

May 15, 2018 Class Notes

Students:

Wu Zhu

Yoko

Volunteers:

Joyce*

Debra

Activities:

EEN: p. 2: Asian/Pacific-American Month

Presentation by Dr. Larry Tarrant & Sherri Tarrant

During the first half of the class we went over several vocabulary words from the article on Asian/Pacific-American month as well as some from the ***Heroes and History*** article (not covered in this class). Volunteers read the article as students followed along.

There was an interesting discussion regarding the importance of the teachings of Confucius.

During the second half of the class, Dr. Larry Tarrant & Sherri Tarrant presented some good advice for dealing with medical appointments and emergencies in the United States, when English is not your first language. A list of topics covered follows, in case future classes might like to touch on some of these.

We discussed providing students with some of the documents mentioned in the list, such as an emergency pocket card, a script for calling 911, a script to keep near the phone or other logical place, etc.

- **Emergency conditions call 911:**
- **Chest Pain**
- **Injury**
- **Bleeding**
- **Loss of consciousness**
- **Dizziness (or other condition where you can't drive)**

To be prepared for an emergency, have your name, address, phone number, and list of medications near your telephone so that you can speak to the 911 operator.

If you are responsible for taking a family member (child) to the doctor, have a paper, signed by the child's parents, saying that you are able to seek treatment for the child.

Non-emergency visits to the doctor:

- If possible, try to have a PCP (Primary Care Provider). This can be a Physician, a Nurse Practitioner, or Physician's Assistant. This person can direct you to a doctor who treats the problem you are experiencing.
- Your insurance company can also help you find a new doctor.
- County Medical Society can help you find a new doctor.

- It's a good idea to take someone with you, when you visit the doctor, to help be sure you hear and remember what was said.
- Try very hard to keep your **first** appointment with a new doctor because you can create a relationship after you've been seen, allowing you to change appointments in the future if needed.
- It's a good idea to see your PCP about once a year, to keep her/him updated on your care.
- You have the right to understand what is going to happen to you. It is your right to ask as many questions as you need to, and to understand. If the health care provider is speaking too fast, it is good to ask her/him to slow down and repeat so that you can understand. Also, if you cannot understand the doctor, ask the nurse to clarify what the doctor said. This is your right, and the nurse is happy to help you.
- If you are not sure you understood, tell the doctor **WHAT** you think you heard, and she/he can explain anything she/he thinks you might have missed.
- Feel free to ask for written instructions or material.
- When going to a new provider, write down your concerns ahead of time so you remember to bring them up with the doctor. It is OK to talk to your doctor about **ANYTHING**.
- When asked how to describe pain, you might use a number scale, from 1 – 10, with 1 meaning mild pain, and 10 meaning very severe pain. You might tell the doctor if your pain is interfering with your daily activities or interfering with your sleep.
- Do not be afraid to take notes when you are talking to the doctor – just be sure to listen so you can take good notes.
- The first person you see at the doctor's office may not be a nurse or doctor. If you are not sure which professional you are talking to, be sure to ask.