the **hypertension** range ("The Silent Killer") should be evaluated by your doctor as **soon as possible.**

Systolic: _____ **Less than 120/ 120-139/ 140 or greater**
 Diastolic: _____ **Less than 80/ 80-89/ 90 or greater**
 Pulse: _____ Varies (Lower is usually better)

A. Body Mass Index	B. CDC Prediabetes	C. Blood Pressure

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Page 1: "The World Health Organization reports that **80%** of Premature Heart Disease (#1 Cause of Death), **80%** of Stroke (#3 Cause of Death), **80%** of Type 2 Diabetes (#6 Cause of Death), and **40%** of Cancer (#2 Cause of Death) can be prevented by YOU doing just 3 things... Much more important than all of our hospitals & clinics, doctors & nurses, and drugs and surgeries combined."

This same information is also be presented in Flyers advertising the event, and by Posters presented by health educators in a participatory manner as patients wait in line to register.(All can be downloaded free from [The 3 Things](#) section)

The purpose is to engage the community in a process of self-discovery. "What are these 3 things that WE can do?" And through this participatory approach, patient groups nearly always come up with the WHO evidence-based answers, even before they receive their record which includes those answers on page 2.)

Page 2: "The 3 Things" 1 Healthy Diet 2 Adequate Exercise 3 Not Using Tobacco. The illustrations provide additional reinforcement of the guidelines for patients to take with them to discuss with their families and friends. This also facilitates multiplication of the knowledge throughout the community.

Page 3: Health Screening Record: Usually limited to those conditions that are most important (can result in saving the most lives and prevent the most suffering) in the community.

--In both developed and developing countries this nearly always includes: BMI, History of tobacco use, History of less than 30 min exercise/day, History of diabetes symptoms (CDC Prediabetes Screen), BP and Pulse measurement.

--Other areas may be added or substituted as determined by the local community and MOH, however it is unusual to find more important health indicators for adults in either developed or developing countries.

--The content of this page enables providers to meet the standards of a number of national and international evidence-based guidelines for BMI, BP, Diabetes, and Tobacco Use evaluation and counseling.

--Color coding the BMI and BP values facilitates the meeting of these standards for illiterate patients as well.

CHE&S PATIENT RECORD HEALTHCARE PROVIDER RESPONSIBILITIES

CHE&S Health Screening Record page 2&3 (Also in Spanish)

HEALTH-CARE PROVIDER:

1. Takes History

2. Reviews BMI

3. Reviews Pre-Diabetes Screen

4. Obtains Blood Pressure & Pulse

5. Provides additional Exam as Indicated.

6. Reinforces & Reviews relevant E-B Guidelines as time permits

7. Encourages and Refers for appropriate Follow-Up as indicated: Church-Based Health Education or other Services and/or nearest participating Curative Care Clinic

8. Offers Prayer: See WHO IS&Gs

Note re Pulse, Touch & Compassion: Holding the patient's hand while taking the pulse is also important for demonstrating tender loving care (TLC) and holistic healing. --As emphasized by leprosy surgeon and researcher Dr. Paul Brand (*Fearfully and Wonderfully Made* and others) scientific studies have long demonstrated the lifesaving importance of touch, and simply holding babies has reduced mortality by 25%. See also Lessons 2B & 30B.

--The importance of demonstrating compassion was also emphasized from a biblical standpoint, one of the two things Jesus did when healing someone was touch them.

Note re Prayer: Prayer is offered in accordance with WHO International Standards & Guidelines for high quality holistic care. For example see:

--[WHO Quality Of Life Spirituality, Religiousness and Personal Beliefs \(SRPB\) Field-Test Instrument](#)

--Prayer is also listed #1 in this WHO document: [Building from common foundations: The World Health Organization and faith-based organizations in primary healthcare](#) (US HHS and other evidence-based sources have also unequivocally confirmed the importance of the Faith/Belief/"Placebo" effect).

--Above also emphasizes the importance of Faith Based Organization / Ministry of Health collaboration and the numerous tangible and intangible assets available through churches, even those with inadequate financial resources.

--These spiritual assessment guidelines apply for U.S. patients as well. Every child with a papercut knows our bodies are self-healing. And scientific studies have long confirmed the healing power of the faith/belief or "placebo" effect.

--From a biblical standpoint, the second thing Jesus did when healing someone was emphasize "Your faith has healed you."

--Patient surveys and [The Joint Commission](#) have also long confirmed the above.

Evidence-Based Effectiveness: Church-Based CHE&S has also received WHO's *highest possible* evidence-based rating for effectiveness: See WHO's [Interventions on Diet and Physical Activity: What Works](#)

Page 4: Church/Community/Clinic Follow-up Services. The fourth page contact info is left blank on the Templates to enable local organizations to include information on their specific follow-up services (Use a 5.5x8.5 page size for your information if you wish to use the Template).

--Lists local sponsoring organizations of the event (Clinic, Church, School, and other Community Service Organizations). This is **very important for enabling follow-up** and includes contact information and available holistic health services. (See [Examples](#) from [The 3 Things](#) section of the CHE&S page).

a. Sponsoring Local Church Follow-up Information concerning Holistic (Mind, Body, Spirit) services could include contact info for: Church Services; Sunday & Bible Schools; Men's Groups; Women's Groups; Married Life Groups; Teenage Groups; Groups for Weight control & Physical Fitness; Heart Disease, Stroke and Diabetes Prevention; Stress Reduction Groups; Alcohol & Drug Dependency Groups; Healing Prayer Groups; and additional groups or services for other conditions that cause the most unnecessary deaths and suffering locally.

b. Sponsoring Local Medical Clinic Follow-up Information:

--Health conditions are sometimes identified which require urgent medical follow-up. This is especially true in poor communities that lack health insurance.

--This is also important for patients who will need more routine follow-up of high blood pressure and other chronic conditions.

--If the screening setting is in the US, contact information for a local sliding fee-scale clinic is usually included. In most other countries, the contact info is for the local Ministry of Health or other local clinic.

--Usually personnel from the above medical clinics have been directing and working alongside other community leaders and organizations, with the support of the STM team, in planning and conducting the CHE&S event from the very beginning, thus facilitating excellent collaboration and follow-up.

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