

# COVID-19 Immunizations Periodic Health Exam

**McGill**

Ingram School  
of Nursing

École des sciences  
infirmières Ingram

Montreal City Mission  
&  
Beaconsfield United Church  
Women's Collective  
&  
McGill Nursing Students

Health Workshop  
November 17, 2020



Montreal City  
**Mission**  
communautaire  
de Montréal

# Health Exam



# Plan for today:



Family Doctor



Nurse Practitioner



When do you need an exam



Adult Health Exam



Children Health Exam



Clic-Santé

*Disclaimer: Please note this is a student presentation. Although we strive to ensure the products are accurate, ethical and credible, by using this presentation, the user is responsible for possible errors, omission and outcomes that can be present inadvertently*

“Have a regular family health care provider who helps to make sure you receive the medical care that is best for your individual needs”.



**- Choosing Wisely Canada**



# Family Doctor

## Québec Family Doctor Finder

Enter the information for the person to be registered, whether it is you or the person you are representing.

1 Health Insurance Number ⓘ

2 Sequential number of the Health Insurance Card ⓘ

3 Expiry date of the Health Insurance Card ⓘ

Year

Month

Choose

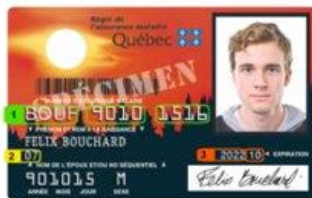
Choose

Postal code



For security purposes, enter the characters above.

Continue



Follows entire family

Appointments by phone during COVID-19

Family doctor finder

[https://www4.prod.ramq.gouv.qc.ca/GRL/LM\\_GuichAccesMdFamCitoy/en](https://www4.prod.ramq.gouv.qc.ca/GRL/LM_GuichAccesMdFamCitoy/en)

Find doctor by yourself

<https://sante.gouv.qc.ca/en/repertoire-ressources/>

Book an appointment online if you have family doctor already

<https://www.rvsq.gouv.qc.ca/en/public/Pages/home.aspx>

## Nurse-Practitioner (NP) or Specialized NP

Can do periodic health exams

Can do diagnostics

Can refer to specialists

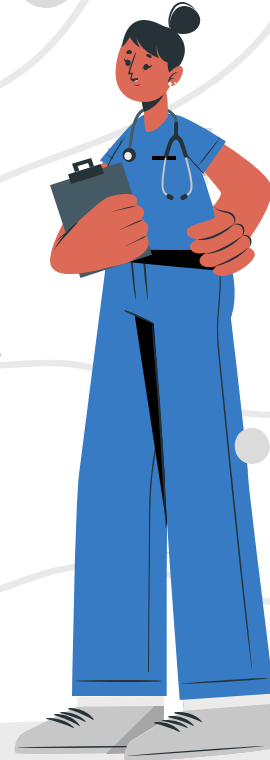
Can prescribe or perform tests

Can prescribe medications and treatments

Can follow your pregnancy

Ask your local clinic

<https://santemontreal.qc.ca/en/public/practical-information/specialized-nurse-practitioners-snp/>



Healthy people often don't necessarily need annual physical exams, and those check-ups can do more harm than good.

**- Canadian Task Force, 2017**



# You may need a checkup



Symptoms



New medication



Family planning



You are sick



Chronic condition



Risk factors



# What Happens During the Visit?



Physical examination  
(heart, lungs, reflexes,  
abdomen, etc.)



Health promotion (smoking  
cessation, weight  
management, etc.)



Screening tests and  
immunization



Family planning and  
STBBI screening  
(Sexually Transmitted and  
Blood-Borne Infections)



# What can I expect from a visit to my child's doctor?

## Child Visit Dates:

- 1 week
- 2, 4, 6, 12, 18 months
- 2 years
- Once every year until 5 years
- Every 1-2 years until 18 years



## Doctor's Check-list:

- Weight, height, head circumference
- Physical exam
- Milestones and development
- Vaccines
- Eating habits
- Safety advice



# What happens after 14 years?

- 14 years is the legal age of consent
- Can have medical procedures/undergo tests without parental knowledge or permission.
- Provide support in guiding them to healthcare
- You cannot have full access to their medical record.
- They may ask you to leave the room

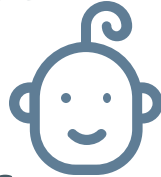
# Screening in Canada

## Screening tools for kids

Rourke Baby Record  
(birth to 5 years)

Greig Health Record (6  
to 17 years)

WHO Child Growth  
Standards



- <https://www.rourkebabyrecord.ca/>
- <https://www.cps.ca/tools-outils/greig-health-record>
- [https://www.rourkebabyrecord.ca/growth\\_charts](https://www.rourkebabyrecord.ca/growth_charts)

## Screening offered

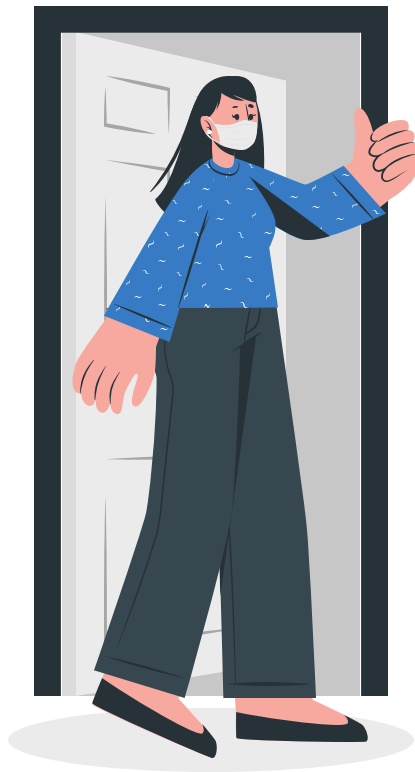


- **STBBI** (sexually active, injection drug users, contact)
- **Cancer** :
  - **Colorectal** – 50-74 YO: Fecal Occult Blood test - once in 2 yrs OR colonoscopy once in 5 yrs + FOBT once in 3 yrs.
  - **Cervical** – women 21-65 YO: Pap - smear - once in 2-3 years
  - **Breast** – women 50-69 YO: mammogram - once in 2 years
- <https://www.quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/>
- <https://precare.ca/>

# No Health Care Provider?



**Sans Rendez-  
Vous (Walk-in  
Clinic)**



**Call CLSC or Local Clinic**

(Local Community Service Center)

**Super-Clinic (12/7 )**

<https://sante.gouv.qc.ca/en/repertoire-ressources/>

**Clic-Santé**

<https://portal3.clicsante.ca/>

# Clic-Santé

- ✓ Vaccination
- ✓ COVID-19 screening
- ✓ Appointments with family doctor
- ✓ Blood test
- ✓ Winter clinic
- ✓ Pediatric clinic
- ✓ Pregnancy and birth
- ✓ Medical imaging
- ✓ Appointment with nurse
- ✓ <https://portal3.clicsante.ca/>



Réservez votre rendez-vous santé

Sélectionnez un service



Choisissez votre service

Saisir votre code postal



Code postal

RECHERCHER

<https://portal3.clicsante.ca/>

# Resources For You

- Health care if you have a refugee status <https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html>
- Services covered by RAMQ card <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/obtain-information-covered-services>
- Vaccination schedule in Quebec <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/#c2569>
- Eligibility criteria for free flu vaccine <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/eligibility/>
- Family doctor finder [https://www4.prod.ramq.gouv.qc.ca/GRL/LM\\_GuichAccesMdFamCitoiy/en](https://www4.prod.ramq.gouv.qc.ca/GRL/LM_GuichAccesMdFamCitoiy/en) <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor/>
- To book an appointment with your family doctor <https://www.rvsq.gouv.qc.ca/en/public/Pages/home.aspx>
- Find medical resources in your community <https://sante.gouv.qc.ca/en/repertoire-ressources/>
- More about NP <https://santemontreal.qc.ca/en/public/practical-information/specialized-nurse-practitioners-snp/>
- Clic Sante portal <https://portal3.clicsante.ca/>
- Patient Guides for the medical and surgical procedures (includes multilanguage translations) <https://precare.ca/>
- Health Booklet (Carnet Sante) with explanation video <https://carnetsante.gouv.qc.ca/portail>
- ClicSEQR portal <https://www.info.clicsequer.gouv.qc.ca/en/citoyens/>
- Multicultural Pediatric Clinic (need referral) <https://www.thechildren.com/departments-and-staff/departments/departement-of-multicultural-clinic>
- Resource finder for children <https://www.thechildren.com/smartchoices>
- Tips for pediatric health problems <https://www.chusj.org/soins-services/U/Urgence>
- Rourke Baby Record. <https://www.rourkebabyrecord.ca/Default.asp>
- Greig Health Record <https://www.cps.ca/tools-outils/greig-health-record>

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# True or False Question Polling



**I have to take regular health exam every year**

**FALSE**

Healthy people don't need annual physical exams, unless you are sick, have a chronic illness or need lifestyle changes

# I can find the family doctor by myself

## TRUE

As long as you're in the waiting list for family doctor, you can be proactive, call the clinics and ask if they take new patients.

**I can do an STBBI screening any time I think I was in contact with an affected person.**

**TRUE**

STBBI screening is readily available (can be done by nurse, if there is no symptoms). You should check yourself every time there is a risk of contraction or you had unprotected sex.

# I can't go to any clinic if I don't have a family doctor

**FALSE**

The super-clinics and Sans Rendez-Vous are available for people who doesn't have the family doctor. Another option is to find the Nurse Practitioner instead.

## I can book an appointment to do a blood test on Clic Santé if I didn't see a doctor

**FALSE**

You need a prescription for any test or to see a specialist. Clic Santé is the easiest way to book an appointment for test.



**Do You have other  
questions about  
Health Exams,  
Immunizations, or COVID?**



# Thanks

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