

HRA Form

Health Plan :	Virginia Premier Healthcare Advantage
Member Name :	HARRISON ANDERSON
Evaluator Name :	test clinicianFE, FNP
Assessment Type :	Health Risk Assessment
DOB :	1957-04-01
Evaluation Date :	2022-2-24 12:58 PM
Visit Type :	In Person

Demographics

Plan	VPHP
Program	MEDICARE
LOB	DSNP
Name	HARRISON ANDERSON
Gender	Male
Address	PO BOX 776
City	PRINCE GEORGE
State	VA
Zip	23875-9998
Date of Birth	1957-04-01
Age(as of date)	65
Marital Status	Married
Member Identification Number	11000127
HICN	
Phone Number	8044520555
Cell Number	5847123695
Alternate Contact Number	9517538264
Email	jkl.gmail.com
Emergency Contact	mother
Phone Number	7896321458
Primary Care Physician	VILLANUEVA, JOHN G
Phone Number	9568741236
PCP Address	8380 BOYDTON PLANK ROAD
PCP City	PRINCE GEORGE
PCP State	VA

PCP Zip	238751400
PCP County	
Office ID	*456
Office Name	HOPEWELL PRINCE GEORGE COMMUNITY HEALTH CENTER

## 1. Race

- ☐ Caucasian
 ☒ **African American**
☐ Asian
- ☐ Latino
 ☐ Native American
 ☐ Native Hawaiian or other Pacific Islander
- ☐ Alaskan Native
 ☐ Other

## Patient's Ethnicity

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

## 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

How much school have you completed?

- ☐ Completed less than 3rd grade
 ☐ Completed less than 8th grade
 ☒ **Completed less than 12th grade**
- ☐ Completed 12th grade, or attended College

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

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

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

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

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

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

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

- ☐ Excellent ☐ Good ☒ Fair  
☐ Poor

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

Where do you currently live?

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

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

- ☐ Yes ☒ No

Who do you currently live with?

- ☐ Alone ☒ Spouse ☐ Partner  
☐ Relative ☐ Family ☐ Friend  
☐ Personal Care Worker

Are you currently a caregiver for someone?

- ☐ Yes ☒ No

Are you currently employed?

- ☒ Yes ☐ No

Are you interested in employment?

- ☒ Yes ☐ No

Do you volunteer currently?

- ☐ Yes ☒ No

Tobacco use

- ☐ Current ☒ Former ☐ Never  
☐ When ☐ Stopped within the ☐ Stopped within the ☒ Stopped 5 or more

last year	last 3 years	years ago
Type		
<input type="checkbox"/> Cigarettes	<input checked="" type="checkbox"/> Cigars	<input type="checkbox"/> Chewing Tobacco
<input type="checkbox"/> Vaping	<input type="checkbox"/> Other	

## Alcohol Use

☐ Current ☒ Former ☐ Never

How many drinks	How Often
1	Day

Do you or have you used recreational drugs?

☒ Yes ☐ No

Which drugs  
II

Do you have a Healthcare Proxy?

☐ Yes ☒ No ☐ Don't Know

Do you have a Durable Power of Attorney?

☐ Yes ☒ No ☐ Don't Know

Do you have an Advance Directive?

☐ Yes ☐ No ☒ Don't Know

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

## Recommendations

- ☒ Smoking/Tobacco
- ☒ Substance Abuse
- ☐ Durable Power of attorney
- ☒ Healthcare Proxy
- ☐ Advanced Directive
- ☐ Food Disparity
- ☐ Literacy
- ☒ Social support evaluation

## Activities of Daily Living

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

How far can you walk

- ☐ Household only
 ☐ Less than one block
 ☐ One block
 ☒ Two or more blocks
 ☐ Non-ambulatory

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

Do you use any assistive devices or DME?

- ☐ None
 ☒ Cane
 ☐ Walker
 ☐ Prosthesis
 ☐ Oxygen
 ☐ Wheel Chair
 ☐ Bedside Commode
 ☐ Urinal
 ☐ Bed Pan
 ☐ CPAP
 ☐ Other

Are you currently seeing any specialists?

- ☐ Yes
 ☒ No

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

If one or more, describe

lkj

C. Stayed in the hospital overnight	None	1	2	3	4	5 or more
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If one or more, describe

okm

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

[If one or more, describe](#)

okj

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

☒ Yes

☐ No

[Describe](#)

oo

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
Adult Day Care	Yes	No

In the past year 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

### Family History

☐ Yes

☒ No

## Preventive Care

In the past three years have you had?

Screen	Answer	Date	Method	Recommendation	Education Completed
--------	--------	------	--------	----------------	---------------------

Breast Cancer Screening	Yes	02-03-2022	hiii	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Colorectal Screening	Not Applicable	22-03-2022	hello	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Influenza Vaccine	No	30-12-2022	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
COVID-19 Vaccine	No	01-01-2022	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pneumococcal Vaccine	No	20-02-2022	N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Herpes Zoster Vaccine	Don't Know	30-8-2022	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Diabetes Screening	No	20-01-2022	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Diabetic Foot Exam	Yes	22-03-2022	N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cholesterol Screening	No	30-8-2021	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Glaucoma Screening	Not Applicable	22-03-2022	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STIs/HIV Screening	Not Applicable	30-8-2022	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cervical Cancer Screening	Yes	30-8-2022	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Osteoporosis Screening	Yes	22-03-2022	bye	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Prostate Screening	Don't Know	30-8-2022	N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Fall Risk Screening	Not Applicable	22-03-2022	N/A	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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

☒ Yes☐ No☐ NA

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

☐ Yes☒ No☐ NA

☒ Education Provided☐ No☐ NA

Recommendations

☒ Abdominal Aneurysm Screening☐ Hepatitis C Screening

Allergies / Medications

35. Allergies

☐ Yes☒ No

Medications

Diagnoses	Label	Dose /	Route	Frequency	Prescribing	Status
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	Name	Units			Physician		
hii	Omeprazole	25	SQ = Subcutaneous	BID	mk	Taking	Not Taking

### 36. Over the Counter Medications / Supplements

☐ Yes ☒ No

#### Long Term Use of:

☐ None ☒ ASA ☐ Steroids ☐ Insulin  
☐ Anticoagulants ☐ Statins ☐ Biphosphonate

### 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

### Recommendations

- ☒ Discuss options with your Doctor and/or pharmacist to improve medication adherence
- ☐ Discuss medication side effects with your Doctor
- ☒ Other
- ☒ Educated on importance of medication compliance, member verbalizes understanding

### Review of Systems and Diagnoses

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

☒ Yes ☐ No

#### Diagnoses

- ☐ Cataracts ☐ Glaucoma
- ☒ Hyperopia ☐ Legally Blind
- ☐ Macular Degeneration ☐ Myopia
- ☐ Retinal Disease ☐ Others

#### Hyperopia

#### Which Eye

☐ Right Eye ☒ Left Eye ☐ Both



Describe

☐ Active

☒ History of

☐ Rule out

Supported by

☐ History

☐ Symptoms

☒ Physical Findings

☐ Medications

☐ Test results

☐ Image studies

☐ Biopsy

☐ DME

☐ Other

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

☐ Yes

☒ No

Nose Problems (Nose Bleeds, Sinus infections, Other)

☒ Yes

☐ No

Diagnoses

☐ Allergic Rhinitis

☐ Chronic Post Nasal Drip

☐ Nose Bleeds

☒ Seasonal Allergies

☐ Sinus Infections

☐ Sinusitis

☐ Other

Seasonal Allergies

Describe

☐ Active

☒ History of

☐ Rule out

Supported by

☐ History

☐ Symptoms

☐ Physical Findings

☐ Medications

☐ Test results

☐ Image studies

☐ Biopsy

☒ DME

☐ Other

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

☐ Yes

☒ No

Neck Problems (parotid Disease, Carotid Stenosis, Other)

☒ Yes

☐ No

Diagnoses

☒ Carotid Stenosis

☐ Parotid Disease

☐ Other

Carotid Stenosis

Describe

☐ Active

☒ History of

☐ Rule out

Supported by

☐ Bruits

☐ History of TIAs

☒ Laboratory studies

☐ Other

Describe

☐ Right

☒ Left

☐ Bilateral

Recommendations

☒ Hearing evaluation

☐ Dental exam

☐ Eye exam

☐ Swallowing evaluation

☒ Take medications as prescribed

☐ Other

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

☒ Yes

☐ No

### Diagnoses

- |   |   |
|---|---|
| <input type="checkbox"/> Acute Pulmonary Embolism                   | <input type="checkbox"/> Acute Upper Respiratory Infection    |
| <input type="checkbox"/> Asthma                                     | <input type="checkbox"/> Chronic Pulmonary Embolism           |
| <input type="checkbox"/> Chronic Respiratory Failure                | <input type="checkbox"/> Chronic Sputum Production            |
| <input type="checkbox"/> COPD                                       | <input type="checkbox"/> Cystic Fibrosis                      |
| <input type="checkbox"/> Hypoventilation secondary to Obesity       | <input type="checkbox"/> Hypoxemia                            |
| <input type="checkbox"/> Pneumonia                                  | <input type="checkbox"/> Pulmonary Fibrosis                   |
| <input type="checkbox"/> Respirator Dependence/ Tracheostomy Status | <input checked="" type="checkbox"/> <b>Respiratory Arrest</b> |
| <input type="checkbox"/> Sarcoidosis                                | <input type="checkbox"/> Sleep Apnea                          |
| <input type="checkbox"/> Other                                      |   |

### Respiratory Arrest

#### Describe

- |  |                                     |                                   |
|--|-------------------------------------|-----------------------------------|
| <input checked="" type="checkbox"/> <b>Active (in past 3 months)</b> | <input type="checkbox"/> History of | <input type="checkbox"/> Rule out |
|--|-------------------------------------|-----------------------------------|

#### Supported by

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> History of hospitalization with Respiratory Arrest | <input checked="" type="checkbox"/> <b>Use of ventilator</b> | <input type="checkbox"/> CO2 Retention |
| <input type="checkbox"/> Shortness of breath                                | <input type="checkbox"/> Wheezing                            | <input type="checkbox"/> Chronic cough |
| <input type="checkbox"/> Other  |  |  |

## Recommendations

- ☒ **Take medications as prescribed**
- ☐ Other

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

☒ Yes

☐ No

### Diagnoses

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> <b>Abnormal Cardiac Rhythm</b> | <input type="checkbox"/> Aneurysm               |
| <input type="checkbox"/> Angina                                    | <input type="checkbox"/> Atrial Fibrillation    |
| <input type="checkbox"/> Cardio – Respiratory Failure / Shock      | <input type="checkbox"/> Cardiomyopathy         |
| <input type="checkbox"/> Congestive Heart Failure                  | <input type="checkbox"/> Deep Vein Thrombosis   |
| <input type="checkbox"/> Hyperlipidemia                            | <input type="checkbox"/> Hypertension           |
| <input type="checkbox"/> Ischemic Heart Disease (CAD)              | <input type="checkbox"/> Myocardial Infarction  |
| <input type="checkbox"/> Peripheral Vascular Disease               | <input type="checkbox"/> Pulmonary Hypertension |
| <input type="checkbox"/> Valvular Disease                          | <input type="checkbox"/> Other                  |

### Abnormal Cardiac Rhythm

#### Describe

- |                                 |   |                                   |
|---------------------------------|---|-----------------------------------|
| <input type="checkbox"/> Active | <input checked="" type="checkbox"/> <b>History of</b> | <input type="checkbox"/> Rule out |
|---------------------------------|---|-----------------------------------|

↳ **Supported by**

☐ ECG

☐ Electrophysiology procedure / cardioversion

☐ Implanted pacemaker

☐ Wheezing

↳ **Describe**

☐ Bradycardia

☐ Irregularly Irregular

☐ Use of rate controlling drug

☐ Chest pain

☐ Implanted defibrillator

☐ Chronic cough

☒ **Tachycardia**

☐ Premature contractures

☒ **Use of anticoagulation**

☐ Light headedness

☐ Shortness of breath

☐ Other

☐ Regularly irregular

**Recommendations**

☐ Blood Pressure checks

☐ Heart Healthy Diet

☒ **Exercise 30 min a day**

☐ Take medications as prescribed

☐ Other

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

☐ Yes

☒ **No**

**Recommendations**

☐ Take medications as prescribed

☐ Other

**Bowel Movements**

☒ **Normal**

☐ Abnormal

**Abdominal Openings**

☒ **Yes**

☐ No

↳ **Describe**

☐ Ileostomy

☐ PEG

☒ **Colostomy**

☐ Cystostomy

☐ Urostomy

**Rectal Problems**

☒ **Yes**

☐ No

↳ **If yes, female**

☐ Hemorrhoids

☐ Fissure

☒ **Mass**

↳ **If yes, male**

☐ Hemorrhoids

☐ BPH

☒ **Fissure**

☐ Prostate mass

☐ Mass

**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
- ☐ Anxiety
- ☒ **Cerebral Hemorrhage**
- ☐ Delusional Disease
- ☐ Depression
- ☐ Fibromyalgia
- ☐ Hemiparesis
- ☐ Insomnia
- ☐ Migraine Headaches
- ☐ Muscular Dystrophy
- ☐ Parkinson's disease
- ☐ Restless leg syndrome
- ☐ Seizures
- ☐ Stroke
- ☐ TIA
- ☒ **Other**

- ☐ Amyotrophic Lateral Sclerosis
- ☐ Bipolar Disorder
- ☐ Cerebral Palsy
- ☐ Dementia
- ☐ Drug Dependence
- ☐ 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

Cerebral Hemorrhage

Describe

☒ **Active**

☐ History of

☐ Rule out

Supported by

- ☐ Hospitalization
- ☐ Sensory findings

- ☐ Image study
- ☐ Other

☐ Physical findings

Myasthenia Gravis

Describe

☐ Active

☐ History Of

☒ **Rule out**

Supported by

- ☐ Ptosis
- ☐ Difficulty swallowing
- ☐ Double vision
- ☐ Tensilon test

- ☐ Difficulty chewing
- ☐ Medication

☒ **Other**

Other

Describe

☐ Active

☒ **History of**

☐ Rule out

Supported by

- ☐ History
- ☐ Medications
- ☐ Biopsy
- ☐ Symptoms
- ☐ Test results
- ☒ **DME**

- ☐ Physical Findings
- ☐ Image studies
- ☐ Other

Other

comments

ddd

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

☒ **Yes**

☐ No

Do you worry too much about different things?

☐ Yes

☒ **No**

Do you feel afraid that something bad might happen?

- ☐ Yes ☒ No  
 History of auditory hallucinations  
☒ Yes ☐ No  
 History of visual hallucinations  
☒ Yes ☐ No  
 History of psychotic behavior  
☐ Yes ☒ No  
 History of episodes of delirium  
☒ Yes ☐ No  
 Do you hear voices or see things that other people do not  
☐ Yes ☒ No  
 Do you have highs and lows  
☒ Yes ☐ No  
 Do you ever feel like someone is out to get you  
☒ Yes ☐ No  
 How often do you go out to meet with family or friends  
☐ Often ☒ Sometimes ☐ Never

#### GPCOG Score or MMSE Score

GPCOG Score	or MMSE Score
25	25

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  
 If abnormal,  
☐ Paranoia ☒ Delusional ☐ Disorganized thought  
☐ Flat ☐ Manic ☐ Depressed  
☐ Other

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

Little interest or pleasure in doing things	Not at all	Several Days	More than half the days	Nearly every day

Feeling down, depressed or hopeless	Not at all	Several Days	More than half the days	Nearly every day
-------------------------------------	------------	--------------	-------------------------	------------------

## PHQ 2 Score

☐ < 3 ☒ 3 or more

## DEPRESSION SCREENING PHQ9

### Having little interest or pleasure in doing things?

☐ Not at all ☒ Several ☐ More than half the days  
☐ Nearly Every Day

### Feeling down, depressed or hopeless at times?

☐ Not at all ☐ Several ☐ More than half the days  
☒ Nearly Every Day

### Do you have trouble falling or staying asleep, sleeping too much?

☐ Not at all ☐ Several ☒ More than half the days  
☐ Nearly Every Day

### Do you feeling tired or having little energy?

☐ Not at all ☒ Several ☐ More than half the days  
☐ Nearly Every Day

### Do you have a poor appetite or overeating?

☐ Not at all ☐ Several ☒ More than half the days  
☐ Nearly Every Day

### Feeling bad about yourself or that you are a failure or have let yourself or your family down?

☐ Not at all ☒ Several ☐ More than half the days  
☐ Nearly Every Day

### Trouble concentrating on things, such as reading the newspaper or watching TV?

☐ Not at all ☐ Several ☒ More than half the days  
☐ Nearly Every Day

### Moving or speaking so slowly that other people have noticed. Or opposite-being fidgety or restless that you have been moving around a lot more than usual?

☐ Not at all ☐ Several ☒ More than half the days  
☐ Nearly Every Day

### Thoughts that you would be better off dead, or hurting yourself?

☐ Not at all ☒ Several ☐ More than half the days  
☐ Nearly Every Day

## PHQ 9 Score

18

If Score is Greater than 15, recommend additional treatment

Score	Depression Severity
-------	---------------------

1 - 4	Minimal Depression
5 - 9	Mild Depression
10 - 14	Moderate Depression
15 - 19	Moderately Severe Depression
20 - 27	Severe Depression

comments

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## Speech

- ☐ Normal  
☐ Apraxia

☒ **Slurred**

☐ Aphasic

## Finger to Nose

☒ **Normal**

☐ Abnormal

## Heel (Shin) to Toe

☐ Normal

☒ If abnormal

☐ Left

☒ **Abnormal**

☒ **Right**

☐ Both

## Thumb to Finger Tips

☒ **Normal**

☐ Abnormal

## Sitting to Standing

☒ **Normal**

☐ Needs Assistance

☐ Unable

## Facial / Extremity Movement

☐ Motor Tic

☐ Vocal Tic

☐ Benign (Essential Tremor)

☐ Intention Tremor

☐ Non-Intention (Pill rolling) Tremor

☐ Rigidity

☐ Spasticity

☐ Chorea Movement

☒ **Cog wheeling**

☐ Normal

## Gait

☐ Normal

☐ Limp

☐ Wide based

☐ Abductor lurch

☐ Paretic

☐ Shuffling

☒ **Ataxic**

☐ Other (Findings may also apply to Musculoskeletal diagnoses)

## Recommendations

- ☒ **Take medications as prescribed**  
☐ Other

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

☐ Yes

☒ **No**

## Recommendations

- ☐ Take medications as prescribed

## ☒ Other

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

☒ Yes

☐ No

#### ☐ Diagnoses

- |   |  |
|---|--|
| <input type="checkbox"/> Collagen (Connective) Tissue Disease | <input type="checkbox"/> Degenerative Disc Disease |
| <input type="checkbox"/> Extremity Fracture                   | <input type="checkbox"/> Gout                      |
| <input type="checkbox"/> Hallux Valgus                        | <input type="checkbox"/> Hammer Toes               |
| <input type="checkbox"/> Osteoarthritis                       | <input type="checkbox"/> Osteomyelitis             |
| <input checked="" type="checkbox"/> <b>Osteoporosis</b>       | <input type="checkbox"/> Pyogenic Arthritis        |
| <input type="checkbox"/> Rheumatoid Arthritis                 | <input type="checkbox"/> Spinal Stenosis           |
| <input type="checkbox"/> Systemic Lupus Erythematosus         | <input type="checkbox"/> Other                     |

#### ☐ Describe

☐ Active

☒ **History of**

☐ Rule out

#### ☐ Supported by

☐ DEXA scan

☐ Medications

☒ **Imaging studies**

☐ Symptoms

☐ Fracture history

☐ Other

### Have you had an amputation?

☐ Yes

☒ No

### Recommendations

- ☒ **Discuss PT/OT evaluation with PCP**
- ☐ Take medications as prescribed
- ☐ Other

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

☒ Yes

☐ No

#### ☐ Diagnoses

- |   |   |
|---|---|
| <input type="checkbox"/> Basal Cell Carcinoma | <input type="checkbox"/> Dermatitis                           |
| <input type="checkbox"/> Eczema               | <input type="checkbox"/> Onychomycosis                        |
| <input type="checkbox"/> Psoriasis            | <input type="checkbox"/> Skin ulcer                           |
| <input type="checkbox"/> Tinea Pedis          | <input checked="" type="checkbox"/> <b>Urticarial Disease</b> |
| <input type="checkbox"/> Wound                | <input type="checkbox"/> Other                                |

#### ☐ Describe

☐ Active

☐ History of

☐ Rule out

#### ☐ Supported by

☐ History

☒ **Symptoms**

☐ Physical Findings

☐ Medications

☐ Test results

☐ Image studies

☐ Biopsy

☐ DME

☐ Other

#### ☐ Type

☐ Acute

☒ **Chronic**

#### ☐ Etiology

comments

SSS



## Recommendations

- ☒ **Take medications as prescribed**
- ☐ Other

## Endocrine Problems

- ☒ **Yes**
- ☐ No

### Diagnoses

- ☐ Chronic Kidney Disease secondary to Diabetes
- ☐ Cushing's Disease
- ☐ Diabetic Retinopathy
- ☐ Hypertension and Diabetes
- ☒ **Hypothyroidism**
- ☐ Peripheral Vascular Disease secondary to Diabetes
- ☐ Other
- ☐ Coronary Artery Disease and Diabetes
- ☐ Diabetes
- ☐ Secondary Hyperparathyroidism
- ☐ Hyperthyroidism
- ☐ Peripheral Neuropathy secondary to Diabetes
- ☐ Hyperparathyroidism

### Hypothyroidism

#### Describe

- ☐ Active

#### Supported by

- ☐ Weight gain
- ☒ **Depression**
- ☐ Other

#### History of

- ☐ Fatigue
- ☐ Treatment for hypothyroidism

#### Rule out

- ☐ Hair changes
- ☐ Lab data

## Recommendations

- ☐ Take medications as prescribed
- ☒ **Check Blood sugar**
- ☐ Other

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

- ☒ **Yes**
- ☐ No

### Diagnoses

- ☐ AIDS
- ☐ C. Difficile
- ☐ HIV
- ☐ Hospital Acquired MRSA Infection
- ☐ Sepsis
- ☐ Sickle Cell Trait
- ☐ Thrombocytopenia
- ☐ Vitamin D Deficiency
- ☐ Anemia
- ☐ Community Acquired MRSA Infection
- ☐ Herpes Zoster
- ☐ Immune Deficiency
- ☐ Sickle Cell Disease
- ☐ Thalassemia
- ☒ **Tuberculosis**
- ☐ Other

### Tuberculosis

#### Describe

- ☒ **Active**

- ☐ History of active TB
- ☐ TB Infection (positive PPD)

- ☐ Rule out active TB
- ↳ **Supported by**
  - ☐ History
  - ☐ Skin test
  - ☐ Other
- ☒ **Medications**
- ☐ Symptoms
- ☐ Imaging study
- ☐ Positive culture
- ↳ **Has patient been given BCG**
  - ☐ Yes
  - ☒ **No**
  - ☐ Unknown
- ↳ **Has patient been treated for active Tuberculosis**
  - ☐ Yes
  - ☒ **No**
  - ☐ Unknown
- ↳ **Has patient been treated for TB Infection**
  - ☐ Yes
  - ☐ No
  - ☒ **Unknown**

## Recommendations

- ☐ Take medications as prescribed
- ☒ **Report abnormal bruising or bleeding**
- ☐ Follow up with doctor for lab work
- ☐ Other

## Cancer

Diagnosis of Cancer	Yes	No
---------------------	-----	----

## Recommendations

- ☒ **Take medications as prescribed**
- ☐ Other

## Pain

Does the patient experience pain?

- ☒ **Yes**
- ☐ No

Is the Pain Acute?

- ☒ **Yes**
- ☐ No

Is the Pain Chronic?

- ☐ Yes
- ☒ **No**

Is the Patient Undergoing Pain Management Planning?

- ☒ **Yes**
- ☐ No

↳ **Is the Patient Responding to the Pain Management Plan?**

- ☐ Yes
- ☒ **No**

Is the member taking a narcotic or Opioid Medication?

- ☐ Yes
- ☒ **No**

Was the patient advised regarding the potential for dependence?

- ☐ Yes
- ☒ **No**

## Vital Signs

## Vital Signs

Blood Pressure		Pulse	Respiratory Rate	Temp	Pulse Oximetry	Pain Scale /10
25 (mmHG)	25 (mmHG)	25 (bpm)	25	37	36	36

## BMI

Patients Height		Patients Weight	BMI
3 (Feet)	35 (Inch)	11 (lbs)	1.5

- ☐ Obesity
 ☐ Moderate Obesity
 ☒ **Morbid Obesity**
- ☐ Malnutrition

## Are you on a special diet?

- ☐ Heart Healthy Diet
 ☐ Diabetic Diet
 ☐ Renal Diet
- ☐ Vegetarian
 ☐ Vegan
 ☐ Gluten Free
- ☒ **Keto**
☐ Pescatarian
 ☐ Other

## Have you lost weight in the past 6 months?

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

## Recommendations

- ☒ **Nutrition/ weight management**
☐ Other

## Exam Review

### Constitutional

General appearance:	Normal	Abnormal
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Comment: ssss

### Head and Face

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

### 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

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

### Pulmonary

Assessment of respiratory effort:	Normal	Abnormal
Auscultation of lungs:	Normal	Abnormal

### Cardiovascular

Auscultation of heart:	Normal	Abnormal
Palpation and auscultation of Carotid Arteries:	Normal	Abnormal
Pedal Pulses:	Normal	Abnormal
Examination of Edema / Varicosities:	Normal	Abnormal
Examination of Radial Pulses:	Normal	Abnormal

### Lymphatic

Palpation of cervical nodes (neck)	Normal	Abnormal
Palpation of preauricular nodes (in front of the ears)	Normal	Abnormal
Palpation of Submandibular nodes (under jaw line/chin)	Normal	Abnormal

### 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
Assessment of range of motion:	Normal	Abnormal
Assessment of stability:	Normal	Abnormal
Assessment of muscle strength/tone:	Normal	Abnormal

### Skin

Inspection of skin and subcutaneous tissue:	Normal	Abnormal
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### Neurologic

Indicate specific cranial nerve tested

---

ss

Indicate cranial nerve deficits found

afsd

Romberg Test	Normal	Abnormal
Examination of reflexes:	Normal	Abnormal
Examination of sensation:	Normal	Abnormal
Coordination:	Normal	Abnormal

## 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

### MICROALBUMIN

☐ Yes

☒ No

### FOBT

☐ Yes

☒ No

### A1C

☐ Yes

☒ No

### LDL

☐ Yes

☒ No

### RETINAL EYE EXAM

☐ Yes

☒ No

### DEXA

☐ Yes

☒ No

### PAD

☐ Yes ☒ No

☐ Member educated on results, verbalized understanding

## Mini-Cog

### 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: --

Word Recall :	0 Points	1 point for each word spontaneously recalled without cueing. Home Safety Yes
Clock Draw :	2 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 :	2 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.

### Recommendations

- ☐ Further cognitive evaluation needed  
☐ Other

## Home Safety & Personal Goals

### In the past year how many times have you Fallen?

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

### Home Safety

a. Do you have obstacles in the house, loose small rugs or objects	Yes	No
--	-----	----

on the floor that could cause tripping?		
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

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

S

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

da

**Have you ever physically or felt emotionally abused by someone**

☐ Yes

☒ No

**Feeling like harming others or yourself**

☐ Yes

☒ No

**Are you afraid of anyone or is anyone hurting you?**

☐ Yes

☒ No

## Patient Summary

**Assessors Comments :**

DDD

## 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 type="checkbox"/>
Date/Time of Service/Evaluation :	2022-02-24T14:01

Time exam finished	2022-03-17T14:02
I accept the Disclosure Statement	
Provider Signature	
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?

The information obtained today and any applicable lab results (some of which may become available after subsequent analysis) may be sent to your primary care physician (PCP).