

## Health Professionals

Pre-Reading Discussion: Think about your health care experiences now, as an adult, and also when you were a child. Practice reading these questions aloud. You may answer the questions orally.

Now (As an adult)	Then (As a child)
1. Who do you go to for health care?	1. Who did you go to for health care?
2. Where do you go for health care?	2. Where did you go for health care?
3. Do you go to a doctor for check ups?	3. Did you go to a doctor for check ups?
4. Do you go to a dentist for check ups?	4. Did you go to a dentist for check ups?

This passage is about a guy who decided to go to his neighborhood clinic for a long overdue check up. Read it and see if you can relate to his experience.

Bob was feeling tired and run down. He had not seen a doctor in a long, long time. He made up his mind that it was time to go get a check up.

Bob called the clinic near his home. "I would like to get a check up," he said. They told him when to come in the next week. He wrote down the date and time.

When Bob went to the clinic, he had to wait. Then a nurse came out and asked him to follow her. First she asked Bob to step on the scales. Bob weighed more than he thought. Quite a lot more in fact. The nurse wrote down Bob's weight in his chart.

Then she took Bob's pulse. His heart was beating pretty fast. The nurse wrote down Bob's pulse in his chart.

Next she put a blood pressure cuff on Bob's left arm and pumped it up. The nurse wrote down Bob's blood pressure in his chart.

"Do you smoke?" she asked.

"No," said Bob.

“What did you come to see the doctor about today?” she asked.

“I’ve been feeling tired and run down. I thought I should get a check up,” said Bob.

“You’re right about that,” she said. “Dr. Smith will examine you today. Then he will let you know if he wants to order any more tests.”

“Do you think he will give me any pills to take?” Bob asked.

“He might. But first he will need to find out what your problem is.” Then she said, “Now, please undress and put on this gown. It opens at the back.” She smiled at Bob and left the room.

Bob got undressed. He didn’t like the gown, but he put it on anyway. He was glad he had decided to come to the clinic.

Questions for Discussion:

Can you relate to Bob's experience?

Why do you think people procrastinate or put off going to the doctor?

Should Bob have gone to a different health care provider, such as the hospital, a specialist, or an alternative medicine center?

Do you think Bob was proactive when it comes to his health?