

HRA Form

Health Plan :	Optima Health
Member Name :	MARIA O RIOS
Evaluator Name :	
Assessment Type :	Health Risk Assessment
DOB :	1943-01-31
Evaluation Date :	2021-7-14 02:00 PM
Visit Type :	

Demographics

Plan	OHP - OPTIMA
Program	MEDICARE
LOB	DSNP
Name	MARIA O RIOS
Gender	Female
Address	4201 GLENDALE ROAD
City	DALE CITY
State	VA
Zip	22193-9998
Date of Birth	1943-01-31
Age(as of date)	78
Marital Status	Widowed
Member Identification Number	900037711*01
HICN	
Phone Number	571/235-8876
Cell Number	571/235-8876,
Alternate Contact Number	571/235-8876,
Email	
Emergency Contact	
Phone Number	
Primary Care Physician	FARTASH, SIMA MD
Phone Number	703/910-7390
PCP Address	SUITE B 2022 OPITZ BLVD
PCP City	WOODBIDGE
PCP State	VA

PCP Zip	22191
PCP County	
Office ID	157696
Office Name	

1. Race

- | | | |
|---|---|--|
| <input type="checkbox"/> Caucasian | <input type="checkbox"/> African American | <input type="checkbox"/> Asian |
| <input checked="" 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 checked="" type="checkbox"/> Hispanic | <input type="checkbox"/> Non-Hispanic | <input type="checkbox"/> Other Ethnicity |
| <input type="checkbox"/> Prefer not to say | | |

2. Preferred language

- | | | |
|---|--|--|
| <input type="checkbox"/> English | <input checked="" type="checkbox"/> Other | |
| ↳ If other, | | |
| <input type="checkbox"/> African languages | <input type="checkbox"/> Arabic | <input type="checkbox"/> Chinese |
| <input type="checkbox"/> French | <input type="checkbox"/> French Creole | <input type="checkbox"/> German |
| <input type="checkbox"/> Greek | <input type="checkbox"/> Gujarati | <input type="checkbox"/> Hebrew |
| <input type="checkbox"/> Hindi | <input type="checkbox"/> Hungarian | <input type="checkbox"/> Italian |
| <input type="checkbox"/> Japanese | <input type="checkbox"/> Korean | <input type="checkbox"/> Persian |
| <input type="checkbox"/> Polish | <input type="checkbox"/> Portuguese | <input type="checkbox"/> Russian |
| <input type="checkbox"/> Scandinavian Languages | <input type="checkbox"/> Serbo-Croatian | <input checked="" type="checkbox"/> Spanish |
| <input type="checkbox"/> Tagalog | <input type="checkbox"/> Urdu | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Yiddish | | |

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 3rd grade

☐ Completed 8th grade

☐ Completed 12th grade

☐ Attended College

comments

no formal schooling

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

↳ 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

☐ Wheel Chair

☐ Bed Pan
- ☒ Walker

☐ Bedside Commode

☐ Other
- ☐ Prosthesis

☐ Urinal

21. Are you currently seeing any specialists?

- ☒ Yes
- ☐ No


Medical Specialty	Specialist	For
ENT	Dr. Apache	hearing aids
Ophthalmologist	unknown	glaucoma

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

2010 hernia repair

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

Preventive Care

27. In the past three years have you had?

Screen	Answer
Colonoscopy	No
Breast Exam/Mammography	Yes
Cervical Screening	Don't Know
Bone Density	Yes
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

comments

unknown

32. Do you get Flu Vaccine each year?

☒ Yes

☐ No

33. Have you been vaccinated for Pneumonia?

☒ Yes

☐ No

 Pneumovax

☐ Yes ☐ No ☒ Unknown
☒ Prevenar ☐ No ☒ Unknown
☐ Yes ☐ No

34. Have you been vaccinated for Herpes Zoster?

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

Allergies / Medications

35. Allergies

☐ Yes ☒ No

Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status	
DM	NOVOLOG MIX	INJ 70/30	SQ = Subcutaneous	BID	PCM	Taking	Not Taking
HTN	METOPROLOL TAR	TAB 50MG	PO = By Mouth	BID	PCM	Taking	Not Taking
Neuropathy	GABAPENTIN	CAP 300MG	PO = By Mouth	BID	PCm	Taking	Not Taking
Vit D deficiency	VITAMIN D	CAP 50000UNT	PO = By Mouth	QD	PCM	Taking	Not Taking
	QUETIAPINE	TAB 25MG	Select	Select		Taking	Not Taking
glaucoma	TIMOLOL MAL	SOL 0.5% OP	E = Eye	BID	Opthamologist	Taking	Not Taking
allergies	MONTELUKAST	TAB 10MG	PO = By Mouth	PRN	PCM	Taking	Not Taking
HLD	EZETIMIBE	TAB 10MG	PO = By Mouth	QD	PCM	Taking	Not Taking
HLD	SIMVASTATIN	TAB 5MG	PO = By Mouth	QPM	PCM	Taking	Not Taking
heart health	aspirin	81mg	PO = By Mouth	QD	PCM	Taking	Not Taking

36. Over the Counter Medications / Supplements

☐ Yes ☒ No

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☐ 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

comments

hx several yrs ago

Secondary to Diabetes

☐ Yes☐ No

comments

unknown

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

comments

unknown

Do you wear glasses or contacts?


☒ Yes☐ No

comments

bifocal

Do you have trouble seeing even with glasses?

☐ Yes☒ No

FOCUSCARE

8

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

↳ Diagnoses

☒ Difficulty with Hearing

☐ Tinnitus

☐ Other

☐ Legally Deaf

☐ Vertigo

Difficulty with Hearing

↳ Describe

☒ Active

☐ History of

☐ Rule out

comments

bilateral hearing aids

Do you have trouble hearing when people talk to you?

☒ Yes ☐ No

Do you wear a hearing aid?

☒ Yes ☐ No

↳ How often do you wear it

☐ Occasionally

☐ Frequently

☒ All of the time

↳ Do you still have trouble hearing with it?

☐ Yes

☐ No

Do you read lips?

☒ Yes ☐ No

Do you have ear pain or drainage?

☐ Yes ☒ No

Do you ever get dizzy?

☐ Yes ☒ No

Nose Problems (Nose Bleeds, Sinus infections, Other)

☒ Yes ☐ No

↳ Diagnoses

☒ Chronic Post Nasal Drip

☐ Sinus Infections

Chronic Post Nasal Drip

☐ Nose Bleeds

☐ Other

↳ Describe

☒ Active

☐ History of

☐ Rule out

↳ Supported by

☒ History

☐ Symptoms

☐ Physical Findings

☐ Medications

☐ Test results

☐ Image studies

☐ Biopsy

☐ DME

☐ Other

comments

r/t aLLERGIES

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**

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**

☐ Other☐ Symptoms

Adequately controlled

☐ Yes

☐ No

☒ **UnKnown**

Other

Describe

☒ **Active**

☐ History of

☐ Rule out

Supported by

☒ **History**☐ Medications

☐ Biopsy☐ Symptoms

☐ DME☐ Physical Findings

☐ Image studies☐ Other

Other

comments

DAUGHTER SAYS SHE HAS HAD SOME TYPE OF HEART SYSYTEM AND SOMETHING

WITH A VALVE. FOLLOWS WITH CARDIOLOGY ONCE YEARLY. IAST SEEN 1/2021

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 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

Gall Bladder Disease

Describe

☐ Active

☒ History of

☐ Rule out

Supported by

☐ Symptoms

☐ HIDA Scan

☐ Other

☐ Passing of stones

☐ MRI

☐ ERCP

☒ Treatment history

comments

REMOVAL 7 YEARS AGO

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

comments

treats with diet such as flax seed

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

 ↳ Diagnoses
 ☐ Alcohol Dependence ☐ Amyotrophic Lateral Sclerosis
 ☐ Bipolar Disorder ☐ Cerebral Hemorrhage
 ☐ Cerebral Palsy ☐ Delusional Disease

☐ Dementia

☐ Drug Dependence

☐ Generalized Anxiety Disorder

☐ Hemiparesis

☐ Insomnia

☐ Migraine Headaches

☐ Muscular Dystrophy

☐ Parkinson's disease

☐ Restless leg syndrome

☐ Seizure Disorder

☐ Stroke

☐ TIA

☐ Other

Peripheral Neuropathy

Describe

☒ Active

☐ History Of

☐ Rule out

Supported by

☒ Physical findings

☐ EMG / Nerve Conduction studies

☐ Biopsy

Other

☐ Other

Secondary to Diabetes

☒ Yes

☐ No

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 headaches

☐ 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 follow a special diet?

☐ 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 swallowing your food?

☐ Yes☒ No

Do you have trouble making people understand you when you speak?

- ☐ Yes ☒ No
 Do you trouble understanding what people say to you?
☐ Yes ☒ No
 Do your hands shake?
☐ Yes ☒ No
 Do you have convulsions and seizures?
☐ Yes ☒ No
 Do you have trouble with your memory?
☐ Yes ☒ No
 Do you have trouble finding words?
☐ Yes ☒ No
 Do you have trouble sleeping?
☐ Yes ☒ No
 Have you lost your appetite
☐ 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

If GPCOG or MMSE is not done, is

- ☒ Yes ☐ No
 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	Nearly every day
---	------------	--------------	----------------	------------------

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

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

- ☐ 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
- ☐ Osteomyelitis
- ☐ Pyogenic Arthritis
- ☐ Spinal Stenosis
- ☐ Tinea Pedis

Osteoarthritis

Describe

☒ Active

Supported by

☒ Symptoms

☐ Other

☒ Osteoarthritis

☐ Osteoporosis

☐ Rheumatoid Arthritis

☐ Systemic Lupus Erythematosus

☐ Other

☐ History of

☐ Rule out

☐ Physical Findings

☐ Image studies

comments

pain and swelling

Which joints

comments

low back, knees and ankle

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

- | | |
|--|--|
| <input type="checkbox"/> Hypothyroidism | <input type="checkbox"/> Kidney Stone |
| <input type="checkbox"/> Peripheral Neuropathy secondary to Diabetes | <input type="checkbox"/> Peripheral Vascular Disease secondary to Diabetes |
| <input type="checkbox"/> Hyperparathyroidism | <input type="checkbox"/> Other |

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

May 2021

Met with a nurse or dietician for diabetic education

☐ Yes

☒ No

Met with a diabetic educator

☐ Yes

☐ No

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

twice weekly

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

- | | |
|--|---|
| <input type="checkbox"/> AIDS
<input type="checkbox"/> C. Difficile

<input type="checkbox"/> HIV
<input type="checkbox"/> Hospital Acquired MRSA Infection
<input type="checkbox"/> Leukemia
<input type="checkbox"/> Multiple Myeloma
<input type="checkbox"/> Sickle Cell Disease
<input type="checkbox"/> Thalassemia
<input type="checkbox"/> Tuberculosis
<input type="checkbox"/> Other | <input type="checkbox"/> Anemia
<input type="checkbox"/> Community Acquired MRSA Infection
<input type="checkbox"/> Herpes Zoster
<input type="checkbox"/> Immune Deficiency
<input type="checkbox"/> Lymphoma
<input type="checkbox"/> Sepsis
<input type="checkbox"/> Sickle Cell Trait
<input type="checkbox"/> Thrombocytopenia
<input checked="" type="checkbox"/> Vitamin D Deficiency |
|--|---|

Vitamin D Deficiency

Describe

☒ **Active**
☐ History of
 ☐ Rule out

Supported by

☐ Labs
 ☒ **Medications**
☐ History

☐ Other

Easy bruising or abnormal bleeding

☐ Yes
 ☒ **No**

Long term anticoagulation use

☐ Yes
 ☒ **No**

Cancer

Diagnosis of Cancer	Yes	No
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Pain

Does the patient experience pain?

☐ Yes
 ☒ **No**

Vital Signs

Vital Signs

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

BMI

Patients Height		Patients Weight	Calculate BMI
5 (Feet)	2 (Inch)	175 (lbs)	32.0

- ☒ **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

Comment: hearing aids present

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

Cardiovascular

Palpation of heart:	Normal	Abnormal
Auscultation of heart:	Normal	Abnormal
Carotid Arteries:	Normal	Abnormal
Abdominal Aorta:	Normal	Abnormal
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
Comment: stable with cane		
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

CN XII-only able to assess perceived symmetry of face CN XI tested by asking to shrug shoulders-done without resistance, limited yield

Indicate cranial nerve deficits found

Virtual, limited exam

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

Screening Name	Member Eligible	Status	Barcode	Confirm Barcode	Screening Completed	Exam Date	Screening Result	Diagnosi s	Commen ts
DIGITAL_ RETINAL_ EXAM	Yes	Select			No				Virtual Visit
HBA1C	Yes	Select			No				Virtual Visit
MICROAL BUMIN	Yes	Select			No				Virtual Visit
FOBT	No	Select			No				Virtual Visit
DEXA	N/A	Select			No				Virtual Visit
PAD	Yes	Select			No				Virtual Visit
LDL	No	Select			No				Virtual Visit

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 : --

Person's Answers: --

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

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 :

Member gives consent and visit performed virtually . Daughter Vanessa Beltran present and interpreting and providing most information as pt only speaks spanish. Blanks in document due to limitations of client and/or nature of virtual visit and completed to best of ability.

Identity confirmed by DOB, Name and Address

Unable to palpate or inspect nasal mucosa, septum and turbinates, inspect teeth and gums, examine oropharynx, examine thyroid, percuss or palpate chest, auscultate lungs, perform any cardiovascular, lymphatic, skin and subcutaneous tissues or full cranial nerve assessment as this is not appropriate or possible with virtual visits and low resolution visual quality.

Did not inspect or palpate joints, bones and muscles, assess for muscle strength and tone or ROM due to clothing.

Pt did not want to participate in mini-cog and went to rest.

Recommended they keep routine visits with PCM for continued medical care, treatment, and preventative care-pt agrees

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 :	2021-07-14T13:59
Time exam finished	2021-07-14T14:51
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Consented to Video chat	<input checked="" type="checkbox"/>
Preventative Care checklist reviewed and left with member	<input type="checkbox"/>
Provider Signature	

	<div><div><i>S. Darrow, NP.</i></div><div>Digitally signed by Sarah Darrow, FNP 2021-07-14, 14:53</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?