

# CONFIDENTIAL INFORMATION

**From :**

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

**To :**

ISLAM, ANWARUL MD  
637 KINGSBOROUGH SQ STE B  
23320

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

TRACY S WEEBER

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

637 KINGSBOROUGH SQ STE B  
CHESAPEAKE

2022-03-17

ISLAM, ANWARUL 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:

TRACY S WEEBER  
900048187\*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,

## Your Vital Signs

Blood Pressure	160/90 mmHG	Pulse	98	Respiratory Rate	19
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# Patient Assessment Summary

Name	: TRACY S WEEBER	Age	: 49
Date of Birth	: 1972-04-28	Member ID	: 900048187*01
Evaluator Name	: undefined	Date	: undefined
Gender	: Female	Address	: 912 S BATTLEFIELD BLVD,CHESAPEAKE,VA
Lob	: DSNP	Marital Status	: Single
Email	:	Phno	: 757/546-2810,757/546-2810,

Temp	95.3	Pulse Oximetry		Pain Scale /10	0
Age	49	Patients Height	5	Patients Weight	295
BMI	44.8				

## 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
vitamin D deficiency	vitamin d2	50000 units	PO = By Mouth	QW	ANWARUL	Taking
abilify	Aripiprazole	10mg	PO = By Mouth	QD	Hill	Taking
depression	citalopram	40mg	PO = By Mouth	QD	Hill	Taking
HLD	atorvastatin	20mg	PO = By Mouth	QD	ANWARUL	Taking
Hypothyroidism	levothyroxine	50MCG	PO = By Mouth	QAM	ANWARUL	Taking
pain/stroke prevention	aspirin	325mg	PO = By Mouth	BID	ANWARUL	Taking
HTN	carvedilol	25mg	PO = By Mouth	BID	ANWARUL	Taking
GERD	Famotidine	20mg	PO = By Mouth	BID	ANWARUL	Taking
HTN	lisinopril	40mg	PO = By Mouth	BID	ANWARUL	Taking
Essential tremors	Primidone	50mg	PO = By Mouth	QPM	Schaff	Taking
DM2	tresiba flex inj	20 units	SQ = Subcutaneous	QPM	ANWARUL	Taking

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DM2	metformin	100mg	PO = By Mouth	BID	ANWAR UL	Taking
DM2	novolog	10 units	SQ = Subcutaneous	TID	ANWAR UL	Taking

## Over the Counter Medications / Supplements

Answer: No

### Race

Answer: Caucasian

### Preferred language

Answer: English

## Diagnoses under Chronic Care Management

### Active

#### Hyperlipidemia

Is patient on Statin Yes

#### Hypertension

Adequately controlled Yes

#### GERD

#### Bipolar Disorder

#### Depression

Major Yes

Supported by : Chronic use of antidepressant medication beyond 6 months

#### Intellectual and or Developmental Disability

Describe Other

Describe :

#### Other

Other benign essential tremors---primidone

#### Urinary Incontinence

Related to stress No

Describe Few times a week

#### Extremity Fracture (other than Hip)

Describe Traumatic

Describe Ankle

#### left ankle

Current (within 12 weeks) No

Describe fracture/sleft ankle s/p fixation with screws

#### Diabetes

Type Type 2

Most recent Hb A1C, value 6.4

And Date 3/2021

Met with a nurse or dietician for diabetic education No

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Met with a diabetic educator**No**

Hypothyroidism

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## Care management related to self - assessment and psychosocial behaviors

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.

How much school have you completed?**Completed 3rd grade**

Comment : **completed 7th grade**

Social service referral to further assess social support infrastructure.

During past 3 months has physical or emotional health limited social activities with family, friends, neighbors or groups?**Sometimes**

Comment :

Social service referral to further assess social support infrastructure

Who do you currently live with?**Alone**

Comment :

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.

Do you have a Healthcare Proxy?**No**

Comment :

Counsel patient on the need for an Advance Directive.

Do you have an Advance Directive?**No**

Comment :

Counsel patient on the need for a Durable Power of Attorney

Durable Power of Attorney **Yes**

Comment :

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## Care management related to patient's activity levels

- Patient should be referred for a physical therapy evaluation related to ADL's.

Refer patient for a physical therapy evaluation

A. Getting in or out of bed : **No**

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

B. Getting in or out of chairs : **No**

C. Toileting : **No**

D. Bathing : **Need Some Help**

E. Dressing : **No**

F. Eating : **No**

G. Walking : **Need Some Help**

How far can you walk : **Two or more blocks**

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H. Going up or down stairs : **Need Some Help**

How many stairs can you climb : **More than ten**

## Care management related to past medical history

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

Answer: Cane

Are you currently seeing any specialists?

Answer: Yes

Medical Specialty	Specialist	For
Psychiatrist	Dr. Hill	Bipolar, Depression
Neurologist	Dr. Schaff	tremors
Other	Dr. Walter (orthopedic)	broken left ankle

If no activities are checked as need some help or total help

Refer patient for a physical therapy evaluation : **4**

A. Seen your PCP

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

B. Visited the Emergency Room : **1**

If one or more, describe

**broken left ankle (3/2021)**

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

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

E. Had Surgery : **1**

If one or more, describe

**left ankle (3/2021)**

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

Answer: **No**

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

Answer: **Once**

**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: **Yes**

**Was it due to fall?**

Answer: **Yes**

**Are you on osteoporosis med?**

Answer: **No**

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Lob : DSNP Marital Status : Single  
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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	No
Breast Exam/Mammography	No
Cervical Screening	No
Bone Density	No
Prostate Exam/PSA	Not Applicable
If Diabetic Eye Exam	Yes
If Diabetic Foot Exam	Yes
If Diabetic Hgb A1c screen	Yes
Lipid Panel	Yes

## Care management related to diagnoses and symptoms

Family History

Answer: **Yes**

Family Member	Medical Condition	Cause of Death
Mother	heart disease, htn,	massive heart attack
Father	diabetes	diabetes
Sibling1		alive

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

Answer: **Once**

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

Answer: **No**

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## Are you on osteoporosis med?

Answer: **No**

### Assessors Comments :

Tracy is a pleasant 49 y/o female who lives at LAV'M Adult Residence. Vicky (nurse) is assisting patient during this virtual visit. Member id is verified via name, date of birth, and address. This is a virtual visit with video and audio call therefore parts of the assessment and vital signs were not obtainable. Patient is stable, alert, and oriented. Otherwise no complaints.