

Patient Info

Patient Name: [Coty Z-willms](#)
Date of Birth:
Age: **91**
Address: **123 Muriel Run Hegmannstad, IA 84584-1526**
City, State, Zip: **Irmabury, ME, 31499-0582**
Provider: **Dr. Demo MD**

Vitals

Weight: **150**
Height:
Body Mass Index (BMI): **25**
Blood Pressure:

Suggested CheckList

Ask your doctor about:

Task Recommendation

	Time Frame	Billing Code
Smoking Counseling	As Needed	99406 / 99407
Smoking Pharmacotherapy	As Needed	Various
Lung cancer screening (precautionary)	As Needed	71250 / Z12.2
Counseling (Sexual Health)	As Needed	G0445
STI Testing	As Needed	Various
Home fall risk evaluation	As Needed	N/A
Bone density test	Every 2 Years	77085 / 77080 / 77082
A hearing test in the office	As Needed	Various
Laboratory and/or brain imaging	As Needed	Various
Cognitive training, lifestyle behavioral interventions, exercise, educational interventions, and/or multidisciplinary care interventions	As Needed	Various
Occupational therapy	As Needed	Various
Assisted living or a home care provider	As Needed	Various
Pneumonia vaccine: 1 dose of PCV13 and at least 1 dose of PPSV23	1x per lifetime	G0009
Dr. may suggest 1 of following: Fecal Occult Blood Test (FOBT) 1x per year, Fecal Immunohistochemistry Test (FIT) 1x per year, Sigmoidoscopy every 5 years, OR Colonoscopy every 10 years	Annual to every 10 years	Various
Dyslipidemia (high cholesterol) testing	As Needed	82465 / Others

Personalized Health Advice

Nutrition

Poor diet (fruits/veggies)

Fruits and vegetables are important part of healthy eating and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C. People who eat fruit and vegetables as part of their daily diet have a reduced risk of many chronic diseases. Your doctor may recommend:

~Getting 4-5 servings of fruits and vegetables a day

Poor diet (whole grain)

Foods made from grains (wheat, rice, and oats) help form the foundation of a nutritious diet. They provide vitamins, minerals, carbohydrates (starch and dietary fiber), and other substances that are important for good health. Eating plenty of whole grains, such as whole wheat bread or oatmeals may help protect you against many chronic diseases. Experts recommend that all adults eat at least half their grains as whole grains. Your doctor may suggest:

~Aiming for at least 3-5 servings of whole grains a day

Poor diet (fatty/fried foods)

A small amount of fat is an essential part of a healthy, balanced diet. Although It's fine to enjoy fats, fried foods

and sweets occasionally, too much sugar and saturated fat in your diet can raise your cholesterol. This increases the risk of heart disease. Your doctor may recommend:

~Cutting down consumption to <1 servings of fried and high-fat foods a day

Poor diet (candy/sugary beverages)

The average can of sugar-sweetened (sucrose, high-fructose corn syrup, dextrose, cane sugar etc.) soda or fruit punch provides about 150 calories, almost all of them from sugar, usually high-fructose corn syrup. That's the equivalent of 10 teaspoons of table sugar. If you were to drink just one can of a sugar-sweetened soft drink every day, and not cut back on calories elsewhere, you could gain up to 5 pounds in a year. People who drink sugary beverages do not feel as full as if they had eaten the same calories from solid food, and studies show that people consuming sugary beverages don't compensate for their high caloric content by eating less food. Your doctor may recommend:

~Cutting down consumption to <1 servings of sugar-sweetened beverages / sweets a day

Tobacco/Smoking

Current Smoker

Smoking, or the use of any tobacco products harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Cigarette smoking is the leading preventable cause of death in the United States, causing more than 480,000 deaths domestically each year. This includes about 90% of all lung cancer deaths, and about 80% of all deaths from chronic obstructive pulmonary disease (COPD). Quitting smoking lowers your risk for smoking-related diseases and can add years to your life. Talk to your doctor about what interventions you may be able to use to help you quit. These may include:

~Counseling and/or pharmacotherapy interventions ~Lung cancer screening (precautionary)

Recreational Drug Use

Patient admits to using recreational drugs

Recreational drug use can be hazardous to your health. When you use street or club drugs, usually there's no way to know how strong they are or what else may be in them. It's even more unsafe to use them along with other substances like alcohol and marijuana. Your doctor can talk to you about ways to stop your recreational drug use, for example:

~Counseling

Physical Activity

If patient exercises <3 times/week and is a younger adult

Everyone benefits from exercise, regardless of age, sex or physical ability. Exercise can help prevent excess weight gain or help maintain weight loss. It is a fundamental component of healthy active living and involves 3 major components. Aerobic (running, swimming, biking etc.), Resistance (pushups, squats, planks etc.) and Balance training (tai chi, etc.) No matter what your current weight, being active boosts high-density lipoprotein

(HDL), or "good," cholesterol and decreases unhealthy triglycerides, decreasing your risk of cardiovascular diseases. Exercise also improves mood, energy, sleep quality, and sex life. Ideally, aim for:

~At least 2 hours and 30 minutes to 5 hours a week of moderate-intensity OR 1 hour and 15 minutes to 2 hours and 30 minutes a week of vigorous-intensity aerobic physical activity OR an equivalent combination of moderate- and vigorous-intensity aerobic activity. ~Preferably, aerobic activity should be spread throughout the week ~Muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups 2+ days a week ~Remember, any exercise is better than no exercise, and additional health benefits are gained by engaging in physical activity beyond the minimum requirements!

Sexual Practices

Unprotected sex (sometimes or always) with multiple sexual partners

If you are sexually active with multiple sexual partners, you should be diligent in protecting yourself from sexually transmitted infections (STI) and diseases. Vaginal or anal penetration by an infected partner who isn't wearing a latex condom significantly increases the risk of getting an STI. Improper or inconsistent use of condoms can also increase your risk. When being sexually active, make sure to use protection or ask your partner to use protection. Your doctor may suggest:

~Enrolling in sexual health counseling ~And/or taking HIV and/or STI tests

Emotional Health

Patients who screen positive for Depression

Being depressed often feels like carrying a very heavy burden, but you are not alone in this struggle. Millions of Americans suffer from some form of depression every year, making it one of the most common mental disorders in the country. Depression is more than just feeling sad. Everyone feels upset or unmotivated from time to time, but depression is more serious. It is a mood disorder characterized by prolonged feelings of sadness and loss of interest in daily activities. If these symptoms persist for a period of at least two weeks, it is considered a depressive episode. As some of your responses have indicated that you sometimes exhibit feelings of depression, your doctor will talk to you about whether you should seek mental health treatment via:

~PHQ-9 Questionnaire ~Specific psychotherapy approaches (e.g. CBT or brief psychosocial counseling), alone or in combination ~Medication

Fall Risk

If patient has fallen in last 6 months

If you have fallen in the last 6 months, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age. But don't let a fear of falling keep you from being active. Simple treatments and overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Since you have fallen in the last six months, it is important to work on strengthening your bones. Your doctor may recommend:

~Counseling and/or physical therapy ~Calcium or vitamin D supplements ~Bone density test ~Home fall risk evaluation by home health (may include physical therapy, occupational therapy, home inspection to determine if your house (rugs, cords, etc) are hazards for falls etc.) ~Balance exercises

Hearing Impairment

If patient has indicated they have had difficulty hearing

You indicated that you have difficulty hearing at times. Hearing loss that occurs gradually as you age (presbycusis) is common. About 25 percent of people in the United States between the ages of 55 and 64 have some degree of hearing loss. For those older than 65, the number of people with some hearing loss is almost 1 in 2. Aging and chronic exposure to loud noises are significant factors that contribute to hearing loss. Other factors, such as excessive earwax, can temporarily prevent your ears from conducting sounds as well as they should. You can't reverse most types of hearing loss. However, you don't have to live in a world of muted, less distinct sounds. You and your doctor, or a hearing specialist, can take steps to improve what you hear. Your doctor may follow up with:

~A hearing test in the office ~Potential for hearing aids

Cognitive Impairment:

Moderate to severe neurocognitive impairment

Moderate to severe neurocognitive impairment is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities. These functions include memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living. As you may have shown the initial signs of moderate to severe neurocognitive impairment, your doctor might recommend:

~Laboratory and/or brain imaging evaluations ~Cognitive training, lifestyle behavioral interventions, exercise, educational interventions, and/or multidisciplinary care interventions ~Pharmacological treatments

ADL

Issues with ADL and nobody to help

Many older people experience problems in daily activities. Those difficulties restrict their ability to perform self-care, a common reason why older people seek help from outsiders, move to assisted living communities, or enter nursing homes. As you indicated you have trouble doing {insert all selected tasks in Q26} and have indicated you have nobody to assist you, your doctor may suggest:

~Occupational therapy ~Assisted living or a home care provider

Immunizations/Vaccines:

Pt. hasn't/not planning on receiving flu shot this year

You indicated you are not planning on receiving a flu shot this year. Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, and an annual seasonal flu vaccine is the best way to help protect against flu. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. Your doctor should advise you to get a:

~Flu vaccine yearly

Pt. hasn't received Varicella vaccination

Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. Each year, chickenpox caused about 10,600 hospitalizations and 100 to 150 deaths. Two doses of the vaccine are about 90% effective at preventing chickenpox. When you get vaccinated, you protect yourself and others in your community. This is especially important for people who cannot get vaccinated, such as those with weakened immune systems or pregnant women. At your next visit, your doctor should advise a:

~Varicella Vaccination

Pt. has not had: 1 dose of PCV13 plus at least 1 dose of PPSV23.

Pneumococcal disease is any type of infection caused by *Streptococcus pneumoniae* bacteria. The CDC recommends pneumococcal conjugate vaccine for all children younger than 2 years old, all adults 65 years or older, and people 2 through 64 years old with certain medical conditions. The CDC also recommends pneumococcal polysaccharide vaccine for all adults 65 years or older, people 2 through 64 years old with certain medical conditions, and adults 19 through 64 years old who smoke cigarettes. Your doctor should advise you to get:

~1 dose of PCV13 and at least 1 dose of PPSV23

Screenings:

50-75 years old OR family history of Colorectal cancer and has not screened for Colorectal cancer in the past 5 years

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. Your doctor may suggest any one of the following screening tests:

~Fecal Occult Blood Test (FOBT) every year ~Fecal Immunohistochemistry Test (FIT) every year

~Sigmoidoscopy every 5 years ~Colonoscopy every 10 years

Other misc:

If high blood pressure, Obesity or any other risk factor (eg Poor diet (High in saturated fats), lack of physical activity, smoking, diabetes etc..)

Cholesterol is a dense, fatty substance found in every cell of your body. High cholesterol is a condition that occurs when levels of cholesterol in your blood are elevated enough to cause health problems such as heart

disease. You may be at risk of High Cholesterol. Your provider may encourage you to:

~Test your blood for dyslipidemia (high cholesterol)