

You have a Doctor-
but do you have a Nurse?

**WHERE ARE THE CLINIC
SITES?**



**ADULT PUBLIC HEALTH
NURSING SERVICES
(FORMERLY PHCA)**

**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: _____

Senior Center/Site	Contact #
Anaheim/Colonia-Independencia *	(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
Costa Mesa/Senior Center	(949) 645-2356
Cypress/Senior Center	(714) 229-2005
Fountain Valley/Founders Village	(714) 593-4446
Fullerton/Senior Multi. Center*	(714) 738-6305
Garden Grove/H. Louis Lake SC	(714) 741-5253
Garden Grove/St. Anselm's	(714) 537-0608
Huntington Beach/Rec. Center	(714) 536-9387
Irvine/Lakeview Senior Center	(949) 724-6900
La Habra/Senior Center	(562) 905-9746
Laguna Beach/Senior Citizen Rec.	(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/El Modena TLC*	(714) 532-3595
Orange/Senior Center	(714) 538-9633
Orange/Triangle Terrace	(714) 633-3147
Placentia/Senior Center*	(714) 986-2332
San Clemente/Senior Center	(949) 498-3322
San Juan Capistrano/Senior Center	(949) 493-5921
Santa Ana/Senior Center/Third St.*	(714) 647-6540
Santa Ana/Senior Center/McFadden	(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**

Is:

**NURSES PROMOTING
HEALTH**

THROUGH:

**FREE
PHYSICAL ASSESSMENTS**

SPECIAL SCREENINGS

**HEALTH EDUCATION
CLASSES**



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

Sponsored by Orange County Health Care Agency

*Spanish Speaking

WHAT IS THE ADULT PUBLIC HEALTH NURSING SERVICES 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, **APPOINTMENTS ARE RECOMMENDED.**

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

WHAT HEALTH ASSESSMENTS ARE PROVIDED?

Health and Nutritional Assessment & Counseling

Individualized Health Care Plan

Health Screenings:

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

