

CONFIDENTIAL INFORMATION

From :

c/o Focus Care
500 West Cummings Park
Suite 2700
Woburn, MA 01801

To :

Dr. KELLAM, STEPHEN MD
3369 COLONIAL AVE
ROANOKE, VA, 24018

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c/o Focus Care

500 West Cummings Park Suite 2700| Woburn, MA 01801

GEORGE D DELONG

c/o Focus Care

500 West Cummings Park Suite 2700| Woburn, MA 01801

Dr. KELLAM, STEPHEN MD

3369 COLONIAL AVE

ROANOKE,VA,24018

2022-02-02

Dear Dr. KELLAM, STEPHEN MD,

Through our partnership with Focus Care, your patient, covered through Optima Health, recently received a health visit by one of Focus Care's clinicians. Enclosed is a summary of the visit results for:

GEORGE D DELONG

900047792*01

This summary contains an environmental assessment, a summary of existing diagnoses, a list of current medications that may help you gain additional insight into your patient's health, as well as preventive and chronic care recommendations. Please discuss the findings with your patient at their next appointment or reach out to them for urgent concern.

If you have any questions, please contact Focus Care at 1-800-371-3338 (TTY: 711) Monday through Friday, 8:30 a.m. to 9:00 p.m.

Sincerely,

Dr. Thomas Lundquist, M.D.

Chief Medical Officer

Optima Health

Patient Assessment Summary

Name : GEORGE D DELONG
Date of Birth : 1979-02-21
Evaluator Name : undefined
Gender : Male
Lob : DSNP
Email :

Age : 42
Member ID : 900047792*01
Date : undefined
Address : 809 31ST ST,ROANOKE,VA
Marital Status : Single
Phno : 540/467-3490,540/467-3490,

Your Vital Signs

Blood Pressure	120/74 mmHG	Pulse	71 bpm	Respiratory Rate	10
Temp	97.7	Pulse Oximetry	95	Pain Scale /10	0
Age	42	Patients Height	5 feet 9 inch	Patients Weight	231 lbs
BMI	34.1(Obesity (BMI 30 – 34.9))				

Your Screenings

Screening Name	Screening Completed	Exam Date	Screening Result	Diagnosis	Comments
DIGITAL_RETINAL_EXAM	Select				
HBA1C	Select				
MICROALBUMIN	Select				
FOBT	Select				
DEXA	Select				
PAD	Select				
Peak Flow Meter	Select				

Allergies

Answer: No

Your Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status
Hyperlipidemia	SIMVASTATIN	10 mg	PO = By Mouth	HS	Kellam	Taking

Over the Counter Medications / Supplements

Answer: yes

Comment : Also taking Mens 50+ multivitamin daily, Zinc 22.5 mg daily, Chlorofresh 100 mg BID

Date	Description	Dose/Units	Route	Frequency
2021-07-20	Niacin	500 mg	PO = By Mouth	daily
2021-07-20	B-complex	1 tablet	PO = By Mouth	daily
2021-07-20	Zyrtec	10 mg	PO = By Mouth	daily
2021-07-20	Vitamin C	500 mg	PO = By Mouth	daily
2021-07-20	Vitamin D	1000 units	PO = By Mouth	daily

Patient Assessment Summary

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- Race

Answer: **Caucasian**

- Preferred language

Answer: **English**

Diagnoses under Chronic Care Management

Active

Difficulty with vision

Legally Blind : **No**

Chronic Post Nasal Drip, Supported By Symptoms

Sleep Apnea, Supported By Use of CPAP

Hyperlipidemia, Supported By Medication

Is patient on Statin : **Yes**

Intellectual and or Developmental Disability, Supported By History

Describe : **Other**

Describe : **undefined**

Hallux Valgus, Supported By Physical Findings

Eczema, Supported By Physical Findings

Vitamin D Deficiency, Supported By Medications

History Of

Other, Supported By Symptoms, Physical Findings

Other : **Bleeding hemorrhoids, large BMs which led to colonoscopy which was normal**

Extremity Fracture (other than Hip), Supported By Physical Findings

Describe : **Traumatic**

Describe : **Tibia**

Current (within 12 weeks) : **No**

Describe fracture/s : **Left leg fracture following MVA. Casted, no surgery**

Rule Out

Seizure Disorder, Supported By Other

Care management related to self - assessment and psychosocial behaviors

- Based on score of initial screen, cognitive function is questionable, refer to Neurology for further assessment.

Mini cog : **0**

Comment :

- Further assessment and questioning should be done to determine if patient's literacy level is adequate, limited or poor to determine the best method to communicate instructions and information to the patient.

When you get written information at a doctor's office would you say it is? : **Very difficult**

Comment : **Does not read. Step mother fills all forms and assists with all instructions and meds**

When you read the instructions on a prescription bottle would you say that it is? : **Very difficult**

Comment :

How confident are you in filling out medical forms by yourself? : **Not at All Confident**

Comment :

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- Social service referral to further assess social support infrastructure
Do you have someone who can help if you are sick or have problems? : **Yes**
Comment :
- Counsel patient on the need for a Healthcare Proxy
Healthcare Proxy : **Yes**
Comment :
- Counsel patient on the need for a Durable Power of Attorney
Durable Power of Attorney : **Yes**
Comment :
- Counsel patient on the need for an Advance Directive / MOLST orders
Advance Directive / MOLST orders : **Yes**
Comment :

Care management related to patient's activity levels

- Patient should be referred for a physical therapy evaluation related to ADLs.
Refer patient for a physical therapy evaluation
A. Getting in or out of bed : **No**

Refer patient for a physical therapy evaluation related to ADLs
B. Getting in or out of chairs : **No**

C. Toileting : **No**

D. Bathing : **No**

E. Dressing : **No**

F. Eating : **No**

G. Walking : **No**

H. Going up or down stairs : **No**

Care management related to past medical history

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

Answer: None

Comment:

Are you currently seeing any specialists?

Answer: Yes

Medical Specialty	Specialist	For
Pulmonologist	Carilion pulm & sleep	Sleep apnea
Neurologist	Dr. Wu - pending	r/o seizure disorder

- Patient should be referred for a physical therapy evaluation related to ADLs.
Refer patient for a physical therapy evaluation
A. Seen your PCP : **2**

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Refer patient for a physical therapy evaluation related to ADL's

B. Visited the Emergency Room : **None**

C. Stayed in the hospital overnight : **None**

D. Been in a nursing home : **None**

E. Had Surgery : **None**

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

Answer: **Yes**

Describe

Answer: **Dental cleanings, Fracture left leg**

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

Answer: **Twice**

Comment: **Fell while running in the yard "practicing for marathon". Both he and his step mother state that he lacks coordination when trying to move too fast**

Do you worry about falling or feeling unsteady when standing or walking

Answer: **No**

Worries about falling or feeling unsteady when standing or walking?

Answer: **No**

Did you have a fracture in past 6 months?

Answer: **No**

Social service referral to evaluate history of potential abuse

- Have you ever physically or felt emotionally abused by someone

Answer: **No**

-Have you lost weight in the past 6 months?

Answer: **None**

Care management related to preventive care

Counsel patient on screening guidelines with relation to type of screens that are age and gender appropriate and timelines for those screens going forward.

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

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Care management related to diagnoses and symptoms

Family History

Answer: Yes

Family Member	Medical Condition	Cause of Death
Father	CAD, Lung CA	Lung CA
Mother	GI and mult mental issues	
Sibling1	Sister w/hypothyroid, gall bladder, bipolar, depression, anxiety	

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

Answer: Twice

Comment: Fell while running in the yard "practicing for marathon". Both he and his step mother state that he lacks coordination when trying to move too fast

Do you worry about falling or feeling unsteady when standing or walking

Answer: No

Worries about falling or feeling unsteady when standing or walking?

Answer: No

Did you have a fracture in past 6 months?

Answer: No

Assessors Comments :

Mr. DeLong is a pleasant male with obvious mental development issues. He lives with his stepmother who is his caregiver and legal guardian. She accompanies him to all medical appointments. He is generally healthy, only issue is hyperlipidemia for which he is on statin therapy. He is pending neurology appointment for described "absent" moments. Both patient and his stepmother were counseled regarding remaining physically active for health benefits and on medication compliance.