\*\*Subjective (S):\*\*  
  
\*\*Chief Complaint (CC):\*\* Difficulty managing speech and self-care needs.  
  
\*\*History of Present Illness (HPI):\*\* L.V.G., a former nurse, is experiencing difficulty managing her speech, particularly in social situations and phone interactions, due to aphasia. She struggles with speaking clearly and often requires her husband's assistance for phone calls. L.V.G. utilizes a medication sheet to manage medication inventories and prefers using a calendar for appointment scheduling but is approaching a stage of increased forgetfulness. She has expressed interest in using Alexa for reminders and learning how to manage phone appointments effectively without relying on her husband. Her speech challenges have been exacerbated while socializing or engaging in conversations with impatience from others.   
  
\*\*History:\*\*  
- \*\*Medical History:\*\* Aphasia. She manages multiple medical conditions requiring approximately 30 different medications, including compounded hormones and heart medications.  
- \*\*Social History:\*\* L.V.G. was a nurse with a BS degree in psychiatric nursing. She relies on her husband for more challenging self-care tasks like managing housework and trimming nails. She has a strong intellectual background, having completed college, and continues to use her medical knowledge for personal health management. Her past career also results in a heavy reliance from family members on medical advice.  
   
\*\*Review of Systems (ROS):\*\*  
- \*\*General:\*\* No complaints of missed appointments currently, but acknowledges a decline in self-perceived perfect memory.  
- \*\*Neurological/Speech:\*\* Difficulty with speech in social settings. Admits to a looming sense of potential senility which slightly affects confidence.  
- \*\*Activities of Daily Living (ADLs):\*\* Difficulty with personal self-care such as clipping nails; assistance employed for housework.  
  
\*\*Current Medications, Allergies:\*\*  
- Manages a significant medication regimen including prescription and over-the-counter medications. Specific doses are not documented as she claims to remember dosages due to her nursing background.   
  
L.V.G. engages actively in maintaining her health through using technology such as Alexa and other devices, and prefers to adapt her habits for potential future needs, particularly concerning reminders and scheduling aides.  
\*\*Objective (O):\*\*  
  
- \*\*User Needs Assessment:\*\*  
 - \*\*Technology Used for Scheduling and Reminders:\*\* L.V.G uses an Echo Show device (referred to as "Speaker 1") to assist with reminders for medication and appointments. Currently practices using reminders with Alexa, including specific commands for taking medications and setting daily reminders.   
 - \*\*Current Self-Care Management:\*\* L.V.G. manages her medications using a medication sheet and a calendar for appointments, but she does not carry these with her. The calendar is used for various appointments, including dentistry, haircuts, and massages. She remembers to check her physical calendar after receiving appointment cards and calls to reschedule if necessary.  
   
- \*\*Physical Exam Findings:\*\* Not applicable in the context of the conversation.  
  
- \*\*Laboratory and Imaging Results:\*\* No laboratory or imaging results were discussed during the session.  
  
- \*\*Other Diagnostic Data:\*\*  
 - She desires to overcome her aphasia challenges, notably during phone interactions where she finds others impatient. This often necessitates her husband's participation for clarity.  
 - Expressed difficulty with housework management and self-care tasks such as nail clipping, for which she requires help.  
 - L.V.G engaged in utilizing Alexa for setting medication reminders and creating events such as her grandson’s activities and art lessons.   
 - Alexa is used to access information such as locations for obtaining Vitamin D3 and supplement orders on Amazon.  
   
- \*\*Recognition and Review of Documentation by Other Clinicians:\*\*  
 - L.V.G mentioned her educational and professional experience as a nurse, which gives her confidence and understanding of her medications without needing additional written instructions. There was no indication of recent clinical reviews or documentation by other clinicians within the recorded conversation.  
\*\*Assessment (A):\*\*  
  
\*\*Problem 1: Speech Difficulties Related to Aphasia\*\*  
- \*\*Differential Diagnoses:\*\*  
 - Primary Progressive Aphasia (PPA)  
 - Age-related cognitive decline  
 - Speech production difficulties due to neurological changes  
- \*\*Discussion:\*\* L.V.G. experiences difficulty with speech, particularly in social settings and phone communication, which has necessitated her husband's assistance. Her challenges are "looming" with possible senility, indicating a concern for future exacerbation. The primary focus appears to be on enhancing her communication capabilities and reinforcing her independence in managing interactions, particularly when making appointments by phone.  
  
\*\*Problem 2: Self-Care and Medication Management\*\*  
- \*\*Differential Diagnoses:\*\*  
 - Age-associated decline in memory affecting self-care routines  
 - Physical limitations contributing to difficulty in self-care tasks (e.g., nail clipping)  
- \*\*Discussion:\*\* L.V.G. maintains independence in most aspects of her daily life, but aging-related challenges, including potential memory decline, are becoming more apparent. Despite being methodical with a medication sheet and relying on her professional experience, she uses technological aids like Alexa for reminders, indicating a proactive approach toward mitigating forgetfulness.  
  
\*\*Plan (P):\*\*  
  
\*\*Speech and Communication:\*\*  
- Encourage continued practice with speech exercises to improve clarity and reduce reliance on others for phone conversations.  
- Consider speech therapy consult focusing on aphasia management to enhance communication skills. This could include exercises targeting audibility, articulation, and word recall.  
  
\*\*Self-Care and Technology Use:\*\*  
- \*\*Testing:\*\* No specific tests discussed, but monitoring for further cognitive decline via assessments could be beneficial as the situation evolves. Regular follow-ups on further speech issues or cognitive changes.  
- \*\*Interventions/Referrals:\*\*  
 - Recommend setting up routine reminders for medications and appointments through Alexa, practicing inputting medications as shown in the session.  
 - Consult with an occupational therapist regarding self-care tools that may assist with tasks that require fine motor skills, like nail clipping.  
 - Support expanding the use of Alexa for health management by integrating it for ordering prescriptions if verbal communication issues can be addressed.  
- \*\*Patient Education:\*\*  
 - Educate L.V.G. on further utilizing Alexa for interactive tasks beyond reminders, exploring calendar event creation for comprehensive management.  
 - Additional training on Alexa commands to develop fluency and decrease frustration when incomplete or incorrect commands are issued initially. Possible usage of scripting for phone calls to enhance independence.  
  
\*\*Monitoring and Follow-Up:\*\*  
- Encourage regular monitoring of memory and cognitive function, preparing for more structured interventions if concerns of senility increase.   
- Schedule periodic check-ins to assess progress in speech communication and success in using technological aids for self-care management.