

HRA Form

Health Plan :	Virginia Premier Healthcare Advantage
Member Name :	LINDA S LOVEGROVE
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1952-04-01
Evaluation Date :	2021-7-7 11:00 PM
Visit Type :	Virtual: Video & Audio Capability

Demographics

Plan	VPHP - VIRGINIA PREMIER
Program	MEDICARE
LOB	DSNP
Name	LINDA S LOVEGROVE
Gender	Female
Address	1310 LYLE AVE
City	STAUNTON
State	VA
Zip	24401-4894
Date of Birth	1952-04-01
Age(as of date)	69
Marital Status	Widowed
Member Identification Number	11008076
HICN	3MV9A94MA35
Phone Number	5404487504
Cell Number	5402946275
Alternate Contact Number	
Email	
Emergency Contact	Tonya Hodge
Phone Number	
Primary Care Physician	DIDUCH, BARRY KENT
Phone Number	7572457425
PCP Address	851 STATLER BLVD
PCP City	STAUNTON
PCP State	VA

PCP Zip	244014894
PCP County	
Office ID	P0136709
Office Name	AUGUSTA MEDICAL GROUP

1. Race

- ☒ **Caucasian**
☐ Latino

☐ Alaskan Native
- ☐ African American
☐ Native American

☐ Other
- ☐ Asian
☐ Native Hawaiian or other Pacific Islander

Patient's Ethnicity

- ☐ Hispanic
☐ Prefer not to say
- ☒ **Non-Hispanic**
- ☐ Other Ethnicity

2. Preferred language

- ☒ **English**
- ☐ Other

Previously Documented Conditions

Covid Screening

In the last 14 days, have you:

Traveled internationally?	Yes	No
Had known exposure to anyone diagnosed with Corona virus (COVID-19)	Yes	No
Had close contact with someone who has traveled to a high risk area?	Yes	No
Developed Fever?	Yes	No
Developed Cough?	Yes	No
Developed Flu like symptoms?	Yes	No
Developed Shortness of breath?	Yes	No

Self-Assessment and Social History

3. How much school have you completed?

- ☐ Less than 3rd grade
☒ **Completed 12th grade**
- ☐ Completed 3rd grade
☐ Attended College
- ☐ Completed 8th grade

4. When you get written information at a doctor's office would you say it is

- ☐ Very difficult ☐ Somewhat difficult ☒ **Easy**
☐ Very easy to understand

5. When you read the instructions on a prescription bottle would you say that it is

- ☐ Very difficult ☐ Somewhat difficult ☒ **Easy**
☐ Very easy to understand

6. How confident are you in filling out medical forms by yourself?

- ☐ Not at All Confident ☐ Not Very Confident ☒ **Confident**
☐ Very Confident

7. How would you rate your health compared to other persons your age?

- ☐ Excellent ☐ Good ☒ **Fair**
☐ Poor

8. During past 3 months, has your physical and or emotional health limited your social activities with family, friends, neighbours or groups?

- ☐ Often ☒ **Sometimes** ☐ Almost Never
☐ Never

9. Where do you currently live?

- ☒ **Home** ☐ Apartment ☐ Assisted Living
☐ Nursing Home ☐ Homeless ☐ Other

10. Do you have someone you can rely on to help if you are sick or have problems you need to discuss?

- ☒ **Yes** ☐ No

11. Who do you currently live with?

- ☒ **Alone** ☐ Spouse ☐ Partner
☐ Relative ☐ Family ☐ Friend
☐ Personal Care Worker
[🔗](#) Describe

12. Are you currently a caregiver for someone?

- ☐ Yes ☒ **No**

13. Tobacco use

- ☐ Current ☐ Former ☒ **Never**

14. Alcohol Use

- ☐ Current ☐ Former ☒ **Never**

15. Do you or have you used recreational drugs or pain medication?

- ☐ Yes ☒ **No**

16. Do you have a Healthcare Proxy?

- ☐ Yes ☒ **No** ☐ Don't Know

17. Do you have a Durable Power of Attorney?

☒ Yes

☐ No

☐ Don't Know

Name

Tonya Hodge

Relationship

Daughter

18. Do you have an Advance Directive?

☒ Yes

☐ No

☐ Don't Know

Where is it kept?

at doctor's office

Within the past 12 months we worried whether our food would run out before we got money to buy more. Was that _____ for your household?

☐ Often True

☐ Sometimes True

☒ Never True

Within the past 12 months the food we bought just didn't last and we didn't have money to get more. Was that _____ for your household?

☐ Often True

☐ Sometimes True

☒ Never True

Activities of Daily Living

19. Do you have any difficulty with the following activities?

A. Getting in or out of bed	No	Need Some Help	Need Total Help
B. Getting in or out of chairs	No	Need Some Help	Need Total Help
C. Toileting	No	Need Some Help	Need Total Help
D. Bathing	No	Need Some Help	Need Total Help
E. Dressing	No	Need Some Help	Need Total Help
F. Eating	No	Need Some Help	Need Total Help
G. Walking	No	Need Some Help	Need Total Help
H. Going up or down stairs	No	Need Some Help	Need Total Help

How many stairs can you climb

☐ None

☒ Three to five

☐ Six to ten

☐ More than ten

Medical History

20. Do you use any assistive devices? (Check device or none if no devices used)

☐ None

☒ Cane

☒ Walker

☐ Prosthesis

☒ Wheel Chair

☐ Bedside Commode

☐ Urinal

☐ Bed Pan

☐ Other

21. Are you currently seeing any specialists?

☒ Yes

☐ No

Medical Specialty	Specialist	For
Cardiologist	Dr. Brammer	A.FIB
Ophthalmologist		Eye exam

22. In the past 12 months how many times have you?

A. Seen your PCP	None	1	2	3	4	5 or more
B. Visited the Emergency Room	None	1	2	3	4	5 or more
C. Stayed in the hospital overnight	None	1	2	3	4	5 or more
D. Been in a nursing home	None	1	2	3	4	5 or more
E. Had Surgery	None	1	2	3	4	5 or more

23. Have you ever been hospitalized prior to the last 12 months?

☒ Yes

☐ No

Describe
pacemaker placement 2019

24. In the past year have you received health services from any of the providers below:

Physical Therapist	Yes	No
Occupational Therapist	Yes	No
Dietician	Yes	No
Social Worker	Yes	No
Pharmacist	Yes	No
Speech Therapist	Yes	No
Chiropractor	Yes	No
Personal Care Worker (HHA, CNA, PCA)	Yes	No
Meals on Wheels	Yes	No

25. In the past two years have you received any of the treatments below?

Chemotherapy	Yes	No	Unknown
Catheter Care	Yes	No	Unknown
Oxygen	Yes	No	Unknown
Wound Care	Yes	No	Unknown
Regular Injections	Yes	No	Unknown
Tube Feedings	Yes	No	Unknown

Family History

26. Family History

☒ Yes

☐ No

Family Member	Medical Condition	Cause of Death
Father	MI	
Mother	CAD, HTN	
Sibling1	CAD	

Preventive Care

27. In the past three years have you had?

Screen	Answer
Colonoscopy	No
Breast Exam/Mammography	Yes
Cervical Screening	Not Applicable
Bone Density	No
Prostate Exam/PSA	Not Applicable
If Diabetic Eye Exam	Yes
If Diabetic Foot Exam	Yes
If Diabetic Hgb A1c screen	Yes
Lipid Panel	Yes

28. Last colonoscopy if more than 2 years ago

☐ 3 – 5 years ago

☐ 6 – 10 years ago

☒ > 10 years ago

☐ Never

☐ Don't know

29. Screen for abnormal glucose / diabetes - age 40 - 70

☒ Yes

☐ No

☐ NA

30. One time screen for Abdominal Aortic Aneurysm if male with history of smoking, age 65 - 75

☐ Yes

☒ No

☐ NA

31. One time screen for Hepatitis C if born between 1945 - 1965

☐ Yes

☒ No

☐ NA

32. Do you get Flu Vaccine each year?

☒ Yes

☐ No

33. Have you been vaccinated for Pneumonia?

☒ Yes

☐ No

☒ Pneumovax

☒ Yes

☐ No

☐ Unknown

☐ Prevenar

☐ Yes
 ☐ No
 ☒ Unknown

34. Have you been vaccinated for Herpes Zoster?

☒ Yes
 ☐ No

☒ Yes
 ☐ No
 ☐ Unknown

☒ Yes
 ☐ No
 ☒ Unknown

Allergies / Medications

35. Allergies

☒ Yes
 ☐ No

Substance	Reaction
Codeine	RASH
Sulfa	RASH

Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status	
Thyrototoxicosis	METHIMAZOLE	TAB 5MG	PO = By Mouth	QAM	Maybee	Taking	Not Taking
Depression	VENLAFAXINE	CAP 150MG ER	PO = By Mouth	QD	Cheek	Taking	Not Taking
HTN	LISINOP/HCTZ	TAB 20-25MG	PO = By Mouth	QAM	Cheek	Taking	Not Taking
A.Fib	METOPROLOL SUC	TAB 50MG ER	PO = By Mouth	QD	Maybee	Taking	Not Taking
DM	METFORMIN	TAB 500MG ER	PO = By Mouth	QPM	Cheek	Taking	Not Taking
A.FIB	XARELTO	TAB 20MG	PO = By Mouth	QD	Maybee	Taking	Not Taking
HLD	PRAVASTATIN	TAB 20MG	PO = By Mouth	HS	Cheek	Taking	Not Taking
GERD	FAMOTIDINE	TAB 20MG	PO = By Mouth	BID	Cheek	Taking	Not Taking

36. Over the Counter Medications / Supplements

☒ Yes
 ☐ No

Date	Description	Dose/Units	Route	Frequency
07-07-2021	Tylenol	500mg	PO = By Mouth	PRN

37. Chronic Use of

☐ None
 ☐ ASA
 ☐ Steroids
 ☐ Insulin

☒ **Anticoagulants**

☒ **Statins**

☐ **Biphosphonate**

38. Medication Compliance and Knowledge of Use and Disease

1. Do you ever forget to take your medicine?	Yes	No
2. Do you sometimes not pay enough attention to your medication?	Yes	No
3. Do you know the longterm benefit of taking your medicine as told to you by the doctor or pharmacist?	Yes	No
4. When you feel better do you sometimes stop taking your medicine?	Yes	No
5. Sometimes if you feel worse when you take your medicine do you stop taking it?	Yes	No
6. Do you sometimes forget to refill your prescription on time?	Yes	No

Review of Systems and Diagnoses

Eye Problems (Glaucoma, Cataracts, Macular Degeneration, Blindness, Retinal Detachment, Other)

☒ **Yes**

☐ **No**

↳ Diagnoses

☐ Cataracts

☐ Glaucoma

☐ Macular Degeneration

☐ Retinal Disease

☐ Difficulty with vision

☐ Hyperopia

☒ **Myopia**

☐ Others

Myopia

↳ Describe

☒ **Active**

☐ History of

☐ Rule out

↳ Supported by

☐ Symptoms

☒ **Glasses/ lenses**

☐ Other

Do you wear glasses or contacts?

☒ **Yes**

☐ **No**

↳ Do you have trouble seeing even with glasses?

☐ Yes

☒ **No**

Do you have problems seeing at night?

☐ Yes

☒ **No**

Do you have eye pain?

☐ Yes

☒ **No**

Do you have problems with tearing?

☐ Yes

☒ **No**

Do you have a problem with dry eye?

☐ Yes

☒ **No**

Ear Problems (Hard of hearing, Deaf, Vertigo, Ear Infections)

☐ Yes

☒ **No**

Nose Problems (Nose Bleeds, Sinus infections, Other)

☐ Yes

☒ **No**

Mouth and Throat Problems (Difficulty Chewing, Difficulty Swallowing, Bleeding Gums, Other)

☐ Yes

☒ No

Neck Problems (parotid Disease, Carotid Stenosis, Other)

☐ Yes

☒ No

Respiratory Problems (COPD, Emphysema, Asthma, Chronic Bronchitis Pneumonia, Other)

☐ Yes

☒ No

Cardiovascular (Hypertension, Angina, Ischemic Heart Disease(CAD), Myocardial Infarction, Other)

☒ Yes

☐ No

Diagnoses

- ☐ Abnormal Cardiac Rhythm
- ☐ Angina
- ☐ Cardio – Respiratory Failure / Shock
- ☐ Congestive Heart Failure
- ☒ Hyperlipidemia
- ☐ Ischemic Heart Disease (CAD)
- ☐ Peripheral Vascular Disease
- ☐ Valvular Disease
- ☐ Aneurysm
- ☒ Atrial Fibrillation
- ☒ Cardiomyopathy
- ☐ Deep Vein Thrombosis
- ☒ Hypertension
- ☐ Myocardial Infarction
- ☐ Pulmonary Hypertension
- ☐ Other

Atrial Fibrillation

Describe

☒ Active

☐ History of

☐ Rule out

Type

☐ Paroxysmal

☐ Chronic

☒ Unknown

Supported by

☒ Medications

☐ History

☐ ECG

☐ Electric cardioversion

☒ Symptoms

☐ Other

Is patient taking

☒ Anticoagulant

☒ Rate controlling medication

☐ Other

comments

Xarelto, Metoprolol

Cardiomyopathy

Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Echo

☐ Cardiac Cath

☒ Other

Secondary to Hypertension

☒ yes

☐ No

Hyperlipidemia

Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Lab results
 ☒ **Medication**
☐ Other

↳ Is patient on Statin
 ☒ **Yes**
☐ No

comments: Pravastatin

Hypertension
 ↳ Describe
 ☒ **Active**
☐ History of
 ☐ Rule out

↳ Supported by
 ☐ Physical Exam
 ☒ **Medications**
☐ Symptoms
 ☐ Other

comments: Lisinopril

↳ Adequately controlled
 ☐ Yes
 ☐ No
 ☒ **UnKnown**

History of Chest Pain

☐ Yes
 ☒ **No**

History of Intermittent Claudication

☐ Yes
 ☒ **No**

Implanted Pacemaker

☒ **Yes**
☐ No

↳ Describe
 ☒ **Ventricular Tachycardia**
☐ Asystole
 ☐ Cardiac Arrest

↳ Last interrogation date
unknown

↳ Type and ID number
unknown. Pacemaker placement approx 2019

Implanted Defibrillator

☐ Yes
 ☒ **No**

Do you have abnormal heart beats?

☒ **Yes**
☐ No

Does your heart race?

☐ Yes
 ☒ **No**

Do you sleep on more then one pillow?

☐ Yes
 ☒ **No**

have you ever have fluid in your lungs?

☐ Yes
 ☒ **No**

Do your legs or ankles swell up?

☐ Yes
 ☒ **No**

Do you follow a special diet?

☐ Yes
 ☒ **No**

Do you have headaches?

☐ Yes
 ☒ **No**

Do you feel light headed when you stand up?

☐ Yes
 ☒ **No**

Gastrointestinal Problems (Ulcer, Reflux, Hiatal Hernia, Colitis, Other)

☒ **Yes**
☐ No

Diagnoses

- ☐ Bowel Obstruction
- ☐ Celiac Disease
- ☐ Colon Polyps
- ☐ Gall Bladder Disease
- ☒ GERD
- ☐ Inflammatory Bowel Disease
- ☐ Ulcer Disease
- ☐ Cachexia
- ☐ Cirrhosis
- ☐ Diverticulitis
- ☐ Gastroparesis
- ☐ Hepatitis
- ☐ Pancreatitis
- ☐ Other

GERD

Describe

- ☒ Active
- ☐ History of
- ☐ Rule out

Supported by

- ☐ Heartburn /
Dyspepsia
- ☐ Regurgitation
- ☒ Medications
- ☐ Other

comments

Famotidine

History of blood in stool

- ☐ Yes
- ☒ No

History of black stools

- ☐ Yes
- ☒ No

History of Heartburn / Dyspepsia

- ☒ Yes
- ☐ No

Describe

- ☐ Occasionally
- ☒ Chronic

History of Vomiting or Regurgitation

- ☐ Yes
- ☒ No

History of pain after eating

- ☐ Yes
- ☒ No

History of Jaundice

- ☐ Yes
- ☒ No

Do you follow a special diet?

- ☐ Yes
- ☒ No

Do you have frequent abnormal abdominal pain?

- ☐ Yes
- ☒ No

Do you have intermittent nausea or vomiting?

- ☐ Yes
- ☒ No

Do you have trouble with constipation?

- ☐ Yes
- ☒ No

Does diarrhea limit your ability to get out of the room or socially?

- ☐ Yes
- ☒ No

Do you see blood in your urine?

- ☐ Yes
- ☒ No

Do you have Frequent Stomach Pain

- ☐ Yes
- ☒ No

Bowel Movements

- ☒ Normal
- ☐ Abnormal

Abdominal Openings

☐ Yes

☒ No

Rectal Problems

☐ Yes

☒ No

Last Bowel Movement

☐ Today

☒ 1-3 days ago

☐ >3 days ago

Neuro / Psych Problems (Stroke, Parkinson's disease, Seizures Paraplegia, Depression, Other)

☒ Yes

☐ No

Diagnoses

- ☐ Alcohol Dependence
- ☐ Bipolar Disorder
- ☐ Cerebral Palsy
- ☐ Dementia
- ☐ Drug Dependence
- ☐ Generalized Anxiety Disorder
- ☐ Hemiparesis
- ☐ Insomnia
- ☐ Migraine Headaches
- ☐ Muscular Dystrophy
- ☐ Parkinson's disease
- ☐ Restless leg syndrome
- ☐ Seizure Disorder
- ☐ Stroke
- ☐ TIA
- ☐ Other
- ☐ Amyotrophic Lateral Sclerosis
- ☐ Cerebral Hemorrhage
- ☐ Delusional Disease
- ☒ Depression
- ☐ Fibromyalgia
- ☐ Guillain-Barre Disease
- ☐ Huntington's Chorea
- ☐ Intellectual and or Developmental Disability
- ☐ Multiple Sclerosis
- ☐ Myasthenia Gravis
- ☐ Peripheral Neuropathy
- ☐ Schizophrenia
- ☐ Spinal Cord Injury
- ☐ Subdural Hematoma
- ☐ Traumatic Brain Injury

Depression

Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Symptoms

☐ PHQ 2 / 9

☒ Use of antidepressant medication

☐ Other

Major

☒ Yes

☐ NO

Supported by

☐ PHQ 9

☐ Hospitalization

☒ Chronic use of antidepressant medication beyond 6 months

☐ Use of ECT

comments

Venlafaxine

Are you nervous, anxious, feel on the edge or often feel stressed?

<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you worry too much about different things?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you feel afraid that something bad might happen?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
History of headaches		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
History of auditory hallucinations		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
History of visual hallucinations		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
History of psychotic behavior		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
History of episodes of delirium		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you follow a special diet?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have any weakness or deformity in your arms or legs that limits your ability to get around or do what you want to do?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have trouble swallowing your food?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have trouble making people understand you when you speak?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you trouble understanding what people say to you?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do your hands shake?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have convulsions and seizures?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have trouble with your memory?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have trouble finding words?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have trouble sleeping?		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Have you lost your appetite		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you hear voices or see things that other people do not		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you have highs and lows		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
Do you ever feel like someone is out to get you		
<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No	
How often do you go out to meet with family or friends		
<input type="checkbox"/> Often	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Never

GPCOG Score or MMSE Score

GPCOG Score	or MMSE Score

If GPCOG or MMSE is not done, is

- ☒ Patient oriented to person
 - ☒ Yes ☐ No
- ☒ Patient oriented to place
 - ☒ Yes ☐ No
- ☒ Patient oriented to time
 - ☒ Yes ☐ No
- ☒ Recall
 - ☒ Good ☐ Poor
- ☒ Patient describes recent news event
 - ☒ Yes ☐ Partially ☐ No

Affect

- ☒ Normal ☐ Abnormal

Over the past 2 weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things	<input checked="" type="checkbox"/> Not at all	<input type="checkbox"/> Several Days	<input type="checkbox"/> More than half the days	<input type="checkbox"/> Nearly every day
Feeling down, depressed or hopeless	<input checked="" type="checkbox"/> Not at all	<input type="checkbox"/> Several Days	<input type="checkbox"/> More than half the days	<input type="checkbox"/> Nearly every day

PHQ 2 Score

- ☒ < 3 ☐ 3 or more

Speech

- ☒ Normal ☐ Slurred ☐ Aphasic
- ☐ Apraxia

Finger to Nose

- ☐ Normal ☐ Abnormal

comments

virtual visit

Heel (Shin) to Toe

- ☒ Normal ☐ Abnormal

Thumb to Finger Tips

- ☒ Normal ☐ Abnormal

Sitting to Standing

- ☒ Normal ☐ Needs Assistance ☐ Unable

Facial / Extremity Movement

- ☐ Motor Tic ☐ Vocal Tic ☐ Benign (Essential)

- ☐ Intention Tremor

☐ Spasticity

☒ Normal

☐ Non-Intention (Pill rolling) Tremor

☐ Chorea Movement

☐ Tremor)

☐ Rigidity

☐ Cog wheeling

Gait

- ☐ Normal

☐ Abductor lurch

☐ Ataxic

☐ Limp

☐ Paretic

☐ Other (Findings may also apply to Musculoskeletal diagnoses)

☐ Wide based

☒ Shuffling

comments

ambulates with a walker and slow, shuffling gait

Genitourinary Problems (Overactive Bladder, Urinary Incontinence Stress Incontinence, Benign Prostatic Hypertrophy, Others)

- ☒ Yes

☐ No

Diagnoses

- ☐ Acute Renal Failure

☐ Chronic Kidney Disease

☐ Erectile Dysfunction

☐ Kidney Stones

☒ Urinary Incontinence

☐ BPH

☐ ESRD

☐ Frequent UTI

☐ Nephritis or Nephrosis

☐ Other

Urinary Incontinence

Describe

- ☒ Active

- ☐ History of

☐ Rule out

Supported by

- ☐ History

☐ Medications

☐ Biopsy

☒ Symptoms

☐ Test results

☐ DME

☐ Physical Findings

☐ Image studies

☐ Other

Related to stress

- ☒ Yes

- ☐ No

Related to

- ☐ Dribbling

- ☒ Urgency

- ☐ Other

Describe

- ☒ Daily

- ☐ Few times a week

☐ Less than once a week

History of frequency

- ☒ Yes

☐ No

- ☐ 3x / day

☒ 4x / day

☐ 5x / day

☐ >5x / day

History of Nocturia

- ☒ Yes

☐ No

- ☐ 1x / night

☒ 2x / night

☐ 3x / night

☐ >=4x / night

History of Hesitancy

- ☐ Yes☒ No
- Do you have trouble urinating?
- ☐ Yes☒ No
- Do you ever have blood in your urine?
- ☐ Yes☒ No
- Do you have any weakness or deformity in your arms or legs that limits your ability to get around or do what you want to do?
- ☒ Yes☐ No
- Do you have trouble holding your urine?
- ☒ Yes☐ No
- Do you trouble getting to the bathroom on time?
- ☒ Yes☐ No
- Do you ever have pain or burning during urination?
- ☐ Yes☒ No
- Do you ever wear pads or diapers?
- ☐ Yes☒ No
- Do you have a vaginal discharge?
- ☐ Yes☒ No
- Do you have vaginal bleeding?
- ☐ Yes☒ No

Musculoskeletal Problems (Spinal Stenosis, Rheumatoid Arthritis, Gout, Osteoporosis, Others)

- ☒ Yes☐ No
- ↳ Diagnoses

☐ Collagen (Connective) Tissue Disease

☐ Degenerative Disc Disease

☐ Extremity Fracture (other than Hip)

☐ Gout

☐ Hallux Valgus

☐ Hammer Toes

☐ Onychomycosis

☒ Osteoarthritis

☐ Osteomyelitis

☐ Osteoporosis

☐ Pyogenic Arthritis

☐ Rheumatoid Arthritis

☐ Spinal Stenosis

☐ Systemic Lupus Erythematosus

☐ Tinea Pedis

☐ Other

Osteoarthritis

↳ Describe

☒ Active

☐ History of

☐ Rule out

↳ Supported by

☒ Symptoms

☐ Physical Findings

☒ Image studies

☐ Other

↳ Which joints

comments

bilateral knees, L-S spine

History / Finding of non- extremity Fracture

- ☐ Yes☒ No
- History / Finding of Hip Fracture / Dislocation
- ☐ Yes☒ No

History / Finding of Vertebral Fracture

☐ Yes☒ No

Do you have any swelling of your joints?

☐ Yes☒ No

Do you experience stiffness in the morning or during the day?

☐ Yes☒ No

Do you have pain in your joints?

☐ Yes☒ No

Do you have a problem straightening any joints?

☐ Yes☒ No

Does pain and or swelling in your joints limit your activities?

☒ Yes☐ No

Have you broken bones(fractures) in any parts of your body?

☐ Yes☒ No

Do you have constant pain in your bones?

☐ Yes☒ No

Have you had an amputation?

☐ Yes☒ No

Integument Problems (Eczema, Psoriasis, Dermatitis, Urticaria, Other)

☐ Yes☒ No

Endocrine Problems

☒ Yes☐ No

Diagnoses

☐ Chronic Kidney Disease secondary to Diabetes☐ Coronary Artery Disease and Diabetes

☐ Cushing’s Disease☒ Diabetes

☐ Diabetic Retinopathy☐ Secondary Hyperparathyroidism

☐ Hypertension and Diabetes☐ Hyperthyroidism

☐ Hypothyroidism☐ Kidney Stone

☐ Peripheral Neuropathy secondary to Diabetes☐ Peripheral Vascular Disease secondary to Diabetes

☐ Hyperparathyroidism☒ Other

Diabetes

Describe

☒ Active☐ History of☐ Rule out

Supported by

☐ Symptoms☒ Medications

☐ Physical findings☒ Lab tests

☐ Other

comments

Metformin
Checks BS once a day. BS range less than 200

Type

☐ Type 1☒ Type 2☐ Gestational

Most recent Hb A1C, value

comments

unknown

And Date

comments

unknown

Met with a nurse or dietician for diabetic education

☒ Yes ☐ No

Met with a diabetic educator

☐ Yes ☒ No

Other

Describe

☒ Active ☐ History of ☐ Rule out

Supported by

☒ History ☒ Symptoms ☐ Physical Findings
☒ Medications ☐ Test results ☐ Image studies
☐ Biopsy ☐ DME ☐ Other

comments

Methimazole

Other

comments

Thyrotoxicosis

Do you periodically experience shakiness, lightheadedness, sweating, confusion, or blurred vision?

☐ Yes ☒ No

Do you often feel thirsty?

☐ Yes ☒ No

Do you have numbness or burning in your legs or feet?

☐ Yes ☒ No

Do you get pains in your leg or feet when you walk?

☐ Yes ☒ No

Do you get ulcers on your legs or feet?

☐ Yes ☒ No

Do you feel sluggish?

☐ Yes ☒ No

Do you sweat a lot or constantly feel hot?

☐ Yes ☒ No

Have you been told your kidneys are not working right, failing or shutting down?

☐ Yes ☒ No

Have you ever had dialysis?

☐ Yes ☒ No

Is your skin itchy?

☐ Yes ☒ No

Do you test your blood sugar?

☒ Yes ☐ No

comments

Checks BS once a day. Range less than 200

Have you lost weight in the past 6 months?

☒ None ☐ 5lbs ☐ 10lbs
☐ 15lbs ☐ More than 15lbs ☐ 10% of your weight
(calculated by assessor)

Hematology / Immunology / Infection Disease Problems (Anemia, easy bruising or abnormal bleeding Thrombocytopenia , Other)

☐ Yes ☒ No

Cancer

Diagnosis of Cancer	Yes	No
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Pain

Does the patient experience pain?

☒ Yes ☐ No

Is the Pain Acute?

☒ Yes ☐ No

Is the Pain Chronic?

☒ Yes ☐ No

Describe

☒ Active ☐ History of ☐ Rule out

Where

both knees , lower back

Do you take Methadone

☐ Yes ☒ No

What drug/s do you take for it

Tylenol

How bad is your pain on a scale of one to ten with one being very mild and ten being severe

10

Is the Patient Undergoing Pain Management Planning?

☐ Yes ☒ No

Was the patient advised regarding the potential for dependence?

☐ Yes ☒ No

Is there any evidence of Maladaptive Behavior?

Tolerance?

☐ Yes ☒ No

Withdrawal?

☐ Yes ☒ No

Increased usage over a longer period that intended?

☐ Yes ☒ No

Desire or unsuccessful effort to cut down on use?

☐ Yes ☒ No

Excess time spent in activities to obtain the substance?

☐ Yes ☒ No

Continued use despite Doctor advice or patient knowledge of habituation?

☐ Yes ☒ No

Physical or Psychological Problem related to the substance use?

☐ Yes ☒ No

Vital Signs

Vital Signs

comments

virtual visit

Blood Pressure		Pulse	Respiratory Rate	Temp	Pulse Oximetry	Pain Scale /10
(mmHG)	(mmHG)	(bpm)				0

BMI

Patients Height		Patients Weight	Calculate BMI
5 (Feet)	6 (Inch)	330 (lbs)	53.3

- ☐ Obesity (BMI 30 – 34.9)
 ☐ Moderate Obesity (BMI 35 – 39.9)
 ☒ Morbid Obesity (BMI = or > 40)
- ☐ Malnutrition (BMI < 18.5)

Exam Review

Constitutional

General appearance:	Normal	Abnormal
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Head and Face

Examination of head and face:	Normal	Abnormal
Palpation of the face and sinuses:	Normal	Abnormal

Comment:

virtual visit

Eyes

Inspection of conjunctiva and lids:	Normal	Abnormal
Examination of pupils and irises:	Normal	Abnormal

Ears, Nose, Mouth and Throat

External Inspection of ears and nose:	Normal	Abnormal
Otoscopic examination:	Normal	Abnormal

Comment:

virtual visit

Assessment of hearing:	Normal	Abnormal
Inspection of nasal mucosa, septum and trubينات:	Normal	Abnormal
Inspection of lips, teeth and gums:	Normal	Abnormal
Examination of oropharynx:	Normal	Abnormal

Neck

Examination of neck:	Normal	Abnormal
Examination of thyroid:	Normal	Abnormal
Comment: virtual visit		

Pulmonary

Assessment of respiratory effort:	Normal	Abnormal
Percussion of chest:	Normal	Abnormal
Comment: virtual visit		
Palpation of chest:	Normal	Abnormal
Comment: virtual visit		
Auscultation of lungs:	Normal	Abnormal
Comment: virtual visit		

Cardiovascular

Palpation of heart:	Normal	Abnormal
Comment: virtual visit		
Auscultation of heart:	Normal	Abnormal
Comment: virtual visit		
Carotid Arteries:	Normal	Abnormal
Comment: virtual visit		
Abdominal Aorta:	Normal	Abnormal
Comment: virtual visit		
Pedal Pulses:	Normal	Abnormal
Comment: virtual visit		
Examination of Arterial Pulses:	Normal	Abnormal
Comment: virtual visit		
Examination of Edema / Varicosities:	Normal	Abnormal
Comment: virtual visit		

Lymphatic

Palpation of cervical nodes (neck)	Normal	Abnormal
Comment: virtual visit		
Palpation of preauricular nodes (in front of the ears)	Normal	Abnormal
Comment: virtual visit		

Palpation of Submandibular nodes (under jaw line/chin)	Normal	Abnormal
Comment: virtual visit		

Musculoskeletal

Examination of gait and station:	Normal	Abnormal
Inspection/palpation of digits and nails:	Normal	Abnormal
Inspection/palpation of joints, bones and muscles:	Normal	Abnormal
Comment: virtual visit		

Assessment of range of motion:	Normal	Abnormal
Assessment of stability:	Normal	Abnormal
Comment: BLE Weakness due to pain in knees		

Assessment of muscle strength/tone:	Normal	Abnormal
Comment: BLE Weakness due to pain in knees		

Skin

Inspection of skin and subcutaneous tissue:	Normal	Abnormal
Comment: virtual visit		

Palpation of skin and subcutaneous tissue:	Normal	Abnormal
Comment: virtual visit		

Neurologic

Indicate specific cranial nerve tested

II-XII

Indicate cranial nerve deficits found

NONE

Romberg Test	Normal	Abnormal
Examination of reflexes:	Normal	Abnormal
Comment: virtual visit		

Examination of sensation:	Normal	Abnormal
Comment: virtual visit		

Coordination:	Normal	Abnormal
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Diabetes

Foot Exam:	Normal	Abnormal
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Psychiatric

Description of patient's judgement / insight:	Normal	Abnormal
Orientation of person, place and time:	Normal	Abnormal
Recent and remote memory:	Normal	Abnormal
Mood and affect:	Normal	Abnormal

Screenings Needed

Screening Name	Member Eligible	Status	Barcode	Confirm Barcode	Screening Completed	Exam Date	Screening Result	Diagnosis	Comments
DIGITAL_RETINAL_EXAM	No	Select			Select				
HBA1C	No	Select			Select				
MICROALBUMIN	No	Select			Select				
FOBT	Yes	Select			Select				
DEXA	No	Select			Select				
PAD	No	Select			Select				
LDL	N/A	Select			Select				

Mini-Cog

39. Mini- Cog (see attached sheet)

Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.¹⁻³ For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

Step 2: Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test.

Move to Step 3 if the clock is not complete within three minutes.

Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version : 1

Person's Answers: table, baby, chair

Word Recall :	3 Points	1 point for each word spontaneously recalled without cueing. Home Safety Yes
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Clock Draw :	0 Points	Normal clock = 2 points. A normal clock has all numbers placed in the correct positions) with no missing or duplicate numbers. Hands are pointing to the 11 sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in anchor Inability or refusal to draw a clock (abnormal) = 0 points.and 2 (11:10). Hand length is not scored.
Total Score :	3 Points	Total score = Word Recall score + Clock Draw score. A cut point of < 3 on the Mini-Cog™ has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of < 4 is recommended as it may indicate a need for further evaluation of cognitive status.

Home Safety & Personal Goals

40. In the past year how many times have you Fallen?

- ☐ None
- ☐ Once
- ☐ Twice
- ☐ Three times
- ☒ More than three times

- ☒ Do you worry about falling or feeling unsteady when standing or walking
- ☒ Yes
- ☐ No
- ☒ Worries about falling or feeling unsteady when standing or walking?
- ☒ Yes
- ☐ No
- ☒ Did you have a fracture in past 6 months?
- ☐ Yes
- ☒ No

41. Home Safety

a. Do you have obstacles in the house, loose small rugs or objects on the floor that could cause tripping?	Yes	No
b. Do you have electrical cords running across floors, in doorways or under a rugs?	Yes	No
c. Do you have no slip mats on the shower floor or bath tub?	Yes	No
d. Do have adequate lighting in hallways and on the stairs?	Yes	No
e. Do you have handrails on staircases?	Yes	No
f. Is your hot water heater set for a maximum of 120 degrees?	Yes	No
g. Do you have smoke detectors on each level of the house and in all sleeping a rooms?	Yes	No
h. Do you have carbon Monoxide detectors on each level of the house?	Yes	No
i. Have used established an escape route in the event of fire?	Yes	No

42. Are there things about yourself you wish you could change or improve?

no

43. Is there anything that you could do to improve your quality of life?

no

44. Have you ever physically or felt emotionally abused by someone

- ☐ Yes
- ☒ No

45. Feeling like harming others or yourself

- ☐
- ☒

Yes

No

46. Are you afraid of anyone or is anyone hurting you?

☐ Yes

☒ No


Patient Summary

Assessors Comments :

Virtual visit completed. Pt's identity confirmed with name, DOB, and address. Pt is a pleasant 69 year old female that lives alone. Pt states her daughter is her paid CG and is at her house daily to assist her as needed. Pt instructed to keep immunizations up to date. Patient educated on importance of keeping colonoscopy up to date. Pt states her falls are related to her knees. She states they hurt and get weak and this causes her to fall. Pt instructed to follow up with PCP and to use her walker at all times when ambulating to prevent falls. Pt verbalized understanding with all instructions. Pt states she does not take opioids for pain and denies opioid dependence

Member Acknowledgment

I have been advised by the evaluator and understand that the services performed by the evaluator are limited to the evaluation performed today; the evaluator has no further duties to me once the evaluation performed today is completed ; the evaluator is not liable for abandonment my refusing to provide me treatment or continuing care to me beyond this evaluation; and I should contact my primary care or treating physician for all questions and concerns regarding medical care and treatment or, in the event of an emergency, call 911

Member informed of acknowledgment	<input checked="" type="checkbox"/>
Date/Time of Service/Evaluation :	2021-07-07T11:10
Time exam finished	2021-07-07T12:00
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Consented to Video chat	<input checked="" type="checkbox"/>
Provider Signature	<div> <div> Leslie Berryman, NP-C </div> <div>  </div> <div> Digitally signed by Leslie Berryman, FNP 2021-07-21, 11:04 </div> </div>
Addendum	

Disclosure Statement

Your health plan, has contracted with Focus Care to conduct a health exam on all of its Medicare members, including you. The health exam includes questions to help your health plan learn more about your current health. The exam may also find things that could effect your health. The results of the exam will help your health plan and your doctor keep you as healthy as possible.

Personal health information, or PHI, is information in your medical record that identifies the record as your record. PHI includes things like your date of birth, age, address, telephone number, and your medical history.

Most of the time, Focus Care will not release your personal information without your permission. Measures are in place to prevent your personal information from being accidentally released in writing, including by use of a computer, or orally. You may request more information about how your personal information is protected.

There are times when Focus Care is allowed to release your personal information without your permission. For example, your medical information may be given to other health care providers who take care of you. The results of this exam will be sent to your health plan and to your doctor.

Focus Care may release your personal health information to a 'business associate'. A 'business associate' is another agency that Focus Care uses to do things, such as billing. We require our 'business associates' to have security measures in place to prevent your personal information from being accidentally released in writing, including by use of a computer, or orally.

Focus Care may be required to release your personal health information, without your permission, by law. including statutes, regulations, or valid court orders.

Focus Care will obtain your permission to use or release your personal health information for any other reason.

Do you have any questions about this information? Would you like to receive this information in a different language?

Your agreement to have this medical exam means you have given your permission to Focus Care to release the results of your medical exam to your health plan and to your doctor. Do you agree?