

HRA Form

Health Plan :	Optima Health
Member Name :	EVON R WALKER
Evaluator Name :	test clinicianFE, FNP
Assessment Type :	Health Risk Assessment
DOB :	1946-07-04
Evaluation Date :	2022-4-12 06:05 PM
Visit Type :	Virtual: Video & Audio Capability

Demographics

Plan	OHP
Program	MEDICARE
LOB	DSNP
Name	EVON R WALKER
Gender	Female
Address	7000 AUBURN AVE APT 718
City	NORFOLK
State	VA
Zip	23513-9998
Date of Birth	1946-07-04
Age(as of date)	75
Marital Status	
Member Identification Number	900040437*01
HICN	
Phone Number	757/386-3128
Cell Number	
Alternate Contact Number	
Email	
Emergency Contact	
Phone Number	
Primary Care Physician	WHALEN, RICHARD M MD
Phone Number	
PCP Address	SUITE 118 825 FAIRFAX AVE
PCP City	NORFOLK
PCP State	VA

PCP Zip	23507
PCP County	
Office ID	
Office Name	EVMS Ghent Family Medicine

1. Race

- ☐ Caucasian
 ☐ African American
 ☐ Asian
- ☐ Latino
 ☐ Native American
 ☐ Native Hawaiian or other Pacific Islander
- ☐ Alaskan Native
 ☒ Other
- [Describe](#)
 No Ethnicity

Patient's Ethnicity

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

Preferred language

- ☐ English
 ☒ Other
- [If other,](#)
- ☐ African languages
 ☐ Arabic
 ☐ Chinese
- ☐ French
 ☐ French Creole
 ☐ German
- ☒ Greek
 ☐ Gujarati
 ☐ Hebrew
- ☐ Hindi
 ☐ Hungarian
 ☐ Italian
- ☐ Japanese
 ☐ Korean
 ☐ Persian
- ☐ Polish
 ☐ Portuguese
 ☐ Russian
- ☐ Scandinavian Languages
 ☐ Serbo-Croatian
 ☐ Spanish
- ☐ Tagalog
 ☐ Urdu
 ☐ Vietnamese
- ☐ 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?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Developed Cough?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Developed Flu like symptoms?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Developed Shortness of breath?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> 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

[Describe](#)

ju

Are you currently employed?

☐ Yes ☒ No

Are you interested in employment?

☐ Yes ☒ No

Do you volunteer currently?

☐ Yes ☒ No

Tobacco use

☐ Current ☐ Former ☒ Never

Alcohol Use

☐ Current ☐ Former ☐ Never

Do you or have you used recreational drugs?

☐ Yes ☒ No

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
H. Going up or down stairs	No	Need Some Help	Need Total Help

Medical History

Do you use any assistive devices or DME?

☐ None

☐ Cane

☐ Oxygen

☐ Urinal

☐ Other

☒ Walker

☐ Wheel Chair

☒ Bed Pan

☐ Prosthesis

☐ Bedside Commode

☐ CPAP

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](#)

tytuut

C. Stayed in the hospital overnight	None	1	2	3	4	5 or more
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[If one or more, describe](#)

tytyiyui

D. Been in a nursing home	None	1	2	3	4	5 or more
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[If one or more, describe](#)

yyiy

E. Had Surgery	None	1	2	3	4	5 or more
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[If one or more, describe](#)

ygiikiu

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

☐ Yes ☒ No

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	10/02/2020		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Colorectal Screening	No			<input type="checkbox"/>	<input checked="" type="checkbox"/>
Influenza Vaccine		10/02/2020	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
COVID-19 Vaccine	Yes		N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Pneumococcal Vaccine	Not Applicable	10/02/2020	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Herpes Zoster Vaccine			N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Diabetes Screening	Not Applicable	10/02/2020	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Diabetic Foot Exam			N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cholesterol Screening	Don't Know	10/02/2020	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Glaucoma Screening			N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
STIs/HIV Screening	No	10/02/2020	N/A	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cervical Cancer Screening			N/A	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis Screening	Not Applicable	10/02/2020		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Prostate Screening	Yes		N/A	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Fall Risk Screening	Not Applicable		N/A	<input 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

Recommendations

- ☒ Abdominal Aneurysm Screening
- ☒ Hepatitis C Screening

Allergies / Medications

35. Allergies

☐ Yes ☒ No

Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status	
	Lansoprazole	10	PO = By Mouth	AC		Taking	Not Taking

36. Over the Counter Medications / Supplements

☐ Yes ☒ No

Long Term Use of:

☒ None

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

- | | |
|---|---|
| <input type="checkbox"/> Cataracts | <input type="checkbox"/> Glaucoma |
| <input checked="" type="checkbox"/> Hyperopia | <input checked="" type="checkbox"/> Legally Blind |
| <input type="checkbox"/> Macular Degeneration | <input type="checkbox"/> Myopia |
| <input type="checkbox"/> Retinal Disease | <input type="checkbox"/> Others |

Hyperopia

Which Eye

- ☐ Right Eye

- ☒ Left Eye

- ☐ Both

Describe

- ☐ Active

- ☒ History of

- ☐ Rule out

Supported by

- ☐ History
☐ Medications
☐ Biopsy

- ☐ Symptoms
☐ Test results
☐ DME

- ☒ Physical Findings
☐ Image studies
☒ Other

Other

Describe

comments

OTHERS

Legally Blind

Which Eye

- ☐ Right Eye

- ☒ Left Eye

- ☐ Both

Describe

comments

comments

- ☐ Active
- ☒ History of
- ☐ Rule out
- ↳ Because of pain
 - ☒ Yes
 - ☐ No
- ↳ Because you wear partial or complete dentures
 - ☒ Yes
 - ☐ No
- Difficulty Swallowing
 - Describe
 - ☐ Active
 - ☒ History of
 - ☐ Rule out
 - Have you had a stroke
 - ☐ Yes
 - ☒ No

Neck Problems (parotid Disease, Carotid Stenosis, Other)

- ☒ Yes
- ☐ No
- ↳ Diagnoses
 - ☐ Carotid Stenosis
 - ☒ Parotid Disease
 - ☒ Other
- Parotid Disease
 - Describe
 - ☐ Active
 - ☒ History of
 - ☐ Rule out
 - Supported by
 - ☐ Physical findings
 - ☒ History
 - ☐ Other
- Other
 - Describe
 - ☐ Active
 - ☐ History of
 - ☒ Rule out
 - Supported by
 - ☐ History
 - ☒ Symptoms
 - ☐ Physical Findings
 - ☒ Medications
 - ☐ Test results
 - ☒ Image studies
 - ☐ Biopsy
 - ☒ DME
 - ☐ Other
 - Other

comments

CONDITIOS

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

Recommendations

- ☒ Take medications as prescribed
- ☒ Other

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

☒ Yes

☐ No

Diagnoses

- | | |
|---|---|
| <input checked="" type="checkbox"/> Abnormal Cardiac Rhythm | <input type="checkbox"/> Aneurysm |
| <input checked="" 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 checked="" type="checkbox"/> Hypertension |
| <input checked="" type="checkbox"/> Ischemic Heart Disease (CAD) | <input type="checkbox"/> Myocardial Infarction |
| <input type="checkbox"/> Peripheral Vascular Disease | <input checked="" type="checkbox"/> Pulmonary Hypertension |
| <input type="checkbox"/> Valvular Disease | <input type="checkbox"/> Other |

Abnormal Cardiac Rhythm

Describe

☐ Active

Supported by

☒ **ECG**

☐ Electrophysiology procedure / cardioversion

☒ **Implanted pacemaker**

☐ Wheezing

Describe

☐ Bradycardia

☐ Irregularly Irregular

☒ **History of**

☐ Use of rate controlling drug

☒ **Chest pain**

☐ Implanted defibrillator

☐ Chronic cough

☒ **Tachycardia**

☐ Premature contractures

☐ Rule out

☒ **Use of anticoagulation**

☐ Light headedness

☒ **Shortness of breath**

☐ Other

☐ Regularly irregular

Angina

Describe

☐ Active

Supported by

☐ Medications

☒ **Chest pain**

☐ Wheezing

Describe

☐ Stable

Hypertension

Describe

☒ **Active**

Supported by

☐ Physical Exam

☐ Chest pain

☒ **Wheezing**

Adequately controlled

☐ Yes

☒ **History Of**

☒ **History characterizing chest pain**

☐ Light headedness

☒ **Chronic cough**

☒ **Unstable**

☐ History of

☒ **Medications**

☐ Light headedness

☐ Chronic cough

☒ **No**

☐ Rule out

☐ Stress test

☐ Shortness of breath

☐ Other

☐ Rule out

☒ **Symptoms**

☐ Shortness of breath

☐ Other

☐ UnKnown

Ischemic Heart Disease (CAD)

Describe

☐ Active

☐ History of

☒ **Rule out**

Supported by

☐ Cardiac Cath

☐ History of coronary
stent

☐ Diagnosis of angina

☒ **Medications**

☐ History of CABG

☒ **ECG**

☐ Chest pain

☒ **Light headedness**

☐ Shortness of breath

☐ Wheezing

☐ Chronic cough

☐ Other

Pulmonary Hypertension

Describe

☐ Active

☒ **History of**

☐ Rule out

Supported by

☒ **Cardiac Cath**

☐ Use of O2

☒ **Edema**

☐ Medication

☐ Chest pain

☐ Light headedness

☒ **Shortness of breath**

☐ Wheezing

☐ Chronic cough

☐ Other

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**

Rectal Problems

☒ **Yes**

☐ No

If yes, female

☐ Hemorrhoids

☒ **Fissure**

☐ Mass

If yes, male

☐ Hemorrhoids

☒ **Fissure**

☐ Mass

☐ BPH

☐ Prostate 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

- | | |
|---|---|
| <input type="checkbox"/> Alcohol Dependence | <input checked="" type="checkbox"/> Amyotrophic Lateral Sclerosis |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Bipolar Disorder |
| <input type="checkbox"/> Cerebral Hemorrhage | <input checked="" type="checkbox"/> Cerebral Palsy |
| <input type="checkbox"/> Delusional Disease | <input type="checkbox"/> Dementia |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Drug Dependence |
| <input checked="" type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Guillain-Barre Disease |
| <input type="checkbox"/> Hemiparesis | <input type="checkbox"/> Huntington's Chorea |
| <input type="checkbox"/> Insomnia | <input checked="" type="checkbox"/> Intellectual and or Developmental Disability |
| <input type="checkbox"/> Migraine Headaches | <input type="checkbox"/> Multiple Sclerosis |
| <input type="checkbox"/> Muscular Dystrophy | <input checked="" type="checkbox"/> Myasthenia Gravis |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Peripheral Neuropathy |
| <input type="checkbox"/> Restless leg syndrome | <input type="checkbox"/> Schizophrenia |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Spinal Cord Injury |
| <input type="checkbox"/> Stroke | <input checked="" type="checkbox"/> Subdural Hematoma |
| <input type="checkbox"/> TIA | <input type="checkbox"/> Traumatic Brain Injury |
| <input type="checkbox"/> Other | |

Amyotrophic Lateral Sclerosis

Describe

☐ Active ☒ **History Of** ☐ Rule out

Supported by

☐ Progressive weakness ☐ Slurring of speech ☒ **Abnormal gait**

☐ Difficulty swallowing ☐ EMG ☐ Other

Cerebral Palsy

Describe

☐ Active ☐ History of ☒ **Rule out**

Supported by

☐ Physical exam ☐ History ☒ **Laboratory testing**

☐ Other

Fibromyalgia

Describe

☐ Active ☒ **History of** ☐ Rule out

Supported by

☐ Symptoms ☒ **Physical findings** ☒ **History**

☒ **Medications** ☐ Other

Intellectual and or Developmental Disability

Describe

☐ Active ☐ History of ☐ Rule out

Supported by

☐ History ☒ **Symptoms** ☐ Physical Findings

☐ Medications ☐ Test results ☐ Image studies

☐ Biopsy ☐ DME ☐ Other

Describe

- ☐ Down's Syndrome ☐ Psychomotor Retardation ☒ Other

Other

Describe

comments

NONE

Myasthenia Gravis

Describe

- ☐ Active ☒ History Of ☐ Rule out

Supported by

- ☐ Ptosis ☒ Double vision ☒ Difficulty chewing
☒ Difficulty swallowing ☐ Tensilon test ☐ Medication
☐ Other

Subdural Hematoma

Describe

- ☐ Active ☒ History of ☐ Rule out

Supported by

- ☐ Hospitalization ☐ Image study ☐ Physical findings
☐ Sensory findings ☐ Other

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
-------------	---------------

If GPCOG or MMSE is not done, is

- ☒ Patient oriented to person ☐ No
- ☒ Patient oriented to place ☐ No
- ☐ Patient oriented to time ☐ No
- ☒ Recall ☐ Poor
- ☐ Patient describes recent news event ☒ 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
- ☒ If abnormal
 - ☐ Left ☐ Right ☐ Both

Thumb to Finger Tips

- ☐ Normal ☒ Abnormal
- ☒ If abnormal
 - ☐ Left ☒ Right ☐ Both

Sitting to Standing

- ☒ Normal ☐ Needs Assistance ☐ Unable

Facial / Extremity Movement

- ☐ Motor Tic ☒ Vocal Tic ☐ Benign (Essential Tremor)
- ☐ Intention Tremor ☐ Non-Intention (Pill rolling) ☐ Rigidity

- | | | |
|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Spasticity | <input type="checkbox"/> Tremor | |
| <input type="checkbox"/> Normal | <input type="checkbox"/> Chorea Movement | <input type="checkbox"/> Cog wheeling |

Gait

- | | | |
|---|---|---|
| <input type="checkbox"/> Normal | <input type="checkbox"/> Limp | <input checked="" type="checkbox"/> Wide based |
| <input type="checkbox"/> Abductor lurch | <input type="checkbox"/> Paretic | <input type="checkbox"/> Shuffling |
| <input type="checkbox"/> Ataxic | <input type="checkbox"/> 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

Diagnoses

- | | |
|---|---|
| <input type="checkbox"/> Acute Renal Failure | <input type="checkbox"/> BPH |
| <input checked="" type="checkbox"/> Chronic Kidney Disease | <input type="checkbox"/> ESRD |
| <input checked="" type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Frequent UTI |
| <input type="checkbox"/> Gynecological | <input type="checkbox"/> Kidney Stones |
| <input type="checkbox"/> Nephritis or Nephrosis | <input checked="" type="checkbox"/> Urinary Incontinence |
| <input type="checkbox"/> Other | |

Chronic Kidney Disease

Describe

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

Supported by

- | | | |
|------------------------------------|---|--------------------------------|
| <input type="checkbox"/> Lab tests | <input checked="" type="checkbox"/> Calculated GFR X 3 | <input type="checkbox"/> Other |
|------------------------------------|---|--------------------------------|

What stage

- | | | |
|-----------------------------------|----------------------------------|--|
| <input type="checkbox"/> Stage 1 | <input type="checkbox"/> Stage 2 | <input type="checkbox"/> Stage 3a |
| <input type="checkbox"/> Stage 3b | <input type="checkbox"/> Stage 4 | <input checked="" type="checkbox"/> Stage 5 |
| <input type="checkbox"/> UnKnown | | |

Secondary to Diabetes

- | | | |
|--|-----------------------------|----------------------------------|
| <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> UnKnown |
|--|-----------------------------|----------------------------------|

Secondary to Hypertension

- | | | |
|------------------------------|---|----------------------------------|
| <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No | <input type="checkbox"/> UnKnown |
|------------------------------|---|----------------------------------|

Erectile Dysfunction

Describe

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

Supported by

- | | | |
|--|---|--|
| <input type="checkbox"/> History | <input type="checkbox"/> Symptoms | <input checked="" type="checkbox"/> Physical Findings |
| <input checked="" type="checkbox"/> Medications | <input checked="" type="checkbox"/> Test results | <input type="checkbox"/> Other |

Urinary Incontinence

Describe

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

Supported by

- ☐ History
- ☐ Medications
- ☐ Other
- ☒ Related to stress
 - ☐ Yes
- ☒ Describe
 - ☐ Daily

- ☒ Symptoms
- ☐ Test results

- ☒ Physical Findings
- ☒ DME

☒ No

- ☒ Few times a week
- ☐ Less than once a week

Recommendations

- ☒ Take medications as prescribed
- ☐ Other

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

- ☐ Yes
- ☒ No

Recommendations

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

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

- ☒ Yes
- ☐ No

Diagnoses

- ☐ Basil Cell Carcinoma
- ☒ Eczema
- ☒ Psoriasis
- ☐ Tinea Pedis
- ☐ Wound

- ☐ Dermatitis
- ☒ Onychomycosis
- ☐ Skin ulcer
- ☒ Urticarial Disease
- ☐ Other

Eczema

Describe

- ☐ Active

Supported by

- ☐ History
- ☐ Medications
- ☐ Biopsy

Onychomycosis

Describe

- ☐ Active

Supported by

- ☐ History
- ☐ Medications
- ☐ Biopsy

Psoriasis

Describe

- ☐ Active

Supported by

☒ History of

☐ Rule out

- ☐ Symptoms
- ☐ Test results
- ☒ DME

- ☒ Physical Findings
- ☐ Image studies
- ☒ Other

☒ History of

☐ Rule out

- ☒ Symptoms
- ☐ Test results
- ☒ DME

- ☐ Physical Findings
- ☒ Image studies
- ☐ Other

☒ History of

☐ Rule out

☐ History

☐ Medications

☐ Biopsy

☐ History of Psoriatic Arthritis

☐ Yes

Urticarial Disease

☐ Describe

☐ Active

☐ Supported by

☐ History

☒ Medications

☐ Biopsy

Other

☐ Describe

☒ Symptoms

☐ Test results

☒ DME

☐ No

☒ History of

☒ Symptoms

☐ Test results

☐ DME

☐ Physical Findings

☐ Image studies

☐ Other

☐ Rule out

☐ Physical Findings

☒ Image studies

☒ Other

comments

OTHERS

☐ Type

☐ Acute

☒ Chronic

☐ Etiology

Recommendations

- ☒ Take medications as prescribed
- ☒ Other

Endocrine Problems

- ☐ Yes
- ☒ No

Recommendations

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

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

- ☐ Yes
- ☒ No

Recommendations

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

Cancer

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

Describe

- ☐ Active
- ☐ History of
- ☒ Rule out

Supported by

- ☐ Physical findings
- ☒ Hospitalization
- ☐ Treatments

- | | | |
|------------------------------------|--|----------------------------------|
| <input type="checkbox"/> Lab tests | <input type="checkbox"/> Imaging studies | <input type="checkbox"/> Surgery |
| <input type="checkbox"/> Biopsy | <input type="checkbox"/> Other | |
- Type
- | | | |
|--------------------------------------|---|------------------------------------|
| <input type="checkbox"/> Brain | <input checked="" type="checkbox"/> Head | <input type="checkbox"/> Neck |
| <input type="checkbox"/> Breast | <input type="checkbox"/> Lung | <input type="checkbox"/> Esophagus |
| <input type="checkbox"/> Stomach | <input type="checkbox"/> Liver | <input type="checkbox"/> Pancreas |
| <input type="checkbox"/> Colon | <input type="checkbox"/> Rectum | <input type="checkbox"/> Kidney |
| <input type="checkbox"/> Bladder | <input type="checkbox"/> Ovaries | <input type="checkbox"/> Uterus |
| <input type="checkbox"/> Prostate | <input type="checkbox"/> Bone | <input type="checkbox"/> Blood |
| <input type="checkbox"/> Lymph Nodes | <input type="checkbox"/> Skin | <input type="checkbox"/> Other |

Specific type/s

types

Stage or Classification specific to the cancer

cancer

Active treatment

- ☒ **Yes** ☐ No

Active treatment

- ☐ Chemotherapy
☐ Bone Marrow
☐ Other

- ☒ **Radiation**
☐ Surgery

- ☐ Stem Cell
☐ Immune System

Side effects

- ☐ Nausea
☐ Anemia
☐ Weakness

- ☒ **Vomiting**
☐ Neutropenia
☒ **Loss of appetite**

- ☐ Diarrhea
☐ Thrombocytopenia
☐ Other

Is there a current finding of Metastasis?

- ☐ Yes ☒ **No**

Do you see a specialist?

- ☐ Yes ☒ **No**

Recommendations

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

Pain

Does the patient experience pain?

- ☐ Yes ☒ **No**

Vital Signs

Vital Signs

Blood Pressure		Pulse	Respiratory Rate	Temp	Pulse Oximetry	Pain Scale /10
0 (mmHG)	2 (mmHG)	2 (bpm)	3	1	2	9

BMI

Patients Height		Patients Weight	BMI
9 (Feet)	9 (Inch)	200 (lbs)	10.3

- ☐ 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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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

Indicate cranial nerve deficits found

Romberg Test	Normal	Abnormal
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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: **test**

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 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	Yes	No

all sleeping a rooms?		
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?

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

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?

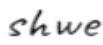

☐ Yes ☒ No

Patient Summary

Assessors Comments :

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 :	2022-04-01T13:23
Time exam finished	2022-04-01T16:24
I accept the Disclosure Statement	<input checked="" type="checkbox"/>
Consented to Video chat	<input checked="" type="checkbox"/>
Provider Signature	<div>   <div> Digitally signed by test clinicianFE, FNP 2022-04-01, 13:24 </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?

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).