

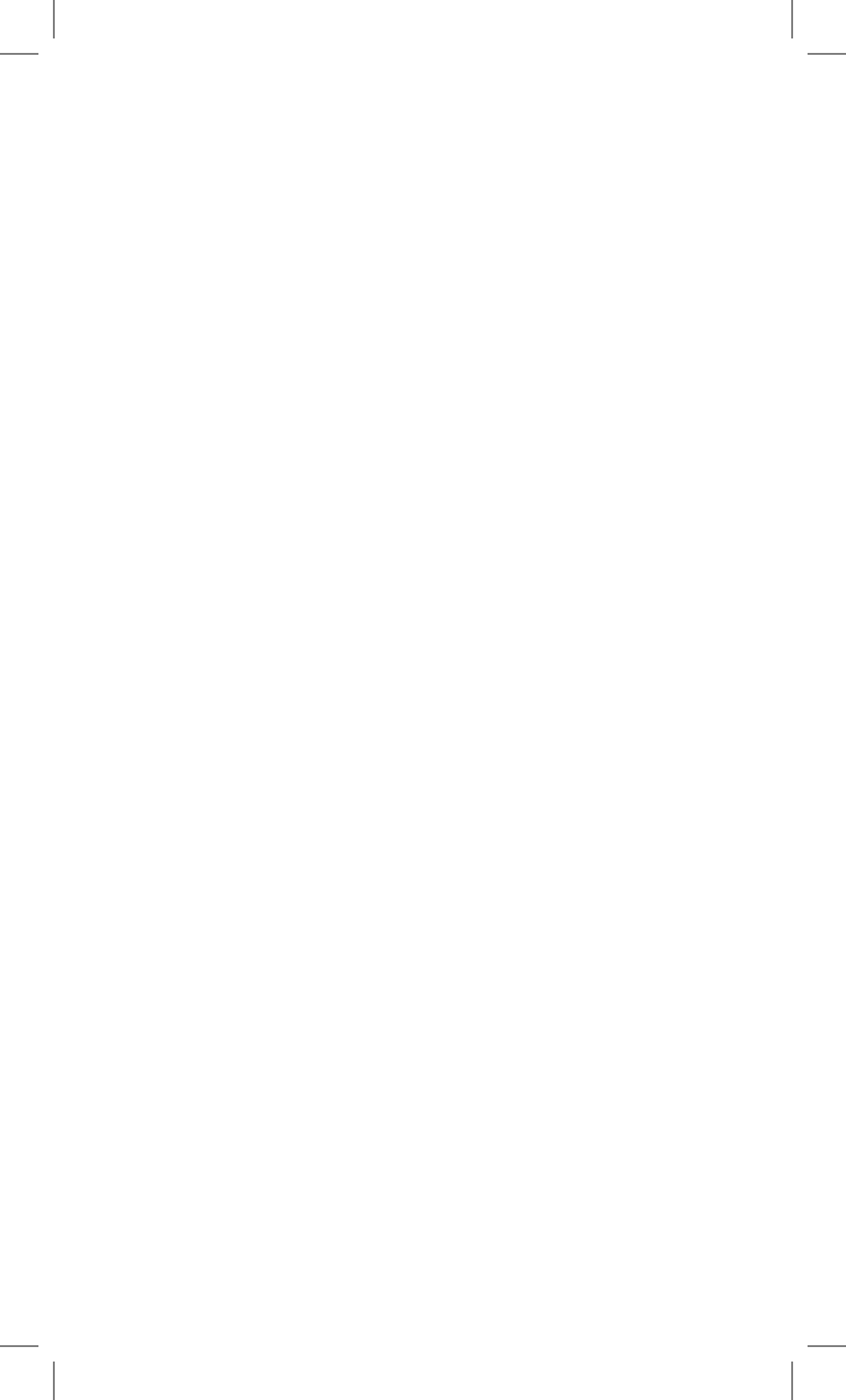


JOHNS HOPKINS  
SCHOOL of NURSING

# WOMEN'S HEALTH PASSPORT



NAME \_\_\_\_\_



## A MESSAGE TO...

### ...THE OWNER OF THIS HEALTH PASSPORT:

This book was made to help you manage your health. It gives tips to help you live a healthy life and a place to keep your medical information. Bring this book to each and every medical appointment and show it to your nurse or health care provider so he/she can record your information (such as blood pressure, medicines prescribed, and future appointments). If you have questions about anything in this book, ask your nurse or provider – they are there to give you answers – but they cannot give you answers if you do not ask the questions!

### ...THE NURSE:

Patients look to you to prioritize their health issues and determine what is critical to their health. This booklet can help you quickly identify gaps in care so you can educate, refer and advocate for your patients' health care needs. Please review the monitoring, medical records and follow-up, screening, and health promotion tips with your patient and assist him or her in receiving the appropriate treatment.

### ...THE HEALTH CARE PROVIDER:

The Health Passport was designed for patients managing several complex medical issues and who typically see multiple providers. This book provides a way to consolidate and organize patients' medical information. Its purpose is to promote patient-provider communication, reinforce standards of care, and to promote screening and preventive care. Since you are likely one of several health care providers for this patient, please take a moment to review the items inside, address the appropriate topics, and record the discussions and actions that took place between you and your patient.

## AT QUICK GLANCE

### HEALTH INSURANCE

Company Name: \_\_\_\_\_

Customer Service #: \_\_\_\_\_

Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_

Effective Date: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

### PRIMARY CARE PROVIDER

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_

Hospital: \_\_\_\_\_

## GYNECOLOGIST

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_

Hospital: \_\_\_\_\_

## DENTIST

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_

## PHARMACY

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_

## OTHER HEALTH CARE PROFESSIONAL

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_









# IMMUNIZATION RECORD

<b>Childhood Vaccine</b>	<b>Date</b>	<b>Booster Needed</b>	<b>Booster Date</b>
Mumps			
Measles			
Rubella			
Chicken Pox			
Polio			
DTP (Diphtheria/Tetanus/ Pertussis)			
<b>Adult Vaccine</b>	<b>Date</b>	<b>Booster Needed</b>	<b>Booster Date</b>
Tetanus (Every 5-10yrs)			
Hepatitis A			
Hepatitis B			
Pneumonia			

# IMMUNIZATION RECORD

Adult Vaccine	Date	Booster Needed	Booster Date
Influenza			
Tuberculosis Skin Test			

## SCREENING TESTS: WHAT YOU NEED AND WHEN

**Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.)

**Breast Cancer:** Have a mammogram every 1 to 2 years starting at age 40. If there is a family history of breast cancer your health care provider may recommend that you start screening before age 40.

**Cervical Cancer:** Have a Pap smear every 1 to 3 years if you:

- Are between the ages of 21 and 65.

**High Cholesterol:** Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if:

- You have diabetes or high blood pressure
- Heart disease runs in your family.
- You smoke.

**High Blood Pressure:** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

**Colorectal Cancer:** Have a colonoscopy for colorectal cancer starting at age 45-50.

If you have a family history of colorectal cancer, you may need to be tested earlier. Free screenings at Hopkins Colon Cancer Program:

**410-502-8431**

**Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol. If you have diabetes, your blood pressure should be <130/80 and “bad cholesterol” (LDL) < 100. You need yearly visits to an eye doctor (ophthalmologist) and foot doctor (podiatrist). Wilmer Institute at Hopkins does free diabetic retinopathy screenings for people who are on diabetes medications. **Wilmer: 410-955-3429.** Everyone with diabetes needs to meet with a diabetes educator.

**The Joslin Center: 1-888-567-5468** and **Hopkins diabetes Center: 410-955-7139** are good resources.

**Depression:** Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

**Osteoporosis (Thinning of the Bones):**

Have a bone density test beginning at age 65 to screen for osteoporosis. If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about being tested.

**Chlamydia and Other Sexually Transmitted Infections:**

Every year for women <26 years old

**HIV:** Everyone age 15-65 should have at least 1 test to screen for HIV.

You should talk to your provider about having a screen more often if you:

- Have had unprotected sex with multiple partners.
- Are pregnant.
- Have used or now use injection drugs.
- Exchange sex for money or drugs or have sex partners who do.
- Have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

**Domestic Violence:**

**If your partner has hit, slapped, pushed or tried to choke you, or if you have had bruises, cuts or loss consciousness or been to the ED or hospital because of something your partner did to - you can get help by calling the House of Ruth Maryland Hotline 410-889-7884 or the National Domestic Violence Hotline 1-800-799-safe (7233) - you do not deserve to be hurt**

## SCREENING LOG

Test	Last test (mo/yr)	Results	Next Test Due (mo/yr)	Questions for the Doctor
Vision				
Dentist				
Foot Care				
Mammogram				
Pap Smear				
Colonoscopy				
Diabetes				
STI				
HIV infection				
TB				
Hepatitis B				
Hepatitis A				





## WHAT DOES YOUR BLOOD PRESSURE READING MEAN?

Classification of Blood Pressure				
Category	SBP mmhg (first/top number)		DBP mmhg (Second/ Bottom Number)	Recommendation
Normal	<120	AND	<80	
Elevated	120-129	AND	>80	
High Blood Pressure Stage 1	130-139	OR	80-89	
High Blood Pressure Stage 2	>140	OR	>90	
Hypertension Crisis	>180	AND/ OR	>120	







## WHAT DOES YOUR CHOLESTEROL LEVEL MEAN?

<b>Total Cholesterol Level</b>	<b>Category</b>
Less than 200 mg/dl	Desirable level that puts you at lower risk of coronary heart disease. A cholesterol level of 200mg/dl or higher raises your risk.
200 to 239 mg/dl	Borderline high
240 mg/dl and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dl.
<b>HDL (GOOD) Cholesterol Level</b>	<b>Category</b>
Less than 50 mg/dl	Low HDL cholesterol. A major risk for heart disease.
60 mg/dl and above	High hdl cholesterol. An HDL of 60 mg/dl and above is considered protective against heart disease
<b>LDL (Bad) Cholesterol Level</b>	<b>Category</b>
Less than 100 mg/dl	Optimal
100 to 129 mg/dl	Near or above optimal
130 to 159 mg/dl	Borderline high
160 to 189 mg/dl	High
190 mg/dl and above	Very high
<b>Triglyceride Level</b>	<b>Category</b>
Less than 150 mg/dl	Normal
150 to 199 mg/dl	Borderline high
200 to 499 mg/dl	High
500 mg/dl and above	Very High

# WHAT CAN I DO TO LOWER MY CHOLESTEROL AND BLOOD PRESSURE?

- Your daily food should include lots of fruits, vegetables, whole grain bread or cereal, and fat-free dairy products. 100% whole wheat bread is better than white bread. Decrease carbohydrates such as potatoes, pasta, white rice, and white bread to help lose weight. People with diabetes or a family history of it must especially decrease carbs because they make blood sugar levels high.
- Choose lean cuts of meat, trim all visible fat and throw away the fat that cooks out of the meat. White meat is better than brown or dark meats. Chicken breast and fish are better than pork and red meat.
- Use a minimal amount of fats and oils, usually no more than 2 to 3 servings a day
- Use less salt. Limit the amount of salty foods you eat. High salt (sodium) foods include canned foods, soups, restaurant take-out, lunch meats, and cheese
- Limit the amount of alcohol you drink. don't drink more than one drink a day.
- Do at least 30 minutes of physical activity that gets your heart rate up on most or all days of the week.
- Take your medicines as prescribed.

# WHAT ARE THE WARNING SIGNS OF HEART ATTACK AND STROKE?

## **Warning Signs of Heart Attack**

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath with or without chest discomfort
- Other signs including breaking out in a cold sweat, nausea or lightheadedness

## **Warning Signs of Stroke**

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

**Learn to recognize a stroke. Time lost is brain lost.  
Call 9-1-1 ... Get to a hospital immediately if you  
experience signs of a heart attack or stroke.**

















## IMPORTANT NUMBERS

Emergency 9-1-1

Non-emergency: 3-1-1

Maryland United Way Helpline/First Call for Help:

2-1-1 or 410-685-0525

*Information and referrals on a variety of health and human service issues are available with one easy call. **www.211md.org***

**National Domestic Violence Hotline** 1-800-799-safe (7233)

**24 hours a day and they will direct you to local resources.**

House of Ruth Hotline: 410-889-7884

Legal Aid State Wide Hotline: 410-951-7750

Northeast Food Pantry: 410-426-4009

Social Security Administration: 1-800-772-1213

*To obtain Social Security cards*

Baltimore Health Care Access to Health care Access Maryland:

410-649-0500

*To apply for health insurance or verify current insurance*

## MENTAL HEALTH

Baltimore Mental Health Systems: 410-837-2647

24 Hour Mental Health Crisis Hotline: 410-752-2272

Harford-Belair Community Mental Health Center:

*(must have insurance or pending insurance)*

410-426-5650

North Baltimore Center, Inc:

*(no insurance needed)*

410-366-4360

Johns Hopkins Hospital Psychiatry:

*for emergencies (weekday walk-ins 8am-9am)*

410-955-5104 or 410-955-5964

Sinai of Baltimore: 410-601-5457  
University of MD Medical Systems  
Carruthers Mental Health Clinic: 410-328-2292

## BIRTH CONTROL AND FAMILY PLANNING

Planned Parenthood of Maryland: 410-576-1414  
(En Espanol) 410-576-2168  
Baltimore City Health Department STD Clinic:  
    Druid STD Clinic: 410-396-0176  
    Eastern STD Clinic 410-396-9410

## FREE YOGA, EXERCISE FACILITY, COOKING CLASSES:

The Shepherd's Clinic and Joy Wellness Center  
*(Must live in certain zip codes to be eligible)* 410-467-7140

## DENTAL CARE

University of Maryland 410-706-7063  
Maryland Healthy Smiles for children and pregnant  
women enrolled in Maryland Children's Health  
Program (MCHP) insurance 1-888-696-9596  
Eastern Dental Clinic (for adult dental emergencies)  
443-984-3548

These community health centers also offer dental care:

Total Health Care, Jai Medical, Druid Family Health Center

Baltimore City Department of Social Services:  
443-423-6100

Center for Community Innovation and Scholarship



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