

# Ruth U. Fertel/Tulane CHC Health and Wellness Support for Chronic Disease Management

## *Clinical Pharmacist, Health Advocate & PCP Care Team*



**Sarah Amering**, PharmD, BCACP,  
Clinical Pharmacist at Ruth Fertel/Tulane CHC

### **What I do:**

I provide support for patients with severely uncontrolled diabetes, hypertension, hyperlipidemia, smoking cessation and obesity.

I see patients individually and provide nutrition education, medication titration, and evaluation of pertinent labs.

### **The patients I see:**

- Patients with **uncontrolled** diabetes
- Patients with **uncontrolled** hypertension
- Obese patients
- Patients who smoke

### **How to make an appointment:**

Talk to your PCP about scheduling an appointment. You can also approach the front desk about an appointment, or call 504-609-3500.

### **Further contact info:**

samering@xula.edu

### **How we work together:**

- \* Co-management of medical conditions and healthy lifestyle changes
- \* Weekly huddles to discuss progress of patient care—relevant notes will be added to patient charts so the PCP can stay informed
- \* Collaboration on health and wellness programming like Lose Dat!

### **Sarah Goodman**, Health Advocate

### **What I do:**

I provide general health and wellness coaching and goal-setting on the following topics: Weight loss, Nutrition, Exercise, Smoking Cessation, Medication Adherence. I use standardized patient education materials and motivational interviewing to encourage patients to develop health and wellness goals. I can also connect patients to resources such as in-clinic programming and community health and wellness opportunities.

### **The patients I see:**

- Patients with diabetes, hypertension, obesity, and smokers that want to create lifestyle changes
- For connection to clinic and community health and wellness resources

**How to make an appointment:** Talk to your PCP about scheduling an appointment. You can also approach the front desk about an appointment, or call 504-609-3583.

**Further contact info:** sgoodma@tulane.edu

### **Primary Care Provider (PCP)**

### **What I do:**

I oversee all aspects of your care. I can refer my patients to either the PharmD or the Health Advocate to compliment and enhance patient care.

I will be able to read notes about encounters with the PharmD or Health Advocate in the patient chart and stay up-to-date with the progress you make during those sessions.

The PharmD or Health Advocate will inform me should any questions or concerns arise during an encounter.

