

**Patient:** ZZNIGRO, BARBARA  
Address: 8012 BROOKLYN, NY 11209  
May 25, 1945

334417

**First Name:**BARBARA  
**Last Name:**ZZNIGRO

**Visit Date:** 01/29/2020

**Medical Record #:** 334417

**Address:**8012  
BROOKLYN, NY 11209

**Date of Birth:** 05/25/1945  
**Sex:** Female

**Phones: Home:** (718)274-5745

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**Dx:**

Late onset Alzheimer's disease without behavioral disturbance  
Arthritis  
Moderate persistent asthma without complication  
Chronic atrial fibrillation

**Active Problems:**

\*\*diabetes Onset: 1/24/2020

**Plan:**

Moderate persistent asthma without complication  
Recommendations: Care Plan for Asthma and COPD.  
Avoid tobacco smoke—including secondhand smoke— it is unhealthy for everyone, especially people with asthma and/or COPD.  
Limit exposure to common allergens (dust mites, pollen, mold and animal dander) and protect yourself against pollution  
Keep active to build up strength  
Build your strength even when you are sitting, by using small weights or rubber tubing to make your arms and shoulders stronger, standing up and sit down, or holding your legs straight out in front of you, then put them down. Repeat these movements several times.  
Know how and when to take your asthma/COPD drugs.  
Know the difference between your maintenance vs. rescue medications. If you need help with this, our nurses can assist you.  
Take your quick-relief inhaler when you feel short of breath and need help fast.  
Take your long-term inhaler every day.  
Eat smaller meals more often -- 6 smaller meals a day. It might be easier to breathe when your stomach is not full

Chronic atrial fibrillation  
Recommendations: Care Plan for Atrial Fib  
If you are on a blood thinner, great! Please let us know any bleeding (e.g., gums)

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If you are not on a blood thinner, we would recommend bringing up blood thinners at your next doctor's visit, if not already discussed.

Tell your care team about any changes in the medication you take, including prescription and over-the-counter as well as any supplements. They interfere with some medications given for atrial fibrillation.

Limit the consumption of alcohol. Sometimes alcohol needs to be avoided to better treat atrial fibrillation. If you are taking blood-thinner medications, alcohol may interfere with them by increasing their effect.

Never take stimulants such as amphetamines or cocaine. These drugs can speed up your heart rate and trigger atrial fibrillation.

#### Arthritis

Recommendations: Care Plan for Arthritis:

Heat and Cold. Heat increases blood flow which reduces swelling. Cold can help with pain after the joint has been used.

Exercise. Exercise increases flexibility, decreases pain, and helps improve blood flow. It can also help if weight control is a problem and can be beneficial to mental well-being.

Rest. Making sure you rest is also important especially after exercising or increased movement. Make sure you use good body mechanics and posture as well as using canes or walkers for support.

Weight Control. We can help you with weight control through diet and passive exercise can lessen the strain on the joint and prevent further injury. Be sure to talk with the staff about this.

Falls. You can be at greater risk for falls. We can help with your activities of daily living as needed and may include the use of toilet seat risers, chairs with higher seats and arm sets, and the use of assistance devices to move positions or to walk will help to prevent falls.

Emotional Support. We can help you to stay positive which is also important.

Non-Pharmacological pain control can be discussed during this or other visits. Use Tylenol and NSAIDs as discussed.

Late onset Alzheimer's disease without behavioral disturbance

Dementia Care Plan

Keep a list of important phone numbers next to every phone.

Have clocks and calendars around the house so you stay aware of the date and time.

Label important items.

Develop habits and routines that are easy to follow.

Plan activities that improve your thinking, such as puzzles, games, baking, or indoor gardening.

Keep pictures of friends and family around the house.

Keep good sleep hygiene: Avoid beeping or noises at night time. Avoid fluids before bed time and don't watch TV in bed.

Try to keep shades up during the day and down during the night.

Exercising 30 minutes three times a week, or more, will improve health.

Have someone nearby for any tasks that may have a risk of injury.

For additional information, call the Alzheimer's Foundation of America at (866) 232-8484

### **Services Ordered:**

Chronic Care Management

Provider: Hyman, Jeffrey

ZZNIGRO, BARBARA/334417/F dob 05-25-1945 (74 Years) vd 01-29-2020

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Providers and Medical Service Providers: [Circle](#), [Link](#)

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Disclosure Reason: Referral

Jeffrey Hyman MD