

Baylor College of Medicine, Environmental Health Service
Department of Medicine, Section of General Internal Medicine
A Guide for Referring Patients to BCM Environmental Health Clinics

Program Description	<p>The BCM Environmental Health Clinics (EHCs) provide clinical services for patients with symptoms or disease that are likely to be caused or exacerbated by exposure to environmental hazards. The clinical services generally include a comprehensive patient exposure history, followed by a home-based exposure assessment and intervention. The EHC currently targets patients with asthma that is not well controlled, as defined by:</p> <ul style="list-style-type: none"> ▪ Daily asthma symptoms, nighttime awakenings two or more times per week, extremely limited normal activity, and/or daily use of a short-acting beta agonist for symptom control (very poorly controlled asthma as defined in the <i>NAEPP Expert Panel Report 3</i>¹); ▪ At least one hospitalization or emergency department visit for asthma in the past year; and/or ▪ An <u>Asthma Control Test</u> score of 19 or lower. <p>The clinic also serves patients with a persistent blood lead level $\geq 5 \mu\text{g/dL}$, and other health concerns that may have an environmental component.</p>
Clinic	<p>During a visit to the EHC, the provider will conduct:</p> <ul style="list-style-type: none"> ▪ An environmental exposure history; ▪ A physical exam; and ▪ Additional testing when indicated (e.g., toxicology screens, allergy testing).
Home Visits	<p>If indicated, the clinic visit will be followed by an environmental exposure assessment at the patient’s home and/or other relevant exposure sites, and up to four home-based visits over a 1-year period to implement a tailored action plan. This plan will connect the history and exposure assessment to the intervention, and will include patient-centered environmental hazard reduction, education, and referrals to other resources as appropriate.</p>
Supplies	<p>Qualified patients may receive low-cost supplies to assist in exposure reduction, if supplies are available. These may include: allergen-control pillow covers, integrated pest management, air filter, and/or “green” cleaning kit.</p>
Staff	<ul style="list-style-type: none"> ▪ Marcus Hanfling, MD - Medical Director, Pediatric EHC ▪ Nicola Hanania, MD – Interim Medical Director, Adult EHC ▪ Quynh Nguyen, MSN, FNP-C – Family Nurse Practitioner ▪ Adriana Rangel, MPH, RRT – Health Educator ▪ Ritupreet Virk, MPH, MBA – Environmental Assessor
Locations	<ul style="list-style-type: none"> ▪ Harris Health Pediatric & Adolescent Health Center (PAHC) - Pasadena (ages 0-18); Tuesdays, 8 am–noon ▪ Harris Health Smith Clinic (ages 18 and older, research participants); Thursdays, 8 am–noon <p>For an appointment or additional referral information, call the Environmental Health Service at 713-798-1082 or e-mail environmentalhealth@bcm.edu.</p>
Referrals Accepted	<p>In general, referrals will be accepted from the following sources:</p> <ul style="list-style-type: none"> ▪ Pulmonologists and allergists/immunologists ▪ Primary care physicians, community providers ▪ Self-referrals for patients with a health concern that may have an environmental component ▪ Health plans (for members with asthma that is not well controlled) <p>Referrals can be made to the EHC via Epic, by emailing the <i>referral form</i> to environmentalhealth@bcm.edu or faxing the form to 713-798-2770</p>
Languages	<p>English and Spanish; others as needed</p>
Insurance	<p>Baylor College of Medicine and the Harris Health System accept most major health insurance and managed care plans. Self-pay clients are also accepted; financial assistance is available for those who qualify.</p>

¹ US Department of Health and Human Services, National Heart Lung and Blood Institute, *National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma*, NIH Publication No. 07-40511-440. Bethesda, MD: 2007; www.nhlbi.nih.gov/guidelines/asthma/asthgdln.pdf ; last accessed January 21, 2014.