

HRA Form

Health Plan :	Optima Health
Member Name :	ROBERT L THOMAS
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1957-09-07
Evaluation Date :	2021-7-22 08:00 AM
Visit Type :	

Demographics

Plan	OHP - OPTIMA
Program	MEDICARE
LOB	DSNP
Name	ROBERT L THOMAS
Gender	Male
Address	1427 ROGERS ST
City	RICHMOND
State	VA
Zip	23223-9998
Date of Birth	1957-09-07
Age(as of date)	63
Marital Status	Single
Member Identification Number	900037522*01
HICN	
Phone Number	804/729-1539
Cell Number	804/729-1539,
Alternate Contact Number	804/729-1539,
Email	
Emergency Contact	Roy Blunt
Phone Number	804-729-1539
Primary Care Physician	DEBOER, SARAH E MD
Phone Number	804/780-0840
PCP Address	1718 WILLIAMSBURG ROAD
PCP City	RICHMOND
PCP State	VA

PCP Zip	23231
PCP County	
Office ID	124690
Office Name	

### 1. Race

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Caucasian      | <input checked="" type="checkbox"/> <b>African American</b> | <input type="checkbox"/> Asian                                     |
| <input type="checkbox"/> Latino         | <input type="checkbox"/> Native American                    | <input type="checkbox"/> Native Hawaiian or other Pacific Islander |
| <input type="checkbox"/> Alaskan Native | <input type="checkbox"/> Other                              |  |

### Patient's Ethnicity

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Hispanic          | <input checked="" type="checkbox"/> <b>Non-Hispanic</b> | <input type="checkbox"/> Other Ethnicity |
| <input type="checkbox"/> Prefer not to say |   |  |

### 2. Preferred language

- |  |                                |
|--|--------------------------------|
| <input checked="" type="checkbox"/> <b>English</b> | <input type="checkbox"/> 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?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Less than 3rd grade                    | <input type="checkbox"/> Completed 3rd grade | <input type="checkbox"/> Completed 8th grade |
| <input checked="" type="checkbox"/> <b>Completed 12th grade</b> | <input type="checkbox"/> Attended College    |  |

### 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

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

18. 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

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

Medical History

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

☒ None

21. Are you currently seeing any specialists?

☒ Yes

☐ No

Medical Specialty	Specialist	For
Cardiologist	Dr. Boyd	HTN
Infectious Disease Specialist	Dr. Joy	HIV
Nephrologist	VCU	CKD
Ophthalmologist	VCU	left eye cataract

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

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
Mother	AAA, HTN, pacemaker	AAA died at age 84

Preventive Care

27. In the past three years have you had?

Screen	Answer
Colonoscopy	Yes
Breast Exam/Mammography	No

Cervical Screening	No
Bone Density	No
Prostate Exam/PSA	Yes
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

comments

member received both covid immunizations

- ☐ Zostervax
 ☐ Yes
 ☐ No
 ☒ Unknown
- ☐ Shingrex
 ☒ Yes
 ☐ No
 ☐ Unknown

## Allergies / Medications

### 35. Allergies

- ☐ Yes
 ☒ No

### Medications

Diagnoses	Label	Dose /	Route	Frequency	Prescribing	Status
-----------	-------	--------	-------	-----------	-------------	--------

	Name	Units			Physician		
t2dm	INSULIN SYRG	MIS 1ML/31G	SQ = Subcutaneous	TID	joy	Taking	Not Taking
hiv	ISENTRESS	TAB 400MG	PO = By Mouth	BID	joy	Taking	Not Taking
hormone replacement	ESTRADIOL	TAB 2MG	PO = By Mouth	BID	joy	Taking	Not Taking
glaucoma	LUMIGAN	SOL 0.0001	E = Eye	HS	joy	Taking	Not Taking
t2dm	TRULICITY	INJ 1.5/0.5	SQ = Subcutaneous	QW	joy	Taking	Not Taking
hypercholesteremia	ATORVASTATIN	TAB 80MG	PO = By Mouth	HS	joy	Taking	Not Taking
bph	FINASTERIDE	TAB 5MG	PO = By Mouth	QD	joy	Taking	Not Taking
htn	AMLODIPINE	TAB 10MG	PO = By Mouth	QD	joy	Taking	Not Taking
arthritis knees, back	DICLOFENAC	GEL 0.03	T = Topical	TID	joy	Taking	Not Taking
htn	LISINAPRIL	TAB 10MG	PO = By Mouth	QD	joy	Taking	Not Taking
erectile dysfunction	SILDENAFIL	TAB 20MG	PO = By Mouth	PRN	joy	Taking	Not Taking
constipation	DOCUSATE SOD	CAP 100MG	PO = By Mouth	BID	joy	Taking	Not Taking
hormone therapy	MEDROXYPRAC	TAB 10MG	PO = By Mouth	QD	Joy	Taking	Not Taking
hypothyroidism	LEVOTHYROXIN	TAB 25MCG	PO = By Mouth	QD	joy	Taking	Not Taking
chf, leg edema	FUROSEMIDE	TAB 80MG	PO = By Mouth	QD	joy	Taking	Not Taking
t2dm	LANCETS ULTR	MIS THIN	PO = By Mouth	QD	joy	Taking	Not Taking
hiv	ABACAVIR SULFATE/ LAMIVUDINE	600/300mg	PO = By Mouth	BID	joy	Taking	Not Taking
t2dm	LEVEMIR	74 units	SQ = Subcutaneous	QAM	joy	Taking	Not Taking
constipation	POLYETHYLENE GLYCOL 3350	1 capful	PO = By Mouth	BID	Joy	Taking	Not Taking
t2dm	Insulin Aspart	34 units	SQ = Subcutaneous	TID	joy	Taking	Not Taking

36. Over the Counter Medications / Supplements

☒ Yes
☐ No

Date	Description	Dose/Units	Route	Frequency
07-22-2021	aspirin	81mg	PO = By Mouth	daily
07-22-2021	iron	65mg	PO = By Mouth	QW

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

Cataracts

Describe

- ☒ Active
- ☐ History of
- ☐ Rule out

Supported by

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

Secondary to Diabetes

- ☒ Yes
- ☐ No

Glaucoma

Describe

- ☒ Active
- ☐ History of
- ☐ Rule out

Supported by

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

Secondary to Diabetes

- ☒ Yes
- ☐ No

Type



☐ Open (Wide) Angle

☐ Closed (Narrow) Angle

comments

unknown

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

↳ Diagnoses

☐ Bleeding Gums☒ Difficulty Chewing

☐ Difficulty Swallowing☐ Other

↳ Describe

☒ Active☐ History of☐ Rule out

↳ Because of pain

☐ Yes☒ No

comments

loose bottom right tooth

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☐ Aneurysm

☐ Angina☐ Atrial Fibrillation

☐ Cardio – Respiratory Failure /☐ Cardiomyopathy

- Shock
- ☒ Congestive Heart Failure

☒ Hyperlipidemia

☐ Ischemic Heart Disease (CAD)

☐ Peripheral Vascular Disease

☐ Valvular Disease

☐ Deep Vein Thrombosis

☒ Hypertension

☐ Myocardial Infarction

☐ Pulmonary Hypertension

☐ Other

- Congestive Heart Failure
- Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Ejection fraction

☐ Cardiomegaly

☐ Orthopnea

☐ DOE

☐ PND

☐ S3

☒ Medications

☒ Peripheral edema

☐ Other

Describe

☐ Diastolic

☐ Systolic

☒ Unknown

Secondary to Hypertension

☒ Yes

☐ No

Is patient on an ACE or ARB

☒ Yes

☐ No

Is patient on a Beta Blocker

☒ Yes

☐ No

- Hyperlipidemia
- Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☒ Lab results

☒ Medication

☐ Other

Is patient on Statin

☒ Yes

☐ No

- Hypertension
- Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☐ Physical Exam

☒ Medications

☐ Symptoms

☐ Other

Adequately controlled

☒ Yes

☐ No

☐ UnKnown

- History of Chest Pain
- ☐ Yes

☒ No
- History of Intermittent Claudication
- ☐ Yes

☒ No
- Implanted Pacemaker
- ☐ Yes

☒ No
- Implanted Defibrillator
- ☐ Yes

☒ No
- Do you have abnormal heart beats?
- ☐ Yes

☒ No
- Does your heart race?

- ☐ Yes ☒ No
- Do you sleep on more than 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

- |   |   |
|---|---|
| <input type="checkbox"/> Bowel Obstruction          | <input type="checkbox"/> Cachexia         |
| <input type="checkbox"/> Celiac Disease             | <input type="checkbox"/> Cirrhosis        |
| <input type="checkbox"/> Colon Polyps               | <input type="checkbox"/> Diverticulitis   |
| <input type="checkbox"/> Gall Bladder Disease       | <input type="checkbox"/> Gastroparesis    |
| <input type="checkbox"/> GERD                       | <input type="checkbox"/> Hepatitis        |
| <input type="checkbox"/> Inflammatory Bowel Disease | <input type="checkbox"/> Pancreatitis     |
| <input type="checkbox"/> Ulcer Disease              | <input checked="" type="checkbox"/> Other |

#### Other

#### Describe

- ☒ Active

- ☐ History of

- ☐ Rule out

#### Supported by

- ☒ History

- ☐ Symptoms

- ☐ Physical Findings

- ☒ Medications

- ☐ Test results

- ☐ Image studies

- ☐ Biopsy

- ☐ DME

- ☐ Other

#### Other

comments

constipation

### History of blood in stool

- ☐ Yes ☒ No

### History of black stools

- ☐ Yes ☒ No

### History of Heartburn / Dyspepsia

- ☒ Yes ☐ No

#### Describe

- ☒ Occasionally

- ☐ Chronic

comments

takes no medications, will drink milk if needed

### 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

If abnormal

☒ Constipation

☐ Diarrhea

☐ Bowel Incontinence

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

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

☐ Yes

☒ No

comments

reads to relax

Do you worry too much about different things?

☐ Yes

☒ No

Do you feel afraid that something bad might happen?

☐ 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
-------------	---------------

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	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

Speech

☒ Normal☐ Slurred☐ Aphasic

☐ Apraxia

Finger to Nose

☒ Normal☐ Abnormal

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 Tremor)

☐ Intention Tremor

☐ Non-Intention (Pill rolling) Tremor

☐ Rigidity

☐ Spasticity

☐ Chorea Movement

☐ Cog wheeling

☒ Normal

Gait

- ☒ **Normal**  
☐ Abductor lurch  
☐ Ataxic
- ☐ Limp  
☐ Paretic  
☐ Other (Findings may also apply to Musculoskeletal diagnoses)
- ☐ Wide based  
☐ Shuffling

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

BPH

Describe

- ☒ **Active**
- ☐ History of
- ☐ Rule out

Supported by

- ☐ Physical exam  
☐ Biopsy  
☐ Other
- ☐ Symptoms  
☒ **Medication**
- ☐ Lab test  
☐ Hospitalization

Chronic Kidney Disease

Describe

- ☒ **Active**
- ☐ History of
- ☐ Rule out

Supported by

- ☒ **Lab tests**
- ☐ Calculated GFR X 3
- ☐ Other

What stage

- ☐ 1 [GFR > 89]  
☐ 4 [GFR15-29]
- ☐ 2 [GFR 60-89]  
☐ 5 [GFR <15]
- ☐ 3 [GFR 30-59]

comments

unknown

Secondary to Diabetes

- ☒ **Yes**
- ☐ No

Secondary to Hypertension

- ☒ **Yes**
- ☐ No

Erectile Dysfunction

Describe

- ☒ **Active**
- ☐ History of
- ☐ Rule out

Supported by

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

History of frequency

- ☐ Yes
- ☒ **No**

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

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

#### Osteoarthritis

#### Describe

- ☒ **Active**
☐ History of
 ☐ Rule out

#### Supported by

- ☒ **Symptoms**
☐ Physical Findings
 ☐ Image studies
 ☐ Other

#### Which joints

comments

knees, low back

Other

Describe

☒ Active

☐ History of

☐ Rule out

Supported by

☒ History

☒ Symptoms

☐ Physical Findings

☐ Medications

☐ Test results

☐ Image studies

☐ Biopsy

☐ DME

☐ Other

Other

comments

carpal tunnel, left wrist

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

Chronic Kidney Disease secondary to Diabetes

Describe



- ☒ **Active**
- ☐ History of
- ☐ Rule out
- ↳ **Supported by**
  - ☐ Decreased GFR
  - ☐ Albuminuria
  - ☒ **Elevated BUN/ Creatinine**
  - ☐ Dialysis
  - ☐ Other
- ↳ **Patient on ACE or ARB**
  - ☒ **Yes**
  - ☐ No
- Diabetes**
- ↳ **Describe**
  - ☒ **Active**
  - ☐ History of
  - ☐ Rule out
- ↳ **Supported by**
  - ☒ **Symptoms**
  - ☐ Physical findings
  - ☐ Lab tests
  - ☒ **Medications**
  - ☐ Other
- ↳ **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**
- Diabetic Retinopathy**
- ↳ **Describe**
  - ☒ **Active**
  - ☐ History of
  - ☐ Rule out
- ↳ **Supported by**
  - ☐ Funduscopy exam
  - ☒ **Vison loss**
  - ☐ Laser Therapy
  - ☐ Retinal Injections
  - ☐ Surgical procedure
  - ☐ Other
- ↳ **Patient sees Ophthalmologist**
  - ☒ **Occasionally**
  - ☐ Once a year
  - ☐ Twice a year
  - ☐ >Twice a year
- Hypertension and Diabetes**
- ↳ **Describe**
  - ☒ **Active**
  - ☐ History of
  - ☐ Rule out
- ↳ **Supported by**
  - ☐ History
  - ☒ **Symptoms**
  - ☐ Physical Findings
  - ☒ **Medications**
  - ☐ Test results
  - ☐ Image studies
  - ☐ Biopsy
  - ☐ DME
  - ☐ Other
- ↳ **Is patient on Ace or ARB**
  - ☒ **Yes**
  - ☐ No
- Hypothyroidism**
- ↳ **Describe**
  - ☒ **Active**
  - ☐ History of
  - ☐ Rule out
- ↳ **Supported by**
  - ☐ Weight gain
  - ☐ Fatigue
  - ☐ Hair changes
  - ☐ Depression
  - ☒ **Treatment for**
  - ☐ Lab data

hypothyroidism

☐ Other

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

BG range 120-130mg/dl, checks BG QOD

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

☐ Diagnoses

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

- Describe

Active

History of

Rule out

Supported by

Lab tests

Symptoms

Medications

Other

Viral load

comments

unknown

C4

comments

unknown

- Patient currently symptomatic

Yes

No

Is patient currently under active treatment

Yes

No

Easy bruising or abnormal bleeding

- Yes

No

Long term anticoagulation use

- Yes

No

- Describe

Aspirin

Coumadin

Thrombin Inhibitors (Pradaxa)

Plavix

Factor Xa Inhibitors (Xarelto, Eliquis)

Other

Cancer

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

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

knees, low back, left wrist (with carpal tunnel flare)

- Do you take Methadone

Yes

No

- What drug/s do you take for it

diclofenac

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

0

### 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

Blood Pressure		Pulse	Respiratory Rate	Temp	Pulse Oximetry	Pain Scale /10
131 (mmHG)	77 (mmHG)	94 (bpm)	17	97.9	97	0

### BMI

Patients Height		Patients Weight	Calculate BMI
5 (Feet)	5 (Inch)	180 (lbs)	30.0

☒ **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
------------------------------------	--------	----------

## 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

Comment: missing top teeth, loose bottom right tooth

Examination of oropharynx:	Normal	Abnormal
----------------------------	--------	----------

## Neck

Examination of neck:	Normal	Abnormal
Examination of thyroid:	Normal	Abnormal

Comment: thyroid non-palpable, no goiter

## Pulmonary

Assessment of respiratory effort:	Normal	Abnormal
Percussion of chest:	Normal	Abnormal

Comment: deferred

Palpation of chest:	Normal	Abnormal
Auscultation of lungs:	Normal	Abnormal

## Cardiovascular

Palpation of heart:	Normal	Abnormal
---------------------	--------	----------

Comment: deferred

Auscultation of heart:	Normal	Abnormal
Carotid Arteries:	Normal	Abnormal
Abdominal Aorta:	Normal	Abnormal

Comment: abd soft, nontender

Pedal Pulses:	Normal	Abnormal
Examination of Arterial Pulses:	Normal	Abnormal

Examination of Edema / Varicosities:	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
Palpation of skin and subcutaneous tissue:	Normal	Abnormal

### Neurologic

Indicate specific cranial nerve tested

grossly intact

Indicate cranial nerve deficits found

na

Romberg Test	Normal	Abnormal
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Comment: deferred

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
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Screenings Needed

Screening Name	Member Eligible	Status	Barcode	Confirm Barcode	Screening Completed	Exam Date	Screening Result	Diagnosi s	Commen ts
DIGITAL_ RETINAL_ EXAM	Yes	Select			Yes	07-22-2021	L: No visually significant pathology, R: No visually significant pathology	Type 2 diabetes mellitus, cataract, glaucoma	
HBA1C	Yes	Completed Kit with Member	77000693	77000693	Yes	07-22-2021	Type 2 diabetes mellitus, insulin dependent		
MICROAL BUMIN	Yes	Completed Kit with Member	37239611	37239611	Yes	07-22-2021	Type 2 diabetes mellitus, insulin dependent		
FOBT	Yes	Left Kit	330198367	330198367	No				
DEXA	N/A	Select			Select				
PAD	Yes	Select			Yes	07-22-2021	Rt foot=1.13 (normal) Lt foot=0.87 (moderate )	Type 2 diabetes mellitus	
LDL	No	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: village, kitchen, baby

Word Recall :	3 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 :	5 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

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?

none stated

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

none stated

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 :

63yo male member on HRT for transgender - he has not had his sex changed. Pleasant, cooperative for visit requiring no further referrals. He is happy with his insurance, takes care of himself. He is Type 2 diabetic requiring insulin therapy. He wishes to exercise more, but has a supportive partner that works with him. Overall, doing well; follows up with his doctors regularly and is UTD on all preventative care and immunizations.

#### 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 by 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 :	2021-07-22T08:02
Time exam finished	2021-07-22T09:17
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Preventative Care checklist reviewed and left with member	<input type="checkbox"/>
Provider Signature	 <div>Digitally signed by Brittney Walls, FNP 2021-07-28, 06:24</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?