

NURSE PRACTITIONERS CLINIC

PERSON-CENTERED PRIMARY CARE

Welcome to the University of Minnesota Health Nurse Practitioners- A UMPHysicians Clinic. We offer a weekly clinic at Touchstone Mental Health. A central focus of our practice is collaborating with providers at Touchstone.

The Nurse Practitioners Clinic provides person-centered care, an approach that builds strong partnerships with patients. We listen and offer education on managing health. The clinic's certified family nurse practitioners can assess and treat conditions and prescribe medications.

Scheduled appointments are encouraged, but same-day appointments may be available. The clinic accepts most major insurance plans, including most Medicare and Medical Assistance programs.

Clinic staff

The clinic's care providers are certified nurse practitioners. These practitioners complete the highest clinical training available for nurses. Coordination with pharmacists and other other care providers is available. Lab services will be coordinated with outside locations; please discuss options with your care provider.

Clinic services include:

Wellness care

- Health maintenance exams for women, men and children
- Pediatric and adolescent well-child exams
- Physical exams required for camp, college and sports teams

Acute and short-term illness care

- Fever, flu-like illnesses, body aches
- Head, ears, nose disorders (headache, sore throat, upper respiratory infections, eye conditions, earache, sinus symptoms, ear wax removal)
- Chest conditions (cough, bronchitis)
- Nausea, stomach pain, constipation, diarrhea
- Women's health issues; vaginal infections
- Musculoskeletal disorders (back pain, bone and joint injuries)
- Skin conditions (infections, warts, rashes, mouth sores, acne)

Chronic illness care

- Diabetes (chronic and new onset)
- Hypertension/high blood pressure
- Stable heart disease
- Stomach/GERD issues
- Nerve pain (neuropathies)
- Other chronic illnesses in coordination with pharmacy and other specialty care

Minor injury exam and care

- Sprains and strains
- Corneal abrasions
- Wounds and abrasions



**University of Minnesota Health
Nurse Practitioners Clinic
at Touchstone Mental Health,
A University of Minnesota
Physicians Clinic**

2312 Snelling Avenue
Minneapolis, MN 55404

Call to schedule an appointment:
612-888-9792 (phones answered
Monday - Friday, 8 a.m. to 5 p.m.)

**Please say you'd like an appointment
at the Nurse Practitioners Clinic at
Touchstone Mental Health.**

Website:
mhealth.org/NP

