# WHAT IS THE ADULT PUBLIC HEALTH NURSING SERVICES (APHNS) PROGRAM?

APHNS is a community health assessment program. Basic health screenings and follow-up for clients with special needs and health problems are provided for adults.

No medical treatment is provided. If treatment is required, referrals and coordination of care with providers is made available.



#### **APHNS Can Help You:**

- Identify health problems early
- Find needed health care and social services
- Learn preventive health practices
- Stay as healthy as possible

# WHO CONDUCTS THE APHNS CLINICS?

Registered nurses (R.N.s) who are certified in Public Health conduct the medical screenings and provide Health and Nutritional Counseling. Health Education lectures are provided on such topics as:

- Diabetes
- Nutrition
- Heart disease
- Fall prevention
- Medication management

# HOW MUCH WILL ALL THIS COST ME?

#### All APHNS SERVICES ARE FREE.

For a comprehensive physical assessment, <u>APPOINTMENTS ARE RECOMMENDED</u>.

See "Where are the clinic sites" for phone number of clinic closest to you.

### WHAT HEALTH ASSESSMENTS ARE PROVIDED?

### **Health and Nutritional Assessment & Counseling**

#### **Individualized Health Care Plan**

#### **Health Screenings:**

- Pulse
- Blood Pressure
- Hearing
- Vision
- Hemoccult (stool home kit)
- Hemoglobin
- Blood Sugar
- Urine
- Height & Weight
- Assessment of Oral/Dental, Skin



### You have a Doctorbut do you have a Nurse?

### How do I make an appointment for a FREE Health Assessment?

Call the Clinic site near your home, or call the APHNS office at (714) 972-3745

Next Appt.:	
Clinic:	
Nurse:	



Health Care Agency Public Health Services Specialized Public Health Nursing Adult Public Health Services P.O. Box 355, #25B Santa Ana, CA 92702 (714) 972-3745

### WHERE ARE THE CLINIC SITES?

Senior Center/Site	Contact #
Anaheim Independenica *	(714) 826-9070
Anaheim/Ezra Center	(714) 776-1103
Anaheim/Senior Center	(714) 765-4510
Brea/Senior Center	(714) 990-7750
Buena Park/Senior Center	(714) 236-3870
Corona Del Mar/Oasis Senior Center	(949) 644-3244
Costa Mesa/Senior Center	(949) 645-2356
Cypress/Senior Center	(714) 229-2005
Fountain Valley/Founders Village	(714) 593-4446
Fullerton/Senior Center*	(714) 738-6305
Garden Grove/H. Louis Lake SC	(714) 741-5253
Garden Grove/St. Anselm's	(714) 537-0608
Huntington Beach/Michael E. Rodgers	(714) 536-9387
Irvine/Lakeview Senior Center	(949) 724-6900
La Habra/Senior Center	(562) 905-9746
Laguna Beach/Susi Q Senior Center	(949) 497-2441
Laguna Hills/Florence Sylvester	(949) 380-0155
Laguna Niguel/Sea Country SC	(949) 425-5151
Mission Viejo/Norman P. Murray	(949) 470-3062
Orange/Senior Center	(714) 538-9633
Orange/Triangle Terrace	(714) 633-3147
San Clemente/Dorothy Visser SC	(949) 498-3322
San Juan Capistrano/Senior Center	(949) 493-5921
Santa Ana/Senior Center/Third St.*	(714) 647-6540
Santa Ana/South West Senior Center	(714) 647-5306
Tustin/Senior Center	(714) 573-3340
Westminster/Senior Center	(714) 895-2878
Yorba Linda/Senior Center	(714) 961-7181



# ADULT PUBLIC HEALTH NURSING SERVICES

in

NURSES PROMOTING
HEALTH

through:

FREE PHYSICAL ASSESSMENTS

**SPECIAL SCREENINGS** 

HEALTH EDUCATION CLASSES