

PROBLEM-BASED VISITS

DRV MEDICAL INC.

Cindy Granados, Office Manager/Privacy Officer Telephone Number: 310-651-9017

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A problem-based visit, also known as a focused or specific complaint appointment, is a medical consultation centered around a particular health concern or issue that a patient is experiencing. Unlike an annual preventative physical exam, which is a comprehensive assessment of overall health, a problem-based visit is designed to address a specific problem or set of symptoms that require attention. This type of visit is particularly useful when someone is dealing with acute illnesses, chronic conditions, or new and concerning symptoms.

During a problem-based visit, your healthcare provider will typically begin by gathering detailed information about the specific issue at hand. This may involve discussing the onset and duration of symptoms, any factors that exacerbate or alleviate the problem, and your medical history related to the concern. Your healthcare professional will then conduct a focused physical examination, honing in on the relevant body systems or areas associated with the reported problem.

Diagnostic tests or imaging studies may be ordered based on the nature of the issue, helping your healthcare provider to make an accurate diagnosis or assess the severity of the condition. Your provider will discuss treatment options with you, including medications, lifestyle modifications, or further interventions.

TYPICAL PROBLEM-BASED VISITS FOR CHRONIC CONDITIONS

PrEP VISIT

Patients who are taking oral PrEP are being seen every three months for bloodwork and refills. Patients who are using injectable PrEP are being seen every two months for an in-office injection and bloodwork. Medication continuity is critical for PrEP to be effective. Therefore, **follow up visits in the above intervals are crucial**. Regular blood work is also important to ensure safe use. Hence, **in case you miss your appointment, your provider may not be able to refill your PrEP**. We will offer you STI screening at every follow up visit..

HIV VISIT

The single most important goal in HIV treatment is continuous, uninterrupted medication use. Depending on your previous history, your provider will need to see you every 3 to 6 months for refills and blood work. Regular blood work is crucial to ensure medication tolerability and effectiveness. Your provider will periodically also assess you for the presence of HIV associated medical conditions that may develop over time.

HYPERTENSION (High blood pressure)

We ask that you follow up with your health care provider at least every six months. Your provider will do bloodwork to check your kidney and liver function, check your blood pressure, and potentially discuss home blood pressure measurements. You may be asked to follow up earlier, in case your blood pressure is not well controlled or the medication has to be adjusted.

HYPERLIPIDEMIA (High cholesterol)

You should follow up with your health care provider at least every six months. Your provider will have to do bloodwork for which you should fast at least eight hours. The blood work is necessary to make sure that the medication is working correctly and is not straining your organs.

HORMONE REPLACEMENT THERAPY

Hormone replacement therapy with male or female sex hormones and with thyroid hormone, require regular follow ups in 6-month intervals at a minimum. Bloodwork will be performed at every visit to ensure the treatment is working, normal levels are adequate, and no hormone treatment related side effects occur. Your provider might need to see you in shorter time intervals in case your hormone levels are not adequate or dose adjustment is needed. Please note that we can't guarantee safe treatment without regular bloodwork, therefore your provider might not be able to refill your medications unless you were up-to-date with bloodwork.

DIABETES

Diabetes is a serious medical condition that requires regular follow up visits every three months. Please come to these visits fasting, if possible, as your provider will have to do bloodwork. The blood test are needed to make sure your sugar levels are well controlled, and to make sure you're not developing diabetes-related complications.

We realize that this is a short and incomplete list of medical conditions, but encourage you to reach out to us in case you have specific questions regarding specific medical conditions not listed here.

Looking forward to seeing you soon,
DrV Medical Team