



Prioritizing Prevention:

Addressing Your Physical & Mental Health Needs

WELL *moment*

Better Conversations. Better Health.

AN EDUCATIONAL EVENT BY VHAN

Housekeeping

- Our goal is to have this be an interactive session, so please submit your questions throughout the presentation via the chat box.
- We will send an email of the recording and the presentation slides, along with links to resources discussed.
- We invite you to participate in the survey following today's presentation.
- We'd love to hear from you! If we don't cover something, or if your question isn't answered, contact us at memberinfo@vhan.com.





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The Role of a Primary Care Provider

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Agenda

Objectives

- Highlight the importance of having a PCP
- Discuss the types of role a PCP can have in health and wellness
- Review the roles of PCP in health care
- How to make the most of your appointment with your PCP
- How to choose a PCP





What is Health?



Physical functional status

Emotional well-being

Interpersonal relationships

Cognitive function

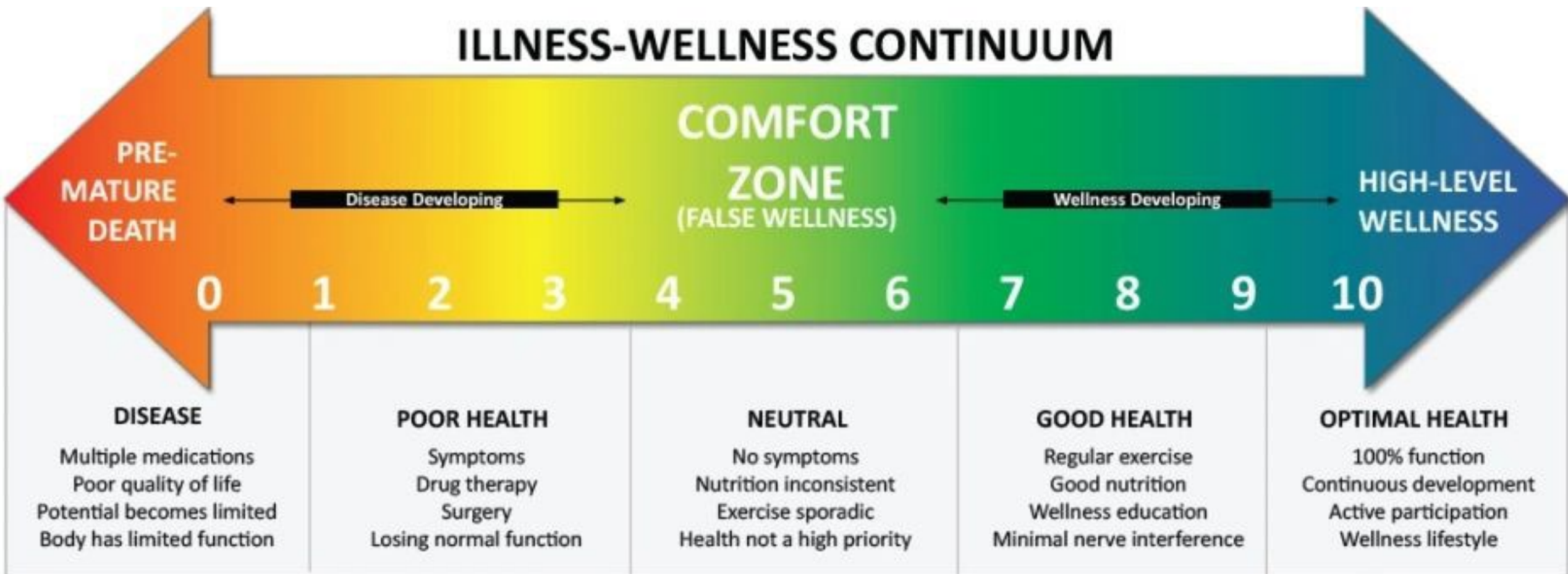
Spirituality

Sexuality



What is Illness?

ILLNESS-WELLNESS CONTINUUM



Prevention & Screenings

What is a PCP?

*(Primary Care Physician
or Provider)*

A PCP is someone who:

- Knows you and **your health care goals**
- Provides and **recommends screenings** to identify diseases early
- Treats chronic diseases and/or helps **manage care** of specialists involved in your care
- Helps **identify medical emergencies**
- Can help you **plan for future health needs**
- Acts as your **health advocate** and partner

Types of Primary Care Providers

Many types of health care providers offer primary care. Different specialists are trained to see certain types of patients:

- **Family practitioners** (also known as family doctors) see patients of all ages, sometimes everyone in a family.
- **Pediatricians** care for children and teenagers.
- **Internists**, or internal medicine doctors, see only adults.
- **Geriatricians** care for older people.
- **Obstetricians** and **gynecologists** focus on women's health and pregnancy.
- **Nurse practitioners** and **physician assistants** may also provide primary care.

Reasons to See a Primary Care Provider

You should not see your primary care physician only when you are sick. You may also see them:

- If you have questions about your health, want to take steps to get healthier, get your annual exam, get a health screening, or get immunizations.
- If you are feeling under the weather. Your primary care doctor can examine you, order blood tests and other tests, make a diagnosis, and prescribe medications.
- If you have a chronic condition like diabetes, hypertension, [asthma](#), or [chronic obstructive pulmonary disorder](#) (COPD). Your primary care doctor can help you find specialists, and they will continue being an important member of your health team throughout treatment.

If you are in an accident or sustain an injury, your primary care doctor is often your first stop, even if it is just a phone call to get advice on what to do.

Your primary care physician can help you reach your best health potential.

What Does a Primary Care Provider Do?

- Develop a long-term relationship with you, helping you stay healthy or get better when you're sick. Your PCP will be your partner in improving your physical and mental health and wellbeing.
- Primary care providers can treat all types of everyday health concerns. Your PCP can answer questions about infections, chronic conditions or medicines.
- With regular visits, such as annual health checkups, your PCP will get to know much about you:
 - Your current health.
 - Your medical history.
 - Your family's medical history.
 - Your treatment preferences and daily challenges.
 - Your personality and lifestyle.
- Help you make decisions about your end-of-life wishes, including designating a health-care proxy (POA)



Prevention

Health Screenings Needed By Age

Personal Health Screening Guidelines

	Screening	Purpose	20-29	30-39	40-49	50-59	60+
GENERAL	Cholesterol, HDL, LDL and triglycerides	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
	EKG	Identify injury to heart or irregular rhythms			Baseline test between ages 40 and 45	Annually	Annually
	General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	Immunizations	Create immunity against a particular disease	Diphtheria–Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65				
	Rectal Exam	Detect any abnormalities in the rectum				Annually	Annually
	Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Baseline test at 50, then every 5-10 years	Every 5-10 years
	Hemoccult	Detect blood in stool to screen for various diseases				Annually	Annually
	General Eye Exam	Detect hidden disease processes in the eye or body as a whole	Every 5-10 years	Every 5-10 years	Every 3-5 years	Every 3 years	Every 1-2 years
WOMEN	Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
	Mammography	Detect cancer and precancerous changes			Baseline test at 40	Annually	Annually
	Pap Smear	Detect abnormal cells that may become cancerous	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
	Pelvic Exam	Detect cancer and precancerous changes of the cervix, uterus and ovaries	Annually	Annually	Annually	Annually	Annually
	Bone Density Screening	Detect osteoporosis and bone thinning					Baseline test at 60
MEN	Prostate Specific Antigen	Detect prostate cancer in the earliest stages				Annually	Annually
	Testicular Self Exam	Detect testicular cancer, the most common malignancy in American men between ages 15 and 35	Monthly	Monthly	Monthly	Monthly	Monthly
	Digital Rectal Exam	Identify an early growth or tumor in the prostate gland				Annually	Annually

How Do I Find a Primary Care Provider?

To be comfortable and develop a long-term relationship, it's important to find a PCP who is qualified, fits your personality and accepts your insurance plan. Many strategies can help you identify the right provider:

- Talk to people you trust, such as family members, friends and neighbors.
- Ask other healthcare professionals you know, such as your dentist, a nurse or another doctor.
- Ask your health insurance company to help you find someone nearby who accepts your insurance.
- Search an online national directory of healthcare providers. Organizations like the American Board of Family Medicine offer such directories.
- Use a local search tool. Hospitals in your area may offer physician search tools.

How Do I Choose a Primary Care Provider?

Consider the PCP's overall office setting and the staff at the PCP's office

Where are you located? Does the PCP see patients in more than one location?

What are the office hours?

What days does the PCP see patients in clinic?

How long does it usually take to get an appointment for urgent visits or routine physicals?

Does the office do lab tests onsite or nearby?

What is the turn-around time for urgent and non-urgent calls or messages?

How Do I Choose a Primary Care Provider?

Consider scheduling your first visit as an interview. You may ask:

- What are your qualifications?
- Does you have more conservative or more aggressive approach to treatment?
- How do you decide when a patient needs a specialist?
- How do you like to communicate (in-person, phone, email?)
- Who provides care when you are on vacation?

What to Expect at a Visit with Your Primary Care Provider

- The first time you meet with your primary care physician the focus will be on providing information that will give them a better understanding of you, your medical history, and your healthcare needs. They will review your medical records and medications, discuss your personal medical history as well as your family members', and give you a general exam.
- Follow-up visits will be centered on specific healthcare goals such as strategies to improve or manage wellness or to treat an illness.
- Before going to any of your appointments, **make a list of questions, concerns, and any symptoms you are experiencing**. This way you won't forget to tell your doctor something important or forget to ask a question. Preparation is key to a productive doctor visit. Bring all medications with you

The Importance of Having a Primary Care Doctor

Primary care providers manage day-to-day health needs.

A long-term relationship with a PCP keeps you healthier and lowers medical costs.

A PCP can teach you ways to stay healthy, treat you when you're sick and help you get more advanced care when you need it.

Finding the right PCP for you takes time but improves your well-being in the long run.

What Can a Primary Care Provider Do at Checkups?

Everyday aspects of your history and lifestyle contribute to your overall health. A PCP will consider those factors and then:

- Teach you ways to make better decisions about your health to prevent disease. For example, your PCP can guide efforts to quit smoking, eat more nutritious foods or manage stress.
- Make sure your vaccines are up to date to prevent illnesses like the flu.
- Suggest screening tests to detect problems before you even notice them (like a mammogram for breast cancer).
- Treat health problems that pop up (such as a rash or infection).
- Help you manage long-term health problems (for instance, diabetes, high blood pressure or depression)
- Find a medical specialist if you need one (like a knee surgeon or heart doctor)

Quiz Time

10 Reasons Why You
Need a PCP

You need a PCP for all the following reasons EXCEPT:

- A- Understand your health goals and help you achieve them.
- B- Screen for health conditions such as high blood pressure, diabetes, etc.
- C- To make health care decisions on your behalf
- D- Treat minor injuries and infections
- E- Because having a PCP improves care and reduces health care cost.

THE POWER OF PHYSICAL ACTIVITY

MAINTAINING WHOLE PERSON HEALTH THROUGH EXERCISE



THE POWER OF PHYSICAL ACTIVITY

MAINTAINING WHOLE PERSON HEALTH THROUGH EXERCISE

EXERCISE – A “FOUR LETTER” WORD

- RETHINK EXERCISE:
 - EXERCISE =

PHYSICAL ACTIVITY =

MOVEMENT =

MEDICINE =

TREATMENT =

THERAPY =

SELF-CARE

YOUR BODY LOVES EXERCISE

- Resting heart rate decreases
- Blood volume pumped by heart (stroke volume) increases – heart doesn't have to work as hard throughout the day
- Ability of body to transport and use oxygen increases
- Muscle endurance improves
- Muscle growth/toning improves
- Capillary beds become denser, number of mitochondria increase
- A “Pavlov” response to exercise cues – the body becomes conditioned to exercise and becomes excited when you see or hear **certain precursors of exercise**
- **Humans are meant to move!**

Consider this...

- “Regular physical activity is one of the most important things you can do for your health.” –*Centers for Disease Control*
- “The science is clear: Every system of the body benefits when a person exercises...”
- A daily dose of physical activity is highly effective for preventing and treating many of our most prevalent chronic diseases, including:
 - coronary heart disease
 - hypertension
 - heart failure
 - obesity
 - depression
 - diabetes” –Dr. Heather A. Hausenblas
- “Anyone can benefit from cultivating a physical practice.” –Dr. Kelly Starrett
- “Exercise is a wonder drug. If it was listed in the Physician's Desk Reference, it would be the most powerful drug currently available. And it would be malpractice not to prescribe it.” –Dr. Bob Sallis

The benefits according to research

- improve muscular and cardiorespiratory fitness
- improve bone and functional health
- reduced risk of hypertension,
 - coronary heart disease,
 - stroke,
 - diabetes
- reduce the risk of falls as well as hip or vertebral fractures
- helps maintain a healthy body weight
- Improves physical fitness (cardiorespiratory and muscular fitness)
- Improves blood pressure, cholesterol & glucose levels, and insulin resistance
- Improves bone health
- Improves academic performance & executive function
- Improves/aids in management of mental health symptoms
- reduced body fat
- reduced risk of all-cause mortality
- reduced risk of cardiovascular disease mortality
- reduced risk of cardiovascular disease mortality
- reduced incidents site-specific cancers (bladder, breast, colon, endometrial, oesophageal adenocarcinoma, gastric and renal cancers)
- improves sleep
- For pregnant and post-partum women, reduced risk of:
 - pre-eclampsia
 - gestational hypertension
 - gestational diabetes
 - excessive gestational weight gain
 - delivery complications
 - postpartum depression
 - newborn complications

Lives impacted

Back on My Feet (2007)

Charity that recruits individuals at homeless or addiction and treatment facilities around the country. These individuals – known as members – commit to run three early mornings a week.

97%

of members take a more positive attitude toward themselves

72%

of members find their life to be more meaningful

86%

of members feel more satisfied with their lives

48%

Reduction in High Blood Pressure

41%

Reduction in Obesity

58%

Reduction in Nicotine Usage

86%

of members feel more satisfied with their lives

7.5K

Jobs & Homes Achieved

KEYSTONE HABIT

“Keystone habits have a ripple effect into other parts of life, creating positive change unexpectedly.”

HABITUAL PHYSICAL ACTIVITY / EXERCISE IS A KEYSTONE HABIT!

For instance:

Back on My Feet demonstrates what can happen in an individual's life when one engages in a physical practice

- Social connection/support
- Structure provided by goal setting, activity plans
- Physical benefits/improvements
- Self esteem, self image, self worth improvement

A synergy that science can't quite pinpoint

“THERPAY”

[It] is the only place I had control.

I didn't have to speak,

I didn't have to listen.

I just had to push or pull.

It was so much simpler, so much more satisfying than
other parts of life

I didn't have to think.

I didn't have to care.

I didn't have to feel.

I simply had to [move].

For some it's about looks.

For some it's about performance.

For me it just therapy.

OK, how much do I need

To obtain the benefits mentioned:

Accumulate at least 150 minutes (2 ½ hours) each week of physical activity

This can be done in 10 minutes increments

- helpful for those with certain physical conditions
- helpful for those pressed for time

To keep it simple – move for 2 ½ hours a week, preferably spread out over multiple days

There is variation that can be applied based on individual goals

Cultivate YOUR physical activity

Examples of exercise/physical activities:

- Walking
- Cycling
- Swimming
- Group exercise/classes
- Weight/resistance training
- Yoga
- Tai Chi
- Pilates
- Hiking
- Elliptical training
- Body weight training
- Water walking, any water movement, aquatic classes
- Walk/play with pets
- Gardening, yard work
- Social media activity groups
- CrossFit
- Personal training
- Martial Arts
- Boxing
- Kickboxing
- Water activities (kayaking, paddle board)
- Community rec centers
- Sports (basketball, tennis, pickle ball, intramural leagues)
- YouTube workout videos
 - Dance
 - Yoga
 - Age specific
 - Low impact / HIIT
 - Beginner / advanced
 - At home / outside / bodyweight

Tips & Advice

For special populations there are specific exercise prescriptions that can modify aspects of a physical activity plan to help optimize benefits

Build from 10 mins a day, progress as you go

Keep it as simple as you want

Don't fall for the quick fixes – healthy habits take time

Be intentional, plan you next 3 or more physical activities

<https://exrx.net/>

<https://www.acsm.org/>

*Be safe,
move with a purpose,
enjoy*

MY PHYSICAL ACTIVITY SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

EXERCISE =

PHYSICAL ACTIVITY =

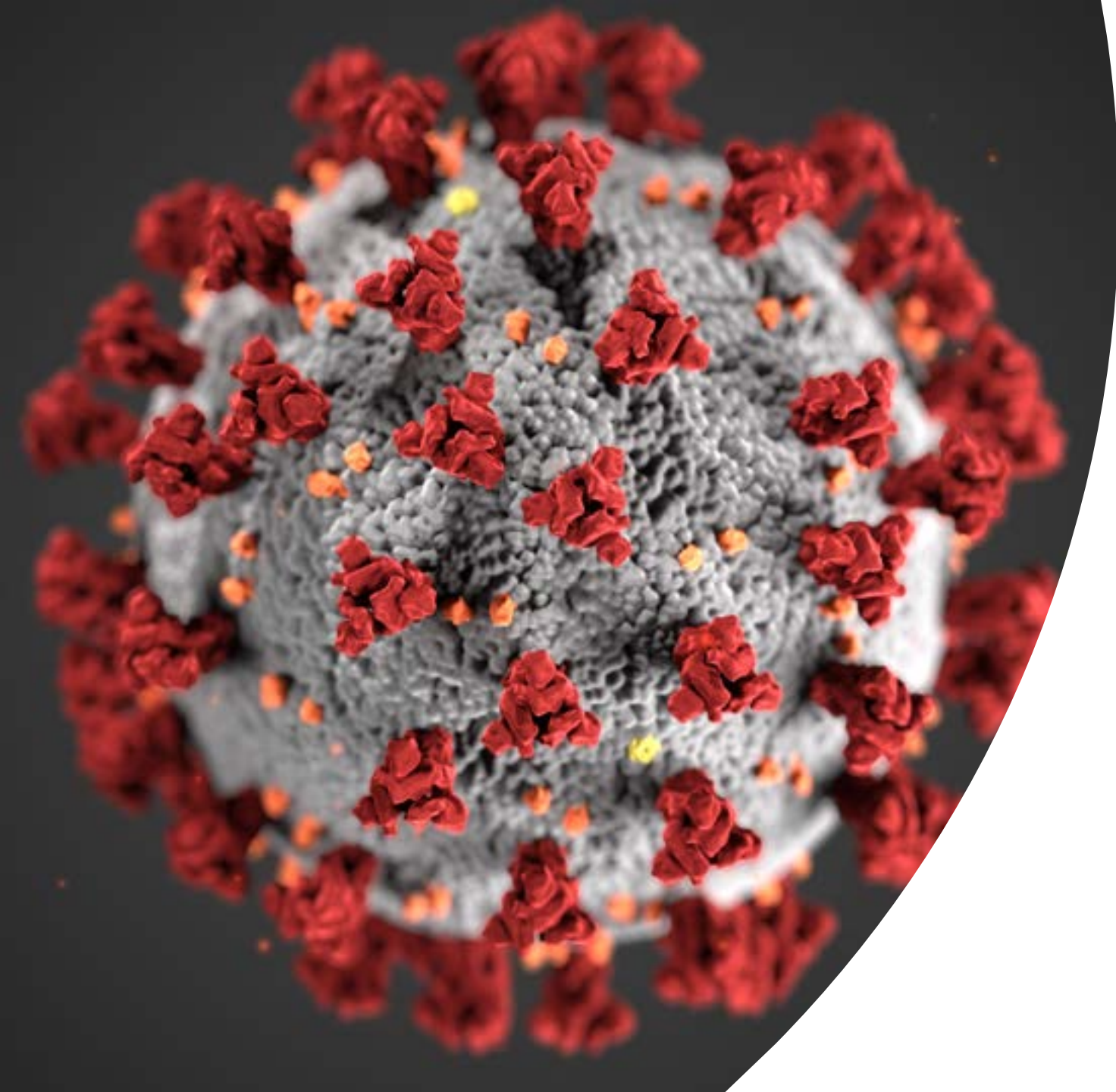
MOVEMENT =

MEDICINE =

TREATMENT =

THERAPY =

SELF-CARE



Post Acute Sequelae of Covid (PASC)

Sapna Kripalani M.D. FACP

Most common symptoms associated with PASC

- Fatigue
- Post-Exertional Malaise
- Headache
- Brain Fog/Memory issues
- Reduced concentration
- Myalgia/arthralgia
- Anosmia/Ageusia
- Sleep dysregulation
- Shortness of breath
- Chest pain





Neurologic

- Olfactory deficits
- Gustatory deficits
- Headache
- Cognitive impairment
- Hearing loss/earache/tinnitus
- Retinopathy (possible)

Psychiatric/mental health



- Insomnia
- Post traumatic stress disorder
- Depression
- Anxiety
- Obsessive compulsive syndromes
- Secondary emotional stresses (financial, social isolation, etc.)



Cardiac/cardiovascular

- Dyspnea
- Tachycardia/palpitations
- Myocarditis
- Cerebrovascular disease
- Postural tachycardia syndrome (POTS)

Pulmonary



- Dyspnea
- Cough
- Pulmonary fibrosis
- Impaired pulmonary function
- Pulmonary hypertension

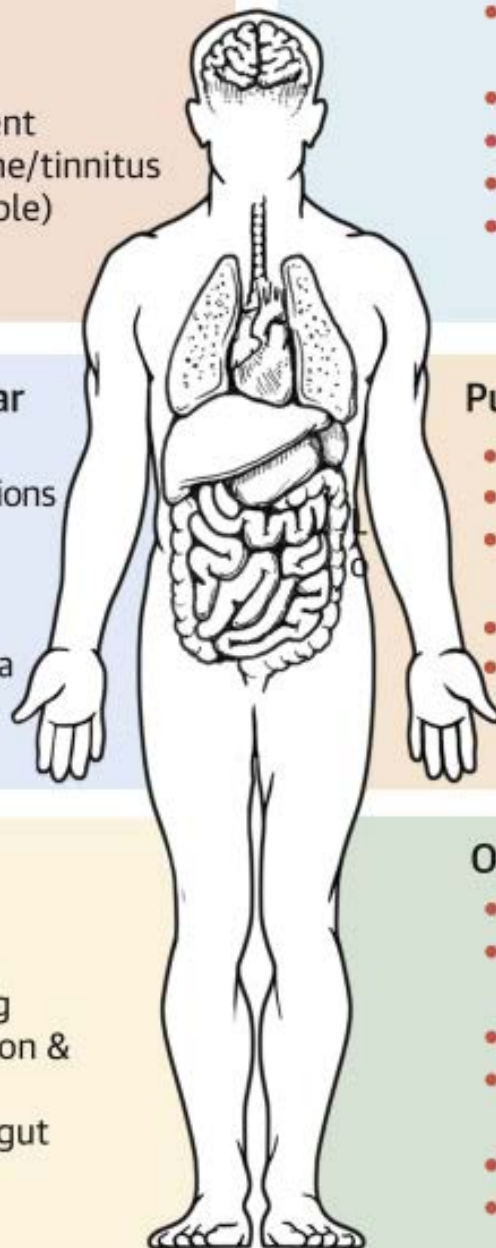


Gastrointestinal

- Loss of appetite
- Acid reflux
- Diarrhea & vomiting
- Abdominal distension & pain
- Possible change in gut microbiome

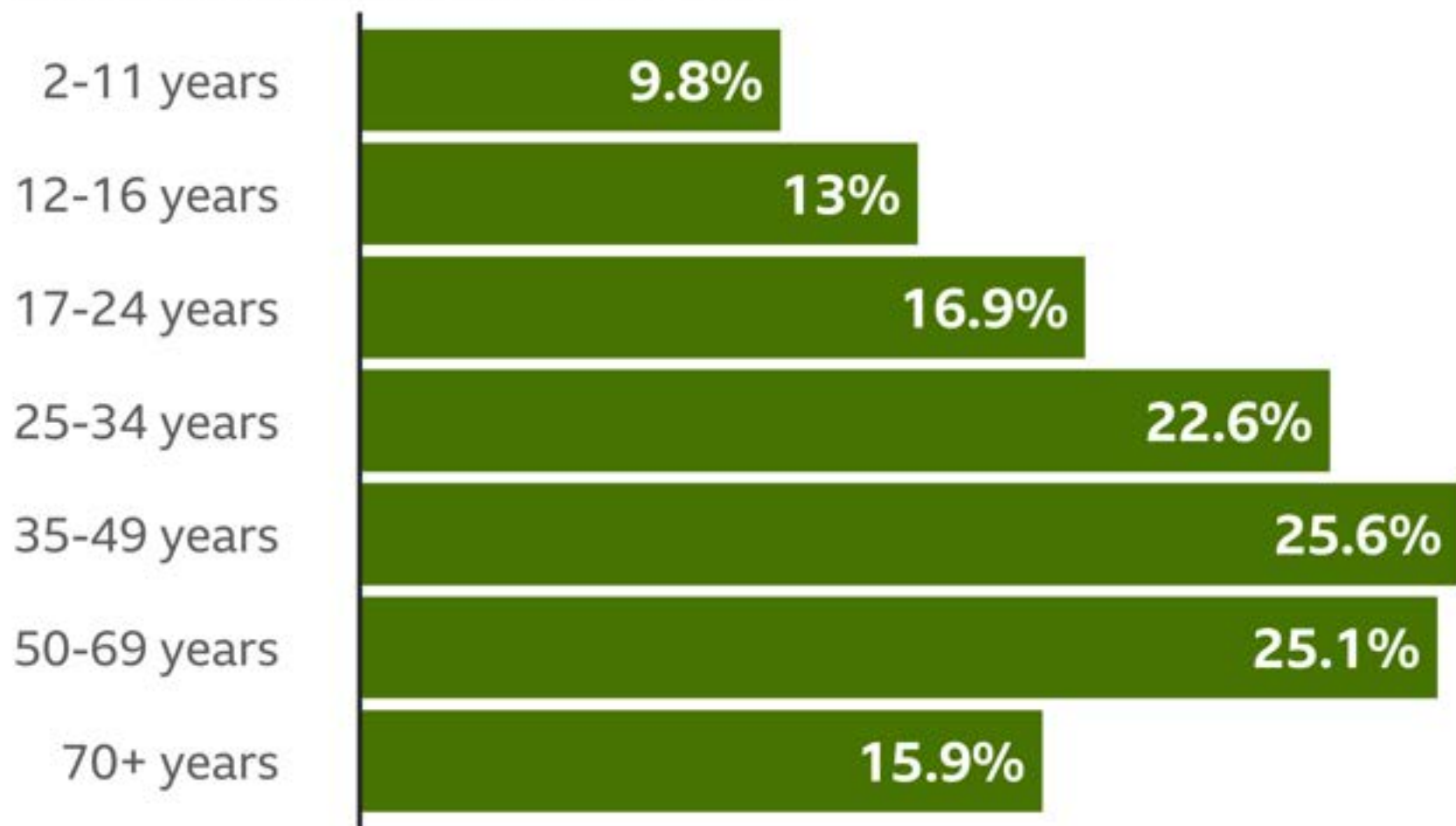
Other complications

- Chronic fatigue
- Kidney injury/chronic kidney disease
- Hyperglycemia/diabetes
- Pediatric inflammatory multisystemic syndrome
- Skin rash
- Hair loss



People aged 35-49 most likely to report symptoms of long Covid

Percentage of people reporting a symptom at least five weeks from assumed date of infection



PASC after vaccination

Breakthrough Infections in Vaccinated People Less Likely to Cause 'Long COVID'

Posted on September 14th, 2021 by Dr. Francis Collins



The effectiveness of vaccination against long COVID

A rapid evidence briefing



UK Health
Security
Agency

Risk factors and disease profile of post-vaccination SARS-CoV-2 infection in UK users of the COVID Symptom Study app: a prospective, community-based, nested, case-control study

[Michela Antonelli, PhD](#) · [Rose S Penfold, BMBCh](#) · [Jordi Merino, PhD](#) · [Carole H Sudre, PhD](#) · [Erika Molteni, PhD](#)

[Sarah Berry, PhD](#) · et al. [Show all authors](#) · [Show footnotes](#)

[Open Access](#) · Published: September 01, 2021 · DOI: [https://doi.org/10.1016/S1473-3099\(21\)00460-6](https://doi.org/10.1016/S1473-3099(21)00460-6)

PASC patient resources in Tennessee

Tennessee

The list below provides information on a growing network of Post COVID Care Centers (PCCC).

If you know of any additional care facilities or centers, please send details and info to science@survivorcorps.com.

Every Post COVID Care facility offers different services and access to specialists. We have labeled each according to services offered: **Multidisciplinary Long-Term Recovery** (most comprehensive), **Rehabilitation & Therapy** (focus on rehabilitation) and **Acute COVID-19 Recovery** (focus on improved function after severe illness or hospitalization, often in-patient services). *Survivor Corps does not endorse any providers.

Chattanooga [Hixson]

Post-COVID Clinic at the Hixson Lung Center
5441 TN-153 STE 200, Hixson, TN 37343

Multidisciplinary Long-Term Recovery

The Post-COVID Clinic at the Hixson Lung Center offers once-weekly clinics for post-COVID patients who are still suffering from lingering symptoms and chronic illness. Visits are treated as a routine office visits; co-pays and insurance charges apply.

To make an appointment: Call (423) 710-3864 or fill out [online appointment request form](#).

Contact Physician: Dr. Michael Czarnicki

Memphis

Regional One Health Outpatient Center Post-COVID-19 Clinic
880 Madison Avenue, Memphis, TN 38103

Multidisciplinary Long-Term Recovery

The University of Tennessee Health Science Center has partnered with Regional One Health to create a Post-COVID-19 Clinic in Memphis. The Clinic is designed to provide holistic outpatient care to anyone who has recovered from the initial onset of COVID-19 and is seeking follow-up recovery services. The Clinic offers both in-person and telehealth appointments. Patients will have access to a range of doctors and other specialists across various disciplines.

To make an appointment: Patients should call (901) 545-6969, Option #2, and then Option #1.

Nashville

Vanderbilt Adult Post-Acute COVID Clinic

Multidisciplinary Long-Term Recovery

The Vanderbilt Adult Post-Acute COVID Clinic is accepting long COVID patients (over 18) who had a confirmed positive COVID test at least 4-6 weeks prior. A team of doctors and other providers who understand long COVID symptoms, which can be different from person to person, has been assembled to help patients navigate their symptoms and recovery.

The Adult Post-Acute COVID Clinic at Vanderbilt coordinates care across different specialties to meet patients' needs. The specialties involved in your care may include:

- Internal medicine
- Pulmonology
- Cardiology
- Physical Medicine and Rehabilitation
- Neurology
- Ear, Nose and Throat (Otolaryngology)
- Behavioral Health

The intake team will assess your needs and put together a personalized plan just for you.

To make an appointment: Call (888) 312-0847.

Contact Physicians: Dr. Sara Martin & Dr. Cecelia Theobald

Ascension Medical Group Saint Thomas Post-Acute COVID Care Clinic
300 20th Ave North, 9th Floor, Nashville, TN 37203

Multidisciplinary Long-Term Recovery

The clinical team at the Ascension Medical Group Saint Thomas Post-Acute COVID Care Clinic provides outpatient rehabilitation treatment and support to patients throughout Middle Tennessee who previously tested positive for COVID-19 and are still experiencing symptoms.

Symptoms may include: Muscle pain and weakness, Fatigue, Body, muscle and joint aches, Difficulty breathing, Neuropathy and myopathy, Headache, Falls and balance issues, Weakness, Anxiety and Depression.

The care team is ready to support you during your recovery and to help coordinate your follow-up care. We will connect

<https://www.survivorcorps.com/pccc>

Please enter your questions into the chat box.

You can find additional resources at wellmoment.org.

Vanderbilt Health

Affiliated Network

References

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