

Overview of Refugee Medical Exams: Primary Health Care Concerns

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Objectives

1. Review Overseas and Domestic Refugee Screening exams
 - Overseas Medical Exam
 - Domestic Refugee Health Assessment
 - Adjustment of Status Exam
2. On-line Resources for further information

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Why discuss screening exams

1. Refugees do (or should) have these exams before and after migration and the data collected is substantial (and potentially available to support care)
2. If there is no one providing the exam in your area, the refugee may not have received it—so that important health issues/risks have not yet been addressed.

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Types of Medical Exams

- ❖ Overseas Visa Medical Examination
 - ❖ United States Public Health Service
- ❖ Domestic Refugee Health Assessment
 - ❖ State Departments of Health
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Organizations which Work with Refugees

- UNHCR: Office of the United Nations High Commissioner for Refugees
- Established December 14, 1950 by the United Nations General Assembly
- Coordinates international action to protect refugees and resolve problems worldwide
- <http://www.unhcr.org/>



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International Organization for Migration

IOM acts with its partners in the international community to:

Assist in meeting the growing operational challenges of migration management

Advance understanding of migration issues

Encourage social and economic development through migration

Uphold the human dignity and well-being of migrants



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Khalil Ibrahim, 48, a Syrian refugee from Aleppo and one of the beneficiaries of the tents donated by the Japanese government.

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International Organization for Migration KEY ACTIVITIES

IOM works across the following areas:



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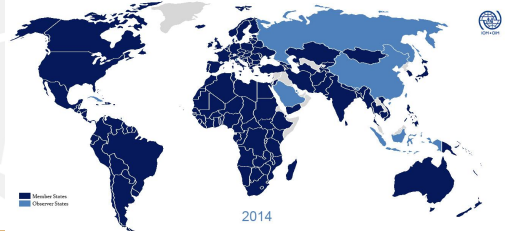
Beneficiary from the water system built by the Ecuador's Northern Border Programme in Calderon, Esmeraldas, an Afro-Ecuadorian parish of 450 people.

Labour Migration
Human Development
Immigration and Border Management
Migration Assistance
Emergency, Post-crisis and Disaster Risk Reduction
Migration Health
Refugee Resettlement
Migration Policy and Migration Law Research

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IOM MEMBER STATES

From 67 in 1998 to 156 in 2014



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Overseas Visa Medical Examination

- ❖ Mandatory for refugees and immigrants
- ❖ Completed by IOM Panel Physicians trained and overseen by CDC
- ❖ Is exclusionary in nature
- ❖ Results recorded on form DS-2053, etc.
- ❖ Can be conducted up to 1 year before departure
- ❖ Many conditions not included that impact health, i.e. malaria, intestinal parasites

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Overseas Screening

- To determine if applicant for permanent visa has:
 - Excludable medical condition (Class A)
 - Serious physical/mental disorder (Class B)
- Often done by International Organization for Migration or "panel physicians" contracted by local consulates/DOS
- Includes basic H&P, blood testing for syphilis and HIV, and TB assessment (CXR or PPD)
- In general, limited or no testing of children under age 15 years

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Medical Screening for Entry into the United States

"Excludable" conditions:

- ❖ Communicable diseases of public health significance
- ❖ Physical and mental disorders with associated harmful behaviors
- ❖ Psychoactive substance abuse and dependence
- ❖ Other physical or mental abnormalities, disorders or disabilities

* Note: every immigrant regardless of their arrival category must have this screening completed in order to come to the USA

Refugee Health Program,
Minnesota Department of
Health

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Communicable Diseases of Public Health Significance (Class A)

- Infectious TB: CXR
- HIV: ELISA
- STDs: RPR and exam.
- Hansen's Disease: Physical Exam.

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Communicable Diseases of Public Health Significance

- ❖ Infectious tuberculosis
- ❖ Syphilis
- ❖ Other Sexually Transmitted Diseases (STD)
e.g. chancroid, gonorrhea, granuloma inguinale, lymphogranuloma venereum
- ❖ Hansen's disease (leprosy)

Source: www.cdc.gov/mmgr/inf/infugesthealth/diseases/diseases.html#dtd (accessed in July 2013)

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Vaccine-Preventable, Quarantinable Diseases

- Mumps
- Measles
- Rubella
- Polio
- Tetanus
- Diphtheria
- Pertussis
- *Haemophilus influenzae* Type B
- Rotavirus
- Hepatitis A
- Hepatitis B
- Meningococcal disease
- Varicella
- Pneumococcal pneumonia
- Influenza

Source: Centers for Disease Control and Prevention
www.cdc.gov/mmgr/inf/infugesthealth/diseases/diseases.html#dtd (accessed in July 2013)

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Quarantinable Diseases Designated by Presidential Executive Order

- ❖ Cholera
- ❖ Diphtheria
- ❖ Infectious tuberculosis
- ❖ Plague
- ❖ Smallpox
- ❖ Yellow Fever
- ❖ Viral Hemorrhagic Fevers
- ❖ Severe Acute Respiratory Syndrome (SARS)
- ❖ Pandemic Influenza viruses

Source: Centers for Disease Control and Prevention
www.cdc.gov/mmgr/inf/infugesthealth/diseases/diseases.html#dtd (accessed in July 2013)

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Events that are reportable as a public health emergency of international concern (PHEIC) to WHO

A PHEIC is defined as an extraordinary event which is determined:

- (i) to constitute a public health risk to other States through the international spread of disease and
- (ii) to potentially require a coordinated international response.¹

Examples include: Smallpox, Severe Acute Respiratory Syndrome (SARS), Pandemic Influenza and Other public health emergencies of international concern

¹Source: World Health Organization,
www.who.int/emergencies/pheic/en/ (accessed July 2014)

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Domestic Refugee Health Screening: Best Practices

- Exam w/in the first 90 days of arrival
- Public health clinics &/or private providers
- Goals:
 - a) to collect data regarding refugee health
 - b) to control communicable disease among, and resulting from, the arrival of new refugees through:
 - ❖ health assessment
 - ❖ treatment
 - ❖ referral

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Recommended Exam Components

- Use national guidance provided by CDC
 - www.cdc.gov/ncidod/dq/refugee/rh_guide/index.htm
- Questions about national guidelines:
 - 24 Hours/Every Day
 - 800-CDC-INFO (800-232-4636)
 - cdcinfo@cdc.gov

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Outline of Recommended Exam Components

- Health History
- Immunization review and update
- Screen for:
 - Tuberculosis
 - Hepatitis B
 - Intestinal Parasites
 - Lead poisoning (6 months - 16 years)
 - HIV and Syphilis
- Evaluate for other STI
- Assess for malaria risk
 - Screen per provider discretion
- Physical Exam
- Assessment for Dental, Vision, Mental Health
- Treat and Refer to or Initiate primary care

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General Medical Examination

- History and physical examination
- Nutrition and growth
 - Take dietary history (e.g., restrictions, cultural dietary norms, food allergies).
 - Collect anthropometric indices, including weight, height, and, for young children, head circumference.

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General Medical Examination

- Pregnancy test
 - Perform when clinically indicated prior to administration of any vaccines or medications which may present a risk.
 - Recommend prenatal vitamins and referral for services if test is positive

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General Medical Examination

- Immunizations
 - Record previous vaccines, lab evidence of immunity, or history of disease.
 - Give age-appropriate vaccines as indicated.
 - Complete any series that has been initiated. (Do not restart a vaccine series.)
 - Doses are valid if given according to accepted ACIP or state schedules.
 - If patient has no documentation, assume he or she is not vaccinated.

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General laboratory testing

- Recommendations for all refugees
 - Perform complete blood count with differential and platelets.
 - Conduct urinalysis (optional in persons unable to provide a clean-catch specimen).
 - Consider testing glucose and serum chemistries.

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Intestinal and Tissue Invasive Parasites (ITIP)

- 1) Refugees without contraindications from the Middle East, South and Southeast Asia, and Africa
 - Single dose albendazole prior to departure.
- 2) SSA refugees without contraindications
 - Treatment with praziquantel for schistosomiasis.
- 3) For those not treated/others: Absolute eosinophil count that is persistently elevated requires further investigation i.e. stool ova and parasites

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Exam Process / Scheduling

To increase participation in screening....

- Schedule refugees as a family unit
- Schedule a trained medical interpreter for all visits or use Language Line
- Arrange transportation to clinic if needed
- Make reminder calls prior to each clinic visit

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Example of workflow for Three (3) clinic visits refugee health screening

<https://www.cdc.gov/immigrantrefugeehealth/pdf/checklist-refugee-health.pdf>

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1st Pre-Screening Nurse Visit	2nd Pre-Screening Nurse Visit	3rd Visit: Physician Exam
<ul style="list-style-type: none"> • Medical histories • Check for documentation of pre-departure treatment of malaria and parasitic infection • Screen for acute medical or social issues • Plot children on growth charts • Collect urinalysis • Urine pregnancy test (females 13 -45) • Serologic testing for strongyloides and/or schistosoma or give stool containers with direction for collection • Administer Tuberculin Skin Test (TST) or draw IGRA • Schedule return appointment in 2 to 3 days 	<ul style="list-style-type: none"> • Read TST/IGRA • Obtain PA and Left Lateral CXR for all with positive TSTs/QFR • Obtain Labs (CBC with differential for absolute eosinophil count; may be done on first visit if preferred) • Collect stool containers for O&P (if applicable) • Hearing and vision check • Schedule refugee 3rd visit / provider exam in 1-2 weeks when all lab results are available 	<ul style="list-style-type: none"> • Review test and lab results and treat based on findings • Administer presumptive therapy for malaria for refugees from sub-Saharan Africa, if indicated • Immunize • Growth and Development Screening • Mental Health Screening • Perform physical exam, include vision, hearing, dental assessment • Make referrals if needed (hearing, vision, dental, family planning, WIC, pediatrics, other specialties PRIMARY CARE)

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National Guidance on Domestic Refugee Health Screening

- Developed in collaboration with
 - Centers for Disease Control, Division of Global Migration and Quarantine (DGMQ/CDC)
 - www.cdc.gov/immigrantrefugeehealth/
 - Office of Refugee Resettlement (ORR)
 - NIH Substance Abuse Mental Health Services Administration (SAMHSA)
- Minnesota's provider guide (nothing in KSI): www.health.state.mn.us/refugee/guide/

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What is a “Green Card”?

- **Refugees:** adjusts immigration status from Lawful Temporary Resident (LTR) to Lawful Permanent Resident (LPR); provides permanent residence and work authorization.
- **Immigrants:** permission to reside and work in the United States

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Adjustment of Status Exam (Green Card Exam)

- Civil Surgeon MUST perform the **full** physical exam needed for immigrants, asylees
- **ONLY** immunizations are needed for refugees, unless they arrived with a Class A medical waiver
- Local public health medical director may act as civil surgeon for refugees
- www.uscis.gov for needed information and forms

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Requirements to be a Civil Surgeon

- Licensed physician
- Four years professional experience beyond internship and residency
- Good standing with local and state medical boards
- Must apply to local USCIS office (not applicable for LPH MD acting as civil surgeon)

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Scholarly Resources/Databases

- PubMed
 - MeSH Terms
- Google Scholar
- CINAHL
- PsycINFO



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Resources – Websites

- Refugee Health Information Network (RHIN)
 - <http://www.rhin.org>
 - Multilingual health information (more than 80 languages) for health providers, refugees and asylees
 - Large section on cultural guidance
 - Country Conditions Reports
 - Multiple formats (print, audio, video)



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Resources - Websites

- MedlinePlus – Health Information in Multiple Languages
 - <http://www.medlineplus.gov/>
 - Selected topics now in 47 languages other than English
 - Accessible directly from the homepage
 - Search by language or health topic
 - Strict criteria for translations



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Resources - Websites

- EthnoMed
 - <http://ethnomed.org>
 - Merged material from former 24 Languages Project
 - Background information on cultures and cultural competency
 - Patient education materials



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Resources – Websites

- Healthy Roads Media
 - <http://www.healthyroadsmedia.org/>
 - Multiple languages; multiple formats
 - Includes iPod video and multimedia



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Resources - Websites

- DiversityRx: Improving Health Care for a Diverse World
 - <http://www.diversityrx.org>
 - Webinars
 - Cultural Competence
 - Conference



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Resources – Websites

- Health Information Translations
 - <http://healthinfotranslations.org/>
 - Health topics include Diagnostic Tests and Disaster Preparedness
 - Linked to from MedlinePlus!

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Resources - Journals

- BMC Public Health
- Bulletin of the World Health Organization
- CDC Morbidity Mortality Weekly Report
- Journal of Immigrant and Minority Health
- Journal of Refugee Studies
- Journal of Transcultural Nursing
- Journal of Health Care for the Poor and Underserved

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Resources – Listservs

- Diversity and Literacy Discussion List
 - Diversity@lincs.ed.gov/
- Office of the Civilian Volunteer Medical Reserve Corps
 - <https://mrc.hhs.gov/HomePage>



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Resources for Emergency Preparedness

- National Resource Center on Advancing Emergency Preparedness for Culturally Diverse Communities
 - <http://www.diversitypreparedness.org/>
- Cultural Competency Curriculum for Disaster Preparedness and Crisis Response
 - <http://minorityhealth.hhs.gov/templates/content.aspx?vl=2&vIID=12&ID=7986>
- NN/LM SCR Emergency Preparedness and Disaster Recovery
 - <http://nnlm.gov/scr/services/prepare.html>
- Disaster Information Outreach by Librarians
 - DISASTR-OUTREACH-LIB-request@list.nih.gov

Thank you!

Questions?