

Module 2: Manage My Health

Chapter 1: Manage My Health

Student Introduction to Module Two

Welcome to Module Two! This module has one chapter. You will learn some skills which will help you to *manage your health*:

- Read health information pamphlets
- Fill in a medical history form
- Apply for a health card

You will also be reading a calendar and calculating averages. You will be using the Essential Skills of *reading text, document use, and numeracy*. Some documents you will work with are right in the chapter. Others you will find on the Internet.

Just as in Module One, you will have lots of time for discussion and thought. Take your time and ask your instructor for help whenever you need it. Your instructor will give you additional skills practice if you want it.

Module 2 Chapter One: Managing Your Health

Rate Your Skills

Rate yourself on the skills and knowledge needed to manage your health.

 This is still very hard for me.

 I still need more practice.

 I have this skill.

Rate your skills			
I can read and understand a health information pamphlet.			
I can fill in a medical history form.			
I can fill in a form to renew my health card.			
I can add a series of large numbers.			
I can divide a large number by one digit.			
I know how to find the average of several numbers.			
I know how to access the website for my provincial health card.			
I can read a calendar.			

Managing Your Health

Part One

Vocabulary

cough	reception	nicotine	addiction	dependant
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Jason stood outside of the doors of CAST and lit up his cigarette. He took a deep drag. Suddenly he began to cough. He bent over double and coughed hard.

“You sound pretty sick,” said Beth. It was break time, and Beth and Sarah had walked to Tim Horton's for coffee.

“Yeah, I've had this cough for a while,” said Jason. “I really need to quit smoking.” He took another deep drag and coughed some more.

“I quit two years ago,” said Beth, sipping on her coffee.

“Yeah? How'd you do it? I've tried and tried, but I always end up buying a pack and starting again.”

“It's hard,” Beth agreed. “I got some help from the health unit and my doctor.”

“Well, I've got to do something. I can't get rid of this cold, and smoking costs way too much money! I can't even afford to buy coffee,” said Jason, eyeing their Tim Horton's cups. “So who brought you the coffee?”

“No one! We walked there. Beth and I are going for a walk every day now,” said Sarah.

“Why?” asked Jason.

Why do you think?

“Sarah's losing weight, and I just walk because it's healthy,” explained Beth.

“How much weight have you lost?” asked Jason.

“I lost two pounds last week and another pound so far this week. I want to lose 20 pounds by Christmas,” said Sarah.

Activity One: Reading a Calendar

1. Will Sarah reach her goal weight by Christmas if she loses 2 pounds a week? When should she reach her goal? Use the calendar on page 8 to help you.

“Good for you! You must be doing a lot of walking!” said Jason.

“I am using a pedometer I received in my cereal box to track how many steps a day I am taking.”

“How does it work?” asked Jason.

“It's easy! You clip it on your belt or waistband and the pedometer counts your steps as you walk. Mine will also tell me how many miles or kilometres I have walked, and how many calories I have burned.

“I read that everyone should aim for 10,000 steps a day. That is about 5 miles or 8 kilometres. A website said to wear a pedometer every day for one week. I put it on in the morning and I don't take it off until I go to bed. I have been recording my steps on my calendar every day for two weeks now. The first week I only did an average of 3,000 steps a day but I think I am doing much better this week,” said Sarah.

Activity Two: Calculating an Average Amount

Take a look at Sarah's calendar on the next page. Her steps are marked in red. Can you figure out her average number of steps for weeks one and two?

1. Add up the total number of steps for each week.
2. Next divide the total steps by the number of days.

Your answer is the average number of steps.

What is the average daily number of steps Sarah took during week one?

What is the average daily number of steps Sarah took during week two?

OCTOBER						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
<i>3759</i>	<i>2558</i>	<i>3009</i>	<i>2856</i>	<i>2743</i>	<i>2896</i>	<i>2678</i>
14	15	16	17	18	19	20
<i>4589</i>	<i>5237</i>	<i>4821</i>	<i>5604</i>	<i>5760</i>	<i>6225</i>	<i>6309</i>
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Part Two

The next day at CAST Beth dropped something on Jason's desk.

“I picked this up for you at the health unit,” she said.

“Thanks,” said Jason.



Activity Three: Reading Health Information

During his break Jason read through the pamphlet Beth had given him. It had a lot of helpful tips for quitting smoking. Maybe he could kick this habit!

Read through the pamphlet on the following pages with your instructor.

What are three tips that might help Jason quit? Write them below.



➡ Share your thoughts with your instructor and fellow classmates.

1. _____

2. _____

3. _____

Within 72 hours, or three days of quitting, Jason will start to feel better physically. What are some of the changes he can expect?



➔ Share your thoughts with your instructor and fellow classmates.

1. _____

2. _____

3. _____

4. _____



Something to Think About:

Have you ever quit a bad habit? What advice would you give to Jason?

Quit

YOU HAVE IT IN YOU

TIPS TO MAKE QUITTING EASIER

Thinking cold turkey? It's not the only way!

How to help a
friend quit

QUICK FACTS
ABOUT SMOKING



Ontario

Paid for by the Government of Ontario



QUITTING: FAST TRACK TO BETTER HEALTH

WHY IT'S HARD TO KICK THE HABIT: NICOTINE ADDICTION

The nicotine in cigarette tobacco is an addictive drug. It changes how your brain works, temporarily making you feel calm and more alert, boosting your mood. But when the effect wears off, your energy level or mood drops, and you crave another cigarette for that nicotine boost.

It's a vicious cycle that many people go through every day.

The good news is that many people also quit every day. You have it in you to quit too. So read on about the many ways you can become a non-smoker.

FACT: YOU CAN QUIT.

FACT: Tobacco smoke contains nicotine and more than 4,000 chemicals. At least 50 of them are highly poisonous and cause cancer.

FACT: "Mild/Light" cigarettes are just as deadly as regular ones. You're still inhaling the same amount of deadly toxins as in regular cigarettes; you're just doing it through a different filter.

FACT: Smoking makes your heart beat faster, your breathing quicker; and it raises your blood pressure.

FACT: Second-hand smoke is harmful to your friends, family and other people around you. In fact, second-hand smoke is the third major preventable cause of death in North America.

FACT: 1 in 5 quitters won't gain any weight at all. And, for those that do, the average is 5 to 7 pounds. Remember, weight gain is controllable.

FACT: Nicotine replacement therapies (NRT) have been shown to be safe for most people who suffer from heart disease. Consult with your doctor first.



- **WITHIN 20 MINUTES:**
Your blood pressure drops and your pulse returns to normal. The temperature of your hands and feet stabilizes.
- **AFTER 8 HOURS:**
The carbon monoxide level in your blood drops.
- **AFTER 24 HOURS:**
Your chance of having a heart attack decreases.
- **AFTER 48 HOURS:**
Your ability to smell and taste improves.
- **AFTER 72 HOURS:**
Lung capacity increases and breathing can become easier.
- **2 WEEKS TO 3 MONTHS:**
Your circulation improves. Walking becomes easier. Lung function may increase by up to 20%.
- **1 TO 9 MONTHS:**
Coughing, sinus congestion, fatigue, shortness of breath may decrease. Your cilia – those microscopic hairs that line your lungs – may begin to re-grow, which could help clean the lungs and reduce your chance of infection.
- **1 YEAR: CONGRATULATIONS!**
You've cut your risk of heart disease in half.
- **QUITTING SAVES MORE THAN YOUR LIFE.**
How much do you spend on smoking each day, week, month, year? Celebrate your improved health with the money you save.
- Check out the Smokers' Helpline *Smoking Calculator* at www.smokershelpline.ca for more ways you can save.
- **THERE ARE LOTS OF REASONS TO QUIT SMOKING. WHAT'RE YOURS?**

QUITTING

TIPS & TOOLS



UNDERSTAND WHY YOU SMOKE:

Recognize the reasons why you smoke so that when you decide to quit, you're prepared. Write down your reasons for smoking and for quitting. Think of things like: self-image, health, how you cope, finances, and social life.... Think about what makes them important.

You may find that you have many reasons for smoking...but the reasons for quitting outweigh them all.

BREAK OTHER HABITS:

Once you figure out why you smoke, you'll be able to recognize trigger situations and then you can change those situations. For example, if you're used to a cup of coffee with your cigarette, drink tea instead.

MAKE A COMMITMENT TO QUIT:

First, you have to believe **you have it in you**. Then tell your friends and family that quitting is important to you and that you need their support and help.

DO A TEST RUN:

Before you're able to quit, you need to start thinking like a non-smoker version of you. Take small action steps to prepare yourself for the big step – delay your first cigarette of the day or cut down on the amount you smoke.

SET A QUIT DATE:

Give some thought to where you'll be and what you'll be doing at that time. Pick a date that is relatively routine and mark it on your calendar. You're much more likely to quit if it's written down.

PREPARE FOR QUIT DAY AND BEYOND:

Anticipate and resist temptation and cravings. Avoid situations that give you the urge to smoke. Do something you enjoy to pass the time. And expect some changes. In the early stages you may feel agitated or experience trouble sleeping as your body adjusts to nicotine withdrawal.

STAY SMOKE-FREE FOR GOOD:

Quitting is quite an accomplishment. A small slip or two isn't a big deal. Just try to battle any negative thoughts you have with positive ones.

Quitting smoking is challenging, but you can make it easier by contacting the Canadian Cancer Society Smokers' Helpline at 1-877-513-5333 for information, advice and support or go online at www.smokershelpline.ca to develop your quit plan.



THINKING OF GOING COLD TURKEY?

HERE ARE SOME OTHER OPTIONS.

Most people quitting for the first time try to do it on their own (also known as "cold turkey"). And while it may work for some people, there are many other options available. If one strategy doesn't work, don't give up. Try another one, or even a combination of strategies. Here are some options:

NRT PRODUCTS ARE CURRENTLY EXEMPT FROM RETAIL SALES TAX.

SELF-HELP

Pamphlets, booklets and online programs can help you develop your own quit plan.

COUNSELLING

Trained health professionals can work with you to develop the skills you need to quit. This could be done one-on-one, in a group, over the phone or online at sites like www.smokershelpline.ca.

NICOTINE REPLACEMENT THERAPY (NRT)

Considered an effective treatment with few side effects, NRT may help control withdrawal symptoms and cravings. NRT is available as a patch, chewing gum or inhaler. Be sure to consult your healthcare provider before using NRT if you suffer from heart disease, are pregnant or are on psychiatric medication.

PRESCRIPTION MEDICATION

Medical professionals can advise you on other treatments that lessen nicotine cravings and withdrawal symptoms by activating chemicals in your brain normally stimulated by nicotine.

See back for other Quitting Support Resources

HELP YOUR FRIENDS QUIT. BE A QUIT COACH.



The decision to quit must be made by the smoker. But once the commitment is made, support from others is invaluable in the quit process. You can't do it for them, but there are ways you can help.

- ✓ Let your friends know you're concerned about their health but also assure them that you'll be there for them whether they quit now or later.
- ✓ Let your friends choose their own quit date. This has to be on their own time.
- ✓ If your friends mention quitting, let them know you believe they can do it.
- ✓ Let your friends know that you have resources for them when they are ready to quit.

For more coaching tips visit www.smokershelpline.ca or call 1-877-513-5333.

You can cope when you quit.

Nicotine is very addictive. So when you quit, you may feel some withdrawal symptoms: moodiness, trouble sleeping, constipation, increased coughing, oral cravings. Most symptoms last 7 to 10 days and can be managed.

QUITTING SUPPORT RESOURCES:

SMOKERS' HELPLINE

1-877-513-5333 www.smokershelpline.ca
Free, personalized advice, counselling and a quit plan that suits you.

IF YOU ARE PREGNANT

1-877-FAS-INFO (327-4636) www.pregnets.org
If you recently gave birth or are smoking and pregnant, contact Motherisk's Alcohol and Substance Use Hotline or Pregnets.

HEALTHCARE PROVIDERS

For advice and guidance, talk to your doctor, pharmacist, dentist or nurse.

PUBLIC HEALTH DEPARTMENTS

www.alphaweb.org/index.asp
For cessation programs available in your community, contact your local Public Health Department.

EATRIGHT ONTARIO

1-877-510-510-2 www.ontario.ca/eatright
Talk to a registered dietitian for free about healthy eating and nutrition.

SMOKE-FREE ONTARIO

www.ontario.ca/smokefree
To find out more about going smoke-free in Ontario.

HEALTH CANADA

www.gosmokefree.ca
For information on what Health Canada is doing to protect the health of all Canadians.

HEALTHY ONTARIO

www.healthyonario.com
For trusted health information on a variety of wellness, disease prevention and treatment topics.

La brochure « Arrêter » qui contient toutes les renseignements pour le concours, est aussi disponible en français.

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Scenario Two

Jason decided that he would see a doctor and talk about quitting smoking. He went to the walk-in clinic close to CAST. The waiting room didn't look too busy. I shouldn't have to wait too long, Jason thought as he walked up to the reception desk .

“Good afternoon. May I see your health card, please?” said the receptionist.

“Sure,” said Jason and he pulled out his wallet.

Five minutes later, every scrap of paper, ticket stub, bus transfer and plastic card that Jason kept in his wallet was scattered on the desk top.

“It's not here!” he exclaimed.

“Maybe you left it at home,” the receptionist suggested.

“I never take it out of my wallet,” said Jason. “Can I see the doctor without it?”

“No, I'm sorry, but that is impossible. It's against the law,” said the receptionist.

Jason felt angry and embarrassed. He could feel everyone in the waiting room watching him.

“Have you been here before?” asked the receptionist.

“No I haven't,” said Jason.

“Then let me give you a health information form to fill out at home. It will save you some time on your next visit.”

“Thanks,” said Jason.

“Here you go,” she said, handing him an envelope. “There are two copies, just in case.”



Something to Think About:

Why does the receptionist think that Jason might need two copies of the form?



Activity Four: Filling in a Health Clinic Application Form

After supper, Jason took out the clinic's form and looked it over. Three pages! He was glad he brought it home with him, rather than filling it in at the clinic. This way he could take his time. He liked having an extra copy. Often his forms and applications had lots of scratching out and erasing. If he needed to, he could redo the form in good.



Something to Think About:

It is always a good idea to ask for extra copies of long forms. Usually it is okay to take them home where you have more time to fill them in.

Make an extra copy of the form on pages 17 to 20 and use it to practise filling in your personal medical information. You don't need to share this with your instructor or classmates. This is personal information and you should protect your privacy. Your instructor will provide help for the different sections.

1. The form asks that you fill in one form for each dependant. What does it mean by dependants? How many forms would you have to fill in?

2. Why do you think they ask about your occupation? Why would this be important?

3. What do they mean by next of kin?

NEW PATIENT FORM

please complete ALL information

Three Oaks Drop In Clinic
86 Maple Street, Suite 21
Sudbury, ON
P3C 4L2

COMPLETE ONE FORM PER PERSON (Example: 3 dependants in a family = complete 3 forms)

Main

Last Name:			First:			Name used:			Initials:	
Today's Date:		D	M	Y	Patient's Birth Date:		D	M	Y	
Sex:	M	F	Marital Status:		Single	Married	Widow	Separated	Common-law	
Home Phone #:			Work Phone#:			Emergency Contact Phone#				
Permanent Address:										

City: _____					Postal Code _____					

Health Card

Health Card Number:	Expiry Date: /D /M /Y	Issue Date: /D /M /Y

Next of Kin / Emergency Contact

Last Name:	First:	Relation to patient:
Phone (Home):	Phone (Work):	Phone (Cell):

Social History

Smoker?	Yes	No	How much per day?
Alcohol Use	Yes	No	How much per week?
Drug Use?	Yes	No	Occupation:

Allergies

To medications:				
To environment:				
Others:				

Family History of Medical Problems

Father
Mother
Brothers
Sisters
Children
Grandfather (father)
Grandmother (father)
Grandfather (mother)
Grandmother (mother)
Others (aunts, uncles)

Hospitalizations and Surgeries

Reasons	Dates

Medications Currently Taken

Prescription/over-the-counter/herbs/vitamins	Dosage	How often is it taken?

Medical History (significant illnesses or problems)

Medical problem	Dates/duration	Current treatment	Name of specialist involved

Scenario Three: Applying for a New Health Card

The next morning Jason walked to the bus stop and thought about his missing health card. He remembered why he didn't have it. Two months before, Jason had gone to the bar with some friends. His wallet had been stolen from his jacket pocket. At the time, Jason wasn't too worried. He had no money in the wallet and he didn't own a credit card or a driver's licence. He had replaced his age of majority card but had forgotten about his health card.

How do I get a new health card, he wondered.

That day at CAST Jason was telling a couple of people what had happened. He described how silly he felt pulling out the contents of his wallet and how everyone was staring at him. Jason was a joker and he made it sound very funny.

“Now I have to figure out how to replace my health card,” he said.

“Go online,” said Sarah.

Jason nodded. Go online – those were Sarah's two favourite words!

Paul had been listening to Jason's story. Now he said, “I have to go to the health card office because my card expires on my birthday. I'll give you a ride if you want.”

“Thanks, Paul,” said Jason.

If I were you I'd check online and see whether or not you need to go to the office. Sometimes you can do things over the phone, too,” said Beth.

“I think I'll just go with Paul. It'll probably be faster anyway,” said Jason.

On Friday afternoon Paul and Jason headed downtown to the large government building. They looked at the list of services by the elevator.

“Looks like we're going up,” said Paul as he pushed the elevator button.

The health card office was busy. Paul and Jason took numbers from a machine and sat down to wait. A half hour later number 85 was being served.

“Finally! I’m next”, said Jason.

“Number 86!” called one of the clerks.

“Hi. I need to replace my health card. I lost it,” said Jason.

“Could I have your name and date of birth?”

The woman stared at her computer screen.

“Is your address the same?” she asked.

“I live at 42 Owen Street,” said Jason.

“That’s not what we have in the computer. Do you have proof of your new address?”

Jason pulled out his wallet and said, “I just have my bank card and age of majority card.”

“We need a document that confirms your new address like a bill, child tax credit or driver’s licence. Please take this form with you. It explains what documents you need to bring to the office to replace your card.”

“I’ve been here for almost an hour now! Do I have to do this all over again?” said Jason.

“You can take the forms home or do it online instead, but you will still need to bring in original documentation.”

Jason snatched the form off the counter and turned to see whether or not Paul was ready to go. Paul was just turning away from the counter. He looked frustrated. He was holding the same form as Jason.

Jason looked at him and grinned. “Didn’t bring your I.D., right?”

“Yeah, right,” said Paul.

Activity Five: Applying for a Health Card

1. Go to the following website. Look up the information on the identification that is required for a health card application.



<http://www.ontario.ca/en/residents/index.htm>

- Click on *Health Card* found in the section Popular Topics.
- Click on *OHIP fact sheets* found on the top left hand side.
- Click on *health card* once more.
- Click on *Ontario Health Coverage Document List*. This will take you to a link to a pdf file. Open the document and read it with your instructor.

What three types of identification do you need to get a health card?



Something to Think About: *Why do you think you need three types of identification?*

2. Practise filling in a health card application on line.

Go to the following link. Fill in the form and print it up.



http://www.health.gov.on.ca/english/public/program/ohip/ohip_mn.html

- Click on *forms and applications*.
- Click on *health card renewal* which will bring you to a pdf file link.
- Open it and fill in the form on line.

Rate your Essential Skills

You have now had a chance to work on a number of skills which will make it easier for you and your family to manage your health. Rate your skills using the scale below:

 This is still very hard for me.

 I still need more practice.

 I have this skill.

Essential Skill				LBS Level	ES Level
<i>Reading Text</i>					
I can read and understand a short text.				2	1
I can read and locate information.				2	2
<i>Document Use</i>					
I can fill in a simple information chart.				1	1
I can read a calendar.				1	1
<i>Numeracy</i>					
I can read and write numbers.				1	1
I can add larger numbers.				2	1
I can divide a four digit number by a one digit number.				2	2
I can calculate an average.				2/3	2

Essential Skills Check-Up

Congratulations! You have now completed the second module. Check up on the Essential Skills you have gained so far.

Essential Skill				LBS Level	ES Level
<i>Reading Text</i>					
I can read and interpret a short text.				2	1
I can follow simple written instructions.				2	1
I can read and locate information in simple documents.				2	2
I can read and locate information(with help) in more complex documents.				2	2
<i>Document Use</i>					
I can read food product nutrition labels.				1	1
I can fill in a simple information chart.				1	1
I can read rental ads.				1	1
I can read a calendar.				1	1
I can write a cheque.				1	1
<i>Writing</i>					
I can write a grocery list.				1	1
I can write short notes.				1	1
<i>Numeracy</i>					
I can read and write numbers.				1	1
I can add and subtract simple whole numbers.				1	1
I can add larger numbers.				2	1
I can divide simple whole numbers.				2	1
I can divide a 4 digit number by a 1 digit number.				2	2
I can calculate an average.				2/3	2
I can calculate simple discounts.				2	2

<i>Computer Use</i>					
I can do a simple search on the Internet.					1
<i>Decision Making</i>					
I can compare information to make a decision.					1
I can make healthier food choices.					1
I can compare prices and care labels to make a shopping decision.					1
<i>Oral Communication</i>					
I can ask about apartments for rent.				2	1