



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

NICHELLE D NICHOLS-KNIGHT
3822 TOWNE POINT ROAD
PORTSMOUTH, VA, 23703-9998

06-01-2022

Dear NICHELLE,

Thank you for having your in-home health visit offered to you by Focus Care and Optima Medicare.

At Optima Medicare, we want you to have the information needed to take care of your health needs. Your in-home health visit with Focus Care was the first step toward healthy living.

We created the enclosed Personal Health Summary to help you understand your overall health. This summary also recommends vaccinations, screenings, and health tests that you may want to discuss with your primary care provider (PCP).

This summary is confidential and does not affect your healthcare coverage in any way. Please contact Optima Medicare before you schedule any health test to make sure it is covered by your benefits.

We encourage you to share your Personal Health Summary with your family and to discuss it with your PCP. If you have questions about this document or any of the services that Focus Care offers, please call Focus Care at 1-800-371-3338 (TTY: 711), Monday through Friday, 8:30 a.m. to 9:00 p.m.

Sincerely,

A handwritten signature in black ink, appearing to read "Jay Schukman".

Jay Schukman, M.D.
Chief Medical Officer

Patient Assessment Summary

Name : NICHELLE D NICHOLS-KNIGHT
Date of Birth : 1969-09-05
Evaluator Name : test clinicianFE, FNP
Gender : Female
Lob : DSNP
Email :
Primary Language :

Age : 52
Member ID : 900036941*01
Date : 2022-6-17 10:21 AM
Address : 3822 TOWNE POINT ROAD,PORTSMOUTH,VA
Marital Status :
Phone : 757/610-5487,
Race : No Ethnicity

Vital Signs

Blood Pressure	23/26 mmHG	Pulse	55 bpm	Respiratory Rate	77
Temp	98	Pulse Oximetry	78	Pain Scale /10	9
Age	52	Patients Height	5 feet 98 inch	Patients Weight	76 lbs
BMI	2.1 (Moderate Obesity)				

Allergies

None

Current Medications

None

Over the Counter Medications / Supplements

None

Diagnoses under Chronic Care Management

Active

None

History of

1. Macular Degeneration
2. Difficulty Swallowing

Care management related to patient's activity levels

Assisstive Devices and DME

Cane, Other - ooo

Falls during the past year

None

Care management related to past medical history

Number of times in the past 12 months seen PCP : 1

Number of times in past 12 months been to the Emergency Room : None

Number of times in past 12 months stayed overnight in hospital : 5

7

Number of times in past 12 months been in a nursing home : 1

Had Surgery in the last 12 months :

Providers:

Medical Specialty	Specialist	For
Primary Care Physician	CHINNERY, LIND MD	

Family History:

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None

Care management related to preventive care

Screenings completed during today's visit:

Screening Name	Screening Completed	Exam Date	Screening Result	Diagnosis	Comments
MICROALBUMIN	No				
FOBT	No				
A1C	No				
LDL	No				
RETINAL EYE EXAM	No				
DEXA	No				
PAD	No				

PHQ 2 Score:

Preventative Follow up needed

Screenings

Abdominal Aneurysm Screening	
Hepatitis C Screening	
Nutrition/ weight management	
Other	

Social

Smoking/Tobacco	
Durable Power of attorney	
Healthcare Proxy	
Advanced Directive	
Food Disparity	
Literacy	

Disease Management

Discuss medication side effects with your Doctor	
Dental exam	
Take medications as prescribed	

Assessor Comments	
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