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Triaging Your Health Concerns

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Triaging Your Health Concerns

Presented by nursing students from:



SEATTLE PACIFIC
UNIVERSITY

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When to go to the Emergency Room:

- Difficulty breathing or shortness of breath
- Chest pain
- Uncontrollable bleeding
- Confirmed or suspected loss of consciousness
- Sudden confusion or change in mental status
- Persistent vomiting or diarrhea

➔ **You know your body best! If you feel that you need immediate medical attention, call 911**

When to Contact Primary Care:

- Rash that doesn't go away after 2 weeks
- Medication concerns or questions
- Depression or mental health concerns that are not suicidal/homicidal
- Increasing forgetfulness
- Sore throat/minor flu-like symptoms
- Vaccinations!
- Yearly physicals



➔ **Bring all medications you are currently taking**

Emergency Room (continued):

- Falls with injury or concern of broken bone(s)
- **Any** fall if you are on blood thinners
- Sudden swelling or rapid weight gain
- Suicidal/homicidal thoughts
- 1 or more stroke symptom(s): BE FAST

Balance
Loss

Eyesight
Changes

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
call 911



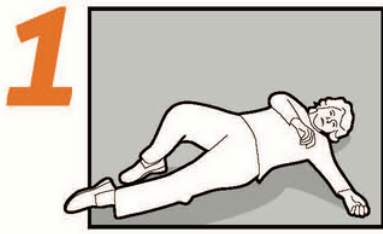
When to Go to Urgent Care:

- Small/moderate cuts with slow bleeding
- Sudden development of rash
- Animal bites
- Sexually transmitted diseases
- Moderate to severe flu-like symptoms
- Sinus infections or ear aches
- Sprains and strains
- Minor burns



➔ **Please confirm they accept your insurance before being seen!**

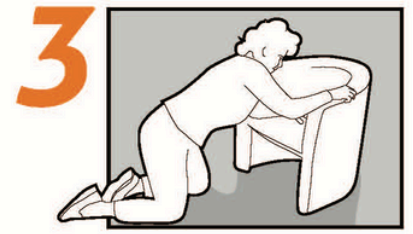
What do I do if I fall?



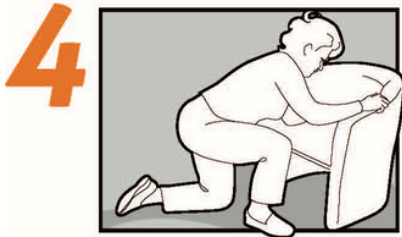
Roll onto your side



Crawl to a chair or sturdy furniture



Kneel and put your arms onto the seat of the chair



Bring one knee forward.
Put that foot on the floor.



Push up with your arms and legs.
Pivot your bottom around.



Sit down.
Rest before trying to move!

Who can I contact?

EMERGENCY: xxx

Multicare General Inquiry: (xxx) xxx-xxxx

Non-emergency Fire and Police Department:

(xxx) xxx-xxxx

➔ **Crisis/Suicide Hotline: xxx**

➔ **Urgent Care: (xxx) xxx-xxxx**



➔ **Be sure to ask if they take your insurance before going.**

If you experience a fall, **stay as calm as you can.**

Check yourself for injury before doing anything!

If you hit your head, think you may have passed out, are taking blood thinners, or are experiencing severe pain immediately after the fall, **CALL FOR HELP.**

If you do not think you were injured, or you feel it is safe to move, locate the closest piece of sturdy furniture to you.

Always tell your primary care provider when you have a fall! Falling once can put you at a higher risk of falling again.

24/7 Medicare Nurse Triage Hotlines

Still unsure? Talk to a nurse to walk you through what to do!

Aetna: (xxx) xxx-xxxx

Ambetter: (xxx) xxx-xxxx

Coordinated Care: (xxx) xxx-xxxx

Molina: (xxx) xxx-xxxx

Kaiser: (xxx) xxx-xxxx

Premera Medicare Advantage: (xxx) xxx-xxxx

Providence Medicare Advantage: (xxx) xxx-xxxx

TriCare (VA): (xxx) xxx-xxxx



**Don't see your plan?
Check the back of
your insurance card!
Your plan could help
get you connected
with a triage nurse!**