



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

ELIZABETH A HARLOW  
3841 MAIDENS ROAD  
POWHATAN, VA, 23139-9998

11-28-2022

Dear ELIZABETH,

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 : ELIZABETH A HARLOW  
Date of Birth : 1966-01-01  
Evaluator Name :  
Gender : Female  
Lob : MA-Non DSNP  
Email :  
Primary Language : English

Age : 56  
Member ID : 900043917\*01  
Date : 2022-10-3 11:00 AM  
Address : 3841 MAIDENS ROAD,POWHATAN,VA  
Marital Status : Single  
Phone : 804/720-3719,  
Race : Caucasian

## Vital Signs

Blood Pressure	110/60 mmHG	Pulse	90 bpm	Respiratory Rate	20
Temp	98.6	Pulse Oximetry	98	Pain Scale /10	0
Age	56	Patients Height	5 feet 3 inch	Patients Weight	109 lbs
BMI	19.3				

## Allergies

None

## Current Medications

Diagnoses	Label Name	Dose / Units	Route	Frequency	Prescribing Physician	Status
muscle spasms	CYCLOBENZAPR	TAB 10MG	PO = By Mouth	PRN	pcp	Taking
COPD	ALBUTEROL	AER HFA	IN = Inhalation	PRN	pulm	Taking
COPD	BENZONATATE	CAP 100MG	PO = By Mouth	PRN	pulm	Taking
COPD	DALIRESP	TAB 250MCG	PO = By Mouth	QD	pulm	Taking
COPD	IPRATROPIUM	SOL 0.02%INH	IN = Inhalation	PRN	pulm	Taking
chronic bronchitis	AZITHROMYCIN	TAB 250MG	PO = By Mouth	QD	pulm	Taking
COPD	BUDES/FORMOT	AER 160-4.5	IN = Inhalation	QD	pulm	Taking
COPD	PREDNISONE	TAB 5MG	PO = By Mouth	QD	pulm	Taking
HTN	METOPROL	TAB 50MG	PO = By Mouth	QD	cards	Taking
HLD	ATORVASTATIN	TAB 80MG	PO = By Mouth	QD	cards	Taking
angina	NITROGLYCERN	SUB 0.4MG	S = Sublingual	PRN	cards	Taking
COPD	GUAIAIUSS	SYP 100-10/5	PO = By Mouth	PRN	pulm	Taking
CAD	CLOPIDOGREL	TAB 75MG	PO = By Mouth	QD	cards	Taking
COPD	LEVALBUTEROL	NEB 1.25MG	IN = Inhalation	PRN	pulm	Taking
GERD	PANTOPRAZOLE	TAB 40MG	PO = By Mouth	QD	pcp	Taking
osteoporosis	forteo	20mcg	SQ = Subcutaneous	QD	pcp	Taking
CAD	asa	81mg	PO = By Mouth	Select	cards	Taking

## Over the Counter Medications / Supplements

None

## Diagnoses under Chronic Care Management

### Active

1. Chronic Respiratory Failure, COPD, Hypoxemia, Sleep Apnea
2. Angina, Hyperlipidemia, Hypertension, Ischemic Heart Disease (CAD), Peripheral Vascular Disease

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3. GERD
4. Osteoporosis, Other - muscle spasms

## History of

1. Difficulty Swallowing
2. Acute Pulmonary Embolism, Respiratory Arrest
3. Aneurysm, Myocardial Infarction
4. GI Bleed, Other - fatty liver disease, stable

## Care management related to patient's activity levels

### Assisstive Devices and DME

Cane, Oxygen, Wheel Chair, Bedside Commode, CPAP

### Falls during the past year

Twice

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

Yes

Worries about falling or feeling unsteady when standing or walking?

Yes

Did you have a fracture in past 6 months?

Yes

Was it due to fall?

Yes

Are you on osteoporosis med?

Yes

## Care management related to past medical history

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

Number of times in past 12 months been to the Emergency Room : 4

hip fx, hypercapnia, GI bleedx2

Number of times in past 12 months stayed overnight in hospital : 4

hip fx, hypercapnia, GI bleedx2

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

Had Surgery in the last 12 months : 1

right hip fx surgery

Ever been hospitalized prior to the past 12 months: Yes

MI with cath and stentsx2, 1 AAA stent, BLE stents, PE, COPD exacerbations,

## Providers:

Medical Specialty	Specialist	For
Primary Care Physician	GEORGE, AMANDA MD	
Pulmonologist	VCU	COPD, resp failure
Cardiologist	VCU	CAD, PVD
Other	vascular surgery VCU	PVD
Dermatologist	VCU	squamous cell carcinoma

## Family History:

Family Member	Medical Condition	Cause of Death
Father	heart disease, CVA	
Mother	heart disease, CVA	

## Care management related to preventive care

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## 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

## Preventative Follow up needed

### Screenings

Influenza Vaccine	
Herpes Zoster Vaccine	

### Social

Substance Abuse	
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### Disease Management

Blood Pressure checks	
Heart Healthy Diet	
Exercise 30 min a day	
Discuss PT/OT evaluation with PCP	
Take medications as prescribed	

Assessor Comments	Member in stable condition without any questions or concerns at this time, to follow up with PCP for any questions or changes.
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