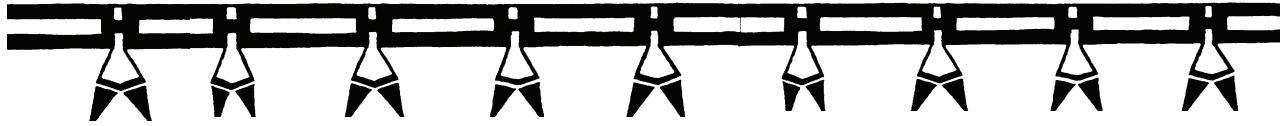


# 18: Field Trip to a Local Health Clinic



## Purpose:

To acquaint Native STAND members with the services available at their local clinic; to reduce any discomfort with accessing services; to increase STAND members' first-hand knowledge of local resources.

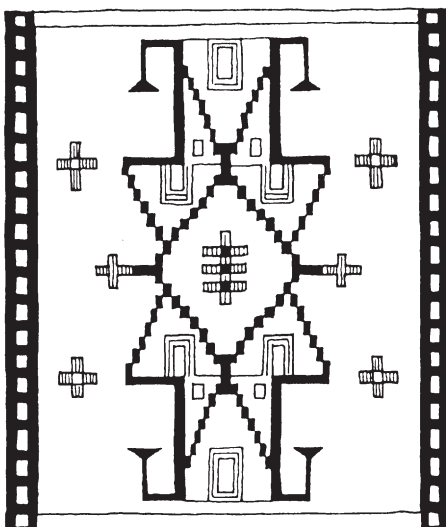
## Stages of Change Process:

Getting information, building self confidence, developing the ability to change

## Learning Objectives:

By the end of this session, Native STAND members will be able to:

1. Describe how to access services at the community clinic.
2. Describe the services available to teens at the clinic, including costs.
3. Explain how confidentiality for teen clients is handled at the clinic.



## Preparation:

Arrange a visit and Q&A session to the local tribal, IHS, or state/county health clinic. (Ideally, this is the same location where the provider who already visited the group for the birth control session works.)

Before the visit, discuss with the clinic staff the visit's objectives and points you would like covered.

Check with the facility to see if it is possible to split the group up by sex so students will be more comfortable seeing the exam rooms and discussing specifics of what happens during an exam (i.e., pelvic exam, testicular exams, etc.).

Bring any questions from the Question Box related to birth control or accessing care.

There are possible Q&A questions on the next page. (These are also included in the PM.)

Today's session is different from any other in the curriculum, as it is a field trip to the local clinic.

Once you arrive at the clinic, you should have about an hour for a tour and Q&A.

During the tour, ask the clinic staff to:

- Introduce the students to the receptionists, nurses, counselors, and any other staff they may encounter during a visit.
- Provide an overview of the teen services they provide.
- Discuss typical procedures for obtaining family planning services and STD, HIV, and pregnancy testing.
- Discuss confidentiality assurances, parental consent, legal rights, etc.
- Discuss concerns about the possibility that family or other community members will learn that a teen has visited the clinic.
- May also discuss how to perform a breast self exam and testicular self exam and the importance of these exams.

During the Q&A, make sure you or the students ask these questions (if they weren't asked during the tour):

- What teen services are available?
- What are the hours and days that the clinic is open? Are there specific hours designated for teens?
- What's the registration process? Do I have to tell the receptionist or clerk why I'm here?
- Is there any cost involved for any of the services? If so, how much?
- What are the policies regarding confidentiality for teens?
- Will my parents know if I was here and the reason for my visit?
- What kind of information do teens have to bring with them?
- Can you walk in or do you need an appointment?
- How long do you usually have to wait?
- Are there male and female providers? Can a patient specify which they prefer?
- How are services provided to transgendered people?
- Do you provide hormones for transgendered people?
- If you get a check-up, do you automatically test for STDs and HIV, or do you have to ask to get these tests?
- If you get tested for STDs, how long do you have to wait for results?
- How do they communicate those results to you confidentially?
- Can you get free condoms?
- What kind of birth control methods are available?
- Include any other questions the students have or from the Question Box.



# NOTES



