



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

MYRNA D ALDERMAN  
5310 OWL RIDGE ROAD  
GLOUCESTER, VA, 23061-9998

11-28-2022

Dear MYRNA,

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 : MYRNA D ALDERMAN  
Date of Birth : 1937-03-06  
Evaluator Name :  
Gender : Female  
Lob : MA-Non DSNP  
Email :  
Primary Language : English

Age : 85  
Member ID : 900038238\*01  
Date : 2022-9-22 01:00 PM  
Address : 5310 OWL RIDGE ROAD,GLOUCESTER,VA  
Marital Status : Widowed  
Phone : 804/832-1871,  
Race : Caucasian

## Vital Signs

Blood Pressure	121/76 mmHG	Pulse	73 bpm	Respiratory Rate	16
Temp	98	Pulse Oximetry	98	Pain Scale /10	7/10
Age	85	Patients Height	4 feet 11 inch	Patients Weight	148 lbs
BMI	29.9				

## Allergies

None

## Current Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status
Anxiety	CITALOPRAM	TAB 10MG	PO = By Mouth	QD		Taking
Neuropathy	GABAPENTIN	CAP 300MG	PO = By Mouth	HS		Taking
Asthma	SYMBICORT	AER 160-4.5	IN = Inhalation	BID		Taking
HTN	METOPROLOL	TAB 50MG ER	PO = By Mouth	QD		Taking
Insomnia	TRAZODONE	TAB 50MG	PO = By Mouth	HS	Dr. Alderman	Taking
GERD	OMEPRAZOLE	CAP 20MG	PO = By Mouth	QD		Taking
HTN	HYDROCHLOROT	TAB 25MG	PO = By Mouth	QD		Taking
HLD	SIMVASTATIN	TAB 20MG	PO = By Mouth	HS		Not Taking
Restless Leg	ROPINIROLE	TAB 0.5MG	PO = By Mouth	HS	Dr. Alderman	Taking
Asthma	ALBUTEROL	AER HFA	IN = Inhalation	PRN	Dr.Subramanian	Taking
Muscle Spasms	TIZANIDINE	TAB 2MG	PO = By Mouth	PRN		Taking
Pain	Tramadol	TAB 50 MG	PO = By Mouth	PRN		Taking
Anemia	Iron	65 mg tab	PO = By Mouth	QD		Taking
Glacoma	Latanoprost	0.005%	E = Eye	QD		Taking

## Over the Counter Medications / Supplements

None

## Diagnoses under Chronic Care Management

### Active

1. Glaucoma
2. Difficulty Swallowing
3. Asthma

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- 4. Hyperlipidemia, Hypertension
- 5. GERD, Other - Hiatal Hernia
- 6. Anxiety, Restless leg syndrome
- 7. Urinary Incontinence
- 8. Spinal Stenosis
- 9. Anemia

## History of

None

## Care management related to patient's activity levels

Assistive Devices and DME

None

Falls during the past year

None

## Care management related to past medical history

Number of times in the past 12 months seen PCP : 5

Comment : Patient is seen for regular follow-up visits.

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

Number of times in past 12 months stayed overnight in hospital : None

Number of times in past 12 months been in a nursing home : None

Had Surgery in the last 12 months : None

Ever been hospitalized prior to the past 12 months: No

## Providers:

Medical Specialty	Specialist	For
Primary Care Physician	SUBRAMANIAM, SARITA G MD	
Pulmonologist	Dr. Subramaniam	Asthma
Other	Vascular Specialist	AAA

## Family History:

Family Member	Medical Condition	Cause of Death
Sibling1		Parkinson Disease

## 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: 0

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## Preventative Follow up needed Screenings

None

## Social

Declines discussion at this time	
Food Disparity	

## Disease Management

None

Assessor Comments	Overall she is doing well. However, if there are any food assistance programs we could assist with she would benefit from this. Neurology consult, she reports having to focus on standing up at times before physically being able to do so.  Case Mangement Referral
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