

ER Visit: What to say

- 1) Think of an ER visit like a DUI checkpoint, keep it simple and don't incriminate yourself.
 - 1) Always bring an advocate, let them know they are "on call" for the position. If you can't or don't have one, then hire one.
 - 1) Advocate Nurses from American Frontline Nurses: <https://www.americanfrontlinenurses.org/theadvocatenetwork>
 - 2) If you are walking into Urgent Care or ER then dress in layers, wire free bras, bring water and snacks no jewelry and pack a bag in case of admission.
 - 3) Always carry a list of current medications, supplements and an "In Case of Emergency" phone number you would want notified if in the ER after an accident, and let them know they are your ICE.
 - 4) Keep your explanation of symptoms plain and simple, follow a nursing report or History & Physical questions:
 - 1) Chief Complaint: chest pain
 - 2) History of present problem/illness:
 - 1) Where: pain in my left shoulder and radiates to middle of my chest.
 - 2) Timing: The pain got worse over the last 2 hours
 - 1) When did it start:
 - 2) Is this new?
 - 3) Intermittent or constant?
 - 4) If intermittent how long does it last and how often does it occur?
 - 3) Quality
 - 4) Severity
 - 5) Triggers?
 - 6) Alleviating/Aggravating
 - 7) Any other symptoms?
 - 5) Past Medical History: make a list along with the medications to carry with you, it's important to know any current illnesses, surgeries, trauma etc... example: 1976 Tonsils, 2001 Spinal Fusion
 - 6) Know your Allergies, if they are serious and require you to carry an epi-pen then purchase a Med Alert bracelet if needed.
 - 1) Common allergies that are important: Latex, Aspirin, Penicillin, Sulfa, be sure to tell them about the reaction. Be specific: Rash, trouble breathing, fainting, etc...
 - 7) Vaccines: Unless you want all of the adult or child catch up schedules or the latest injections, be sure to tell them you have had all the vaccines you require for your school or job. Or "I am up to date on my shots". If they pursue, you can refuse any other injections by saying you would rather see your personal doctor for any of those injections, right now I am here for my chest pain. Go to Dr Tenpenny's [Learning4You.org](https://learning4you.org) for more info on the adult, teen, childhood vaccine schedules, covid shots, problematic ingredients, pregnancy & infant injections. <https://learning4you.org/all-courses/>
 - 8) You do not have to answer any surveys or questions about anything that doesn't pertain to your emergency visit. "I am not going to fill out this form about smoking cessation or depression, I am here for my chest pain, thank you."