

The Senior Health Clinic continues to be a needed service in Worth County. Senior health assessments offer low income seniors a valuable service by allowing them lab screenings and a nursing assessment at little to no charge. Senior Health clients are given the opportunity to speak to a registered nurse with geriatric experience. She can answer their questions regarding lab results and medications. She will refer any concerns noted during the assessment to the physician of their choice. This assessment does not take the place of the regular physician's care. This is a nursing assessment and counseling session. 1-1 ½ hours are spent with each individual, giving him/her ample time to express any concerns they may have. The public health nurse can provide individual health instruction on general topics such as the importance of proper nutrition and exercise. Other specific topics or needs can be discussed as needed. Physical assessments are based on what the individual desires, but can include a visual exam, hearing test, ear exam, blood pressure, assessment of heart and lungs, checking for swelling (edema) in the extremities, a foot check, as well as a breast exam and abdomen exam. All body systems are reviewed and an assessment made of the client's status in each. Labs offered are cholesterol screening (total cholesterol only) or a full cholesterol panel (total cholesterol, HDL, LDL, triglycerides and TC/HDL ratio), hemoglobin, blood sugar, urine screening and stool screenings. Some of the conditions that can be screened using these tests include pre-diabetes or diabetes, high cholesterol and/or high triglyceride levels, anemia, urine infection, or blood in the urine or stool. There is a minimal charge for labs to cover the cost of supplies. Donations are welcome as they help to keep the clinic going. Individuals over age 60 who are interested in a senior health assessment may contact WCPH and arrange an appointment.