

HRA Form

Plan :	VPHP - VIRGINIA PREMIER
Program :	Medicare
LOB :	DSNP
Region :	TIDEWATER
Aligned :	Y
Health Plan :	Virginia Premier Healthcare Advantage
Member Name :	EMILY F KIRSCH
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1980-02-20
Evaluation Date :	
Visit Type :	

Demographics	
Name	EMILY F KIRSCH
Gender	Female
Address	6216 POWHATAN AVENUE
City	NORFOLK
State	VA
Zip	235089999
Date of Birth	1980-02-20
Age(as of date)	41
Marital Status	
Member Identification Number	11012565
HICN	1QH3M90CR80
Phone Number	7575317381
Cell Number	7572011334
Email	
Emergency Contact	
Phone Number	
Primary Care Physician	KAPUR, ANAND
Phone Number	7576735890
PCP Address	5818 Harbour View Blvd Ste 250
PCP City	Suffolk

PCP State	VA
PCP Zip	234353317
PCP County	
Office ID	P0060366
Office Name	BON SECOURS MEDICAL ASSOCIATES

1. Race

Answer: Caucasian

Patient's Ethnicity

Answer:

2. Preferred language

Answer:

Covid Screening

In the last 14 days, have you:

Traveled internationally?

Answer:

Had known exposure to anyone diagnosed with Corona virus (COVID-19)

Answer:

Had close contact with someone who has traveled to a high risk area?

Answer:

Developed Fever?

Answer:

Developed Cough?

Answer:

Developed Flu like symptoms?

Answer:

Developed Shortness of breath?

Answer:

Self-Assessment and Social History

3. How much school have you completed?

Answer:

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

Answer:

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

Answer:
6. How confident are you in filling out medical forms by yourself? Answer:
7. How would you rate your health compared to other persons your age? Answer:
8. During past 3 months, has your physical and or emotional health limited your social activities with family, friends, neighbours or groups? Answer:
9. Where do you currently live? Answer:
10. Do you have someone you can rely on to help if you are sick or have problems you need to discuss? Answer:
11. Who do you currently live with? Answer:
12. Are you currently a caregiver for someone? Answer:
13. Tobacco use Answer: Comment:
14. Alcohol Use Answer:
15. Do you or have you used recreational drugs or pain medication? Answer:
16. Do you have a Healthcare Proxy? Answer:
17. Do you have a Durable Power of Attorney? Answer:
18. Do you have an Advance Directive? Answer:
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? Answer:
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? Answer:

Activities of Daily Living

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

A. Getting in or out of bed

Answer:

B. Getting in or out of chairs

Answer:

C. Toileting

Answer:

D. Bathing

Answer:

E. Dressing

Answer:

F. Eating

Answer:

G. Walking

Answer:

H. Going up or down stairs

Answer:

Medical History

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

Answer:

21. Are you currently seeing any specialists?

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

A. Seen your PCP

Answer:

B. Visited the Emergency Room

Answer:

C. Stayed in the hospital overnight

Answer:

D. Been in a nursing home

Answer:

E. Had Surgery

Answer:

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

Answer:
24. In the past year have you received health services from any of the providers below:
Physical Therapist Answer:
Occupational Therapist Answer:
Dietician Answer:
Social Worker Answer:
Pharmacist Answer:
Speech Therapist Answer:
Chiropractor Answer:
Personal Care Worker (HHA, CNA, PCA) Answer:
Meals on Wheels Answer:
25. In the past two years have you received any of the treatments below?
Chemotherapy Answer:
Catheter Care Answer:
Oxygen Answer:
Wound Care Answer:
Regular Injections Answer:
Tube Feedings Answer:

Family History

26. Family History

Preventive Care

27. In the past three years have you had?

Screen	Answer
Colonoscopy	
Breast Exam/Mammography	
Cervical Screening	
Bone Density	
Prostate Exam/PSA	
If Diabetic Eye Exam	
If Diabetic Foot Exam	
If Diabetic Hgb A1c screen	
Lipid Panel	

28. Last colonoscopy if more than 2 years ago

Answer:

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

Answer:

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

Answer:

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

Answer:

32. Do you get Flu Vaccine each year?

Answer:

33. Have you been vaccinated for Pneumonia?

Answer:

34. Have you been vaccinated for Herpes Zoster?

Answer:

Allergies / Medications

35. Allergies

Answer:

Medications

Dose Date	Label Name	Dose / Units	Route	Frequency	Status
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36. Over the Counter Medications / Supplements

Answer:

37. Chronic Use of

Answer:

38. Medication Compliance and Knowledge of Use and Disease

1. Do you ever forget to take your medicine?

Answer:

2. Do you sometimes not pay enough attention to your medication?

Answer:

3. Do you know the longterm benefit of taking your medicine as told to you by the doctor or pharmacist?

Answer:

4. When you feel better do you sometimes stop taking your medicine?

Answer:

5. Sometimes if you feel worse when you take your medicine do you stop taking it?

Answer:

6. Do you sometimes forget to refill your prescription on time?

Answer:

Review of Systems and Diagnoses

EYES

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

Answer:

EARS

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

Answer:

NOSE

Nose Problems (Nose Bleeds, Sinus infections, Other)

Answer:

MOUTH AND THROAT

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

Answer:
NECK
Neck Problems (parotid Disease, Carotid Stenosis, Other)
Answer:
RESPIRATORY
Respiratory Problems (COPD, Emphysema, Asthma, Chronic Bronchitis Pneumonia, Other)
Answer:
CARDIOVASCULAR
Cardiovascular (Hypertension, Angina, Ischemic Heart Disease(CAD), Myocardial Infarction, Other)
Answer:
GASTROINTESTINAL
Gastrointestinal Problems (Ulcer, Reflux, Hiatal Hernia, Colitis, Other)
Answer:
Bowel Movements
Answer:
Abdominal Openings
Answer:
Rectal Problems
Answer:
Last Bowel Movement
Answer:
NEURO-PSYCH
Neuro / Psych Problems (Stroke, Parkinson's disease, Seizures Paraplegia, Depression, Other)
Answer:
Neuro / Psych Problems (Stroke, Parkinson's disease, Seizures Paraplegia, Depression, Other)
Are you nervous, anxious, feel on the edge or often feel stressed?
Answer:
Do you worry too much about different things?
Answer:
Do you feel afraid that something bad might happen?
Answer:

How often do you go out to meet with family or friends

Answer:

GPCOG Score or MMSE Score

GPCOG Score	
or MMSE Score	

If GPCOG or MMSE is not done, is

Patient oriented to person

Answer:

Patient oriented to place

Answer:

Patient oriented to time

Answer:

Recall

Answer:

Patient describes recent news event

Answer:

Affect

Answer:

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

Little interest or pleasure in doing things

Answer:

Feeling down, depressed or hopeless

Answer:

PHQ 2 Score : <3

Speech

Answer:

Finger to Nose

Answer:

Heel (Shin) to Toe

Answer:

Thumb to Finger Tips

Answer:

Sitting to Standing

Answer:
Facial / Extremity Movement Answer:
Gait Answer:
GENITOURINARY Genitourinary Problems (Overactive Bladder, Urinary Incontinence Stress Incontinence, Benign Prostatic Hypertrophy, Others) Answer:
MUSCULOSKELETAL Musculoskeletal Problems (Spinal Stenosis, Rheumatoid Arthritis, Gout, Osteoporosis, Others) Answer:
INTEGUMENT Integument Problems (Eczema, Psoriasis, Dermatitis, Urticaria, Other) Answer:
ENDOCRINE Endocrine Problems Answer:
Have you lost weight in the past 6 months? Answer:
HEMATOLOGY / IMMUNOLOGY / INFECTIOUS DISEASE Hematology / Immunology / Infection Disease Problems (Anemia, easy bruising or abnormal bleeding Thrombocytopenia , Other) Answer:
CANCER Diagnosis of Cancer Answer:
Pain
Does the patient experience pain? Answer:

Vital Signs

Vital Signs

Blood Pressure	
Pulse	
Respiratory Rate	
Temp	
Pulse Oximetry	
Pain Scale /10	

BMI

Comment:

Patients Height	
Patients Weight	
BMI	

Exam Review

Constitutional

General appearance:

Answer:

Head and Face

Examination of head and face:

Answer:

Palpation of the face and sinuses:

Answer:

Eyes

Inspection of conjunctiva and lids:

Answer:

Examination of pupils and irises:


Answer:

Ears, Nose, Mouth and Throat

External Inspection of ears and nose:

Answer:

Otoscopic examination:



FOCUSCARE

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

Neck
Examination of neck: Answer:
Examination of thyroid: Answer:

Pulmonary
Assessment of respiratory effort: Answer:
Percussion of chest: Answer:
Palpation of chest: Answer:
Auscultation of lungs: Answer:

Cardiovascular
Palpation of heart: Answer:
Auscultation of heart: Answer:
Carotid Arteries: Answer:
Abdominal Aorta: Answer:
Pedal Pulses:

Answer:
Examination of Arterial Pulses: Answer:
Examination of Edema / Varicosities: Answer:

Lymphatic
Palpation of cervical nodes (neck) Answer:
Palpation of preauricular nodes (in front of the ears) Answer:
Palpation of Submandibular nodes (under jaw line/chin) Answer:

Musculoskeletal
Examination of gait and station: Answer:
Inspection/palpation of digits and nails: Answer:
Inspection/palpation of joints, bones and muscles: Answer:
Assessment of range of motion: Answer:
Assessment of stability: Answer:
Assessment of muscle strength/tone: Answer:

Skin
Inspection of skin and subcutaneous tissue: Answer:
Palpation of skin and subcutaneous tissue: Answer:

Neurologic
Indicate specific cranial nerve tested

Answer:
Indicate cranial nerve deficits found
Answer:
Romberg Test
Answer:
Examination of reflexes:
Answer:
Examination of sensation:
Answer:
Coordination:
Answer:

Diabetes
Foot Exam:
Answer:

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

Screenings Needed									
Screening Name	Member Eligible	Status	Barcode	Confirm Barcode	Screening Completed	Exam Date	Screening Result	Diagnosis	Comments
DIGITAL_REFLEX_EXAM	Select	Select			Select				
HBA1C	Select	Select			Select				

MICRO ALBUM IN	Sele ct	Sel ect			Sele ct				
FOBT	No	Sel ect			Sele ct				
DEXA	N/A	Sel ect			Sele ct				
PAD	Sele ct	Sel ect			Sele ct				
LDL	No	Sel ect			Sele ct				

Mini-Cog

Word List Version	
Person's Answers	
Word Recall	
Clock Draw	
Total Score	

Home Safety & Personal Goals

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

41. Home Safety

a. Do you have obstacles in the house, loose small rugs or objects on the floor that could cause tripping?
Answer:

b. Do you have electrical cords running across floors, in doorways or under a rugs?
Answer:

c. Do you have no slip mats on the shower floor or bath tub?
Answer:

d. Do have adequate lighting in hallways and on the stairs?
Answer:

e. Do you have handrails on staircases?
Answer:

f. Is your hot water heater set for a maximum of 120 degrees?
Answer:

<p>g. Do you have smoke detectors on each level of the house and in all sleeping a rooms?</p> <p><i>Answer:</i></p>
<p>h. Do you have carbon Monoxide detectors on each level of the house?</p> <p><i>Answer:</i></p>
<p>i. Have used established an escape route in the event of fire?</p> <p><i>Answer:</i></p>
<p>42. Are there things about yourself you wish you could change or improve?</p> <p><i>Answer:</i></p>
<p>43. Is there anything that you could do to improve your quality of life?</p> <p><i>Answer:</i></p>
<p>44. Have you ever physically or felt emotionally abused by someone</p> <p><i>Answer:</i></p>
<p>45. Feeling like harming others or yourself</p> <p><i>Answer:</i></p>
<p>46. Are you afraid of anyone or is anyone hurting you?</p> <p><i>Answer:</i></p>

Patient Summary

Assessors Comments	
Member informed of acknowledgment	
Date/Time of Service/ Evaluation :	
Time exam finished	
Provider Signature	
Addendum	
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
Disclosure Statement	Your health plan has asked Focus Care to conduct, on its behalf, health assessments on its patients. The

	<p>health assessment includes questions to help your health plan learn more about your current health status, including potential health risks. This information will help your health plan and your physician help you maintain or achieve your best state of health.</p>
	<p>Generally, your personal health information (PHI) may only be used and disclosed by us with your express written authorization. Focus Care has implemented several security measures to protect your PHI from being released orally, in writing, or electronically. Additional information about these safeguards are available upon request.</p>
	<p>Treatment Purposes. We may disclose medical information about you to other health care providers who are or will be involved in taking care of you. For example, the results of your health assessment will be sent to your health plan. Your health plan will use this information to identify your health needs and offer available programs to you. Your health plan shares your completed health risk assessment with your physician.</p>
	<p>Payment Purposes. We may use or disclose your medical information for payment purposes. It is necessary for us to disclose your completed health assessment to your health plan so that we may bill and receive payment for this service.</p>
	<p>Health Care Operations. We may use and disclose your personal health information in order for us to conduct our healthcare business, which is administration of the health assessment on behalf of your health plan.</p>
	<p>Other uses and disclosures of your PHI will be made only with your written authorization unless otherwise permitted or required by law. The use or disclosure will be made in compliance with the law and will be limited to the requirements of such law.</p>
	<p>In addition, we may release your personal health information to third party 'business associates' who perform various activities for us, such as billing or electronic transmissions of PHI. Whenever our arrangement with a business associate involves the use or disclosure of your PHI, we will have a written contract that contains terms that will protect the privacy of your PHI.</p>
	<p>Your agreement to participate with the health assessment implies your consent to provide the results of your health assessment to your health plan.</p>

