\*\*Subjective (S):\*\*  
  
The participant, M.A., attended the virtual session accompanied by his caregiver, who is also a close family member. The primary reason for the session was to assist M.A. with self-care and medical needs, focusing on setting reminders and using technology for everyday tasks, as M.A. has challenges following a Traumatic Brain Injury (TBI) that resulted in blindness and cognitive communication deficits. The caregiver provided additional context to M.A.'s responses throughout the session, offering insight into his day-to-day routines and the assistance they provide.  
  
\*\*Chief Complaint (CC):\*\* Needs assistance with self-care and medical reminders using Alexa and other technology.  
  
\*\*History of Present Illness (HPI):\*\*   
  
M.A. is a young male who relies on reminders for his daily activities and medication management due to blindness caused by a TBI. He expressed a desire to use technology, specifically Alexa, to manage self-care routines such as brushing his teeth, trimming his nails, and eating meals on time. M.A. currently uses an iPhone to set reminders but is also supported by his family for additional reminders and organization of his daily tasks. He expressed a goal to achieve more independence by using Alexa to manage these activities.  
  
\*\*History:\*\*  
  
- \*\*Medical History:\*\* Traumatic Brain Injury leading to blindness and cognitive communication deficits.  
- \*\*Family History:\*\* Not fully documented, but caregiver is an active participant in care.  
- \*\*Social History:\*\* M.A. is motivated to be independent and actively participates in technology training sessions with his caregiver to improve daily function.  
  
\*\*Review of Systems (ROS):\*\*  
  
- \*\*General:\*\* No weight loss or change in appetite reported; uses technology for reminders.  
- \*\*Neurological:\*\* Challenges with cognitive communication due to past TBI.  
- \*\*Social/Functional:\*\* Requires verbal cues and support for daily tasks; actively learning use of Alexa for routine management.  
  
\*\*Current Medications, Allergies:\*\*  
  
- \*\*Medications:\*\* M.A. uses reminders for his medication regimen including Depakote, which he takes at 7:30 AM and 8:00 PM daily.  
- \*\*Allergies:\*\* Not mentioned in the session.  
  
The subjective information serves to guide the clinician in developing a personalized care plan and training that aligns with M.A.'s needs and goals for increased independence using technology.  
\*\*Objective (O):\*\*  
  
- \*\*Vital Signs:\*\* No vital signs were measured or documented during this virtual session.  
  
- \*\*Physical Exam Findings:\*\* Not applicable in this virtual setting.  
  
- \*\*Laboratory Data:\*\* Not available or discussed in the session.  
  
- \*\*Imaging Results:\*\* No imaging results were discussed or available for review.  
  
- \*\*Other Diagnostic Data:\*\*   
 - M.A. requires reminders for daily self-care and medication intake due to the effects of a past TBI, which has caused blindness and cognitive communication deficits.  
 - M.A. currently utilizes his iPhone for certain reminder tasks and is familiar with voice-command technology.  
  
- \*\*Technology and Tools Used During Session:\*\*  
 - M.A. has been using an iPhone to set reminders and utilizes Siri for certain tasks. He attempted to use Alexa for managing reminders and engaging with media through commands.  
 - The caregiver mentioned the setup involving an iPad linked with the Alexa app and the use of the Bard app for listening to books.  
  
- \*\*Remote Commands and Functional Testing:\*\*  
 - M.A. successfully executed the command to delete "oranges" from his medication list via Alexa.  
 - He set reminders for taking his medication, Depakote, successfully using the Alexa device for both morning and evening doses.  
 - M.A. was able to query the Alexa device for finding local pharmacies where medications such as Tylenol could be purchased, indicating good functional use of the technology.  
  
- \*\*Recognition and Review of Documentation of Other Clinicians:\*\*  
 - There was an acknowledgment of ongoing therapy appointments at Brain and Loma Linda, which are supported by reminders set by family members. There is no additional clinician review or documentation available in this session.  
  
The objective data focuses on M.A.'s current functional capabilities with technology, highlighting the interaction with Alexa and other digital tools to promote greater independence in self-care and medication management. The session assesses technical use proficiency and the extent of caregiver support required to facilitate these daily tasks.  
\*\*Assessment and Plan (A&P):\*\*  
  
\*\*Assessment:\*\*  
  
1. \*\*Traumatic Brain Injury (TBI) with Resultant Blindness and Cognitive Communication Deficits:\*\*  
 - M.A. experiences difficulty in managing activities of daily living (ADLs) due to TBI-related blindness and cognitive communication deficits. While he uses technology like Siri and Alexa, he relies significantly on caregiver assistance. He successfully participates in training sessions aimed at increasing his independence in daily tasks and utilizing technology for reminders.  
  
2. \*\*Medication Management Needs:\*\*  
 - M.A. requires regimented reminders for medication intake, specifically Depakote, taken twice daily. He shows partial independence in setting reminders using Alexa but continues to require verbal prompts and caregiver intervention to ensure adherence.  
  
3. \*\*Functional Independence and Self-Care Skills:\*\*  
 - M.A. desires greater independence in managing his self-care tasks. Technology aids stand as a pivotal element in this development; however, his lack of visual capabilities and memory limitations necessitate tailored assistance and training for optimal device use.  
  
\*\*Differential Diagnoses:\*\*  
- The existing cognitive deficits post-TBI remain the primary consideration. Any other emergent factors that could influence cognitive function, such as medication side effects or possible infections, are less likely but should be monitored.  
  
\*\*Plan:\*\*  
  
\*\*1. Enhance Technological Aid Utilization:\*\*  
 - \*\*Additional Testing/Consultation:\*\*  
 - No further diagnostic testing is indicated at this time. Regular check-ins to evaluate the efficacy of the technology aids are recommended.  
 - \*\*Therapy and Training:\*\*  
 - Continue with Alexa training to increase proficiency and reliance on automated reminders. Focus on articulation skills for better voice recognition accuracy.  
 - \*\*Patient Education and Counseling:\*\*  
 - Encouragement to use Alexa with lowered risks; educate on distinctive features like routine reminders, and ensure backup methods if technology fails.  
  
\*\*2. Optimize Medication Management:\*\*  
 - \*\*Review and Adjust Reminder Schedules:\*\*  
 - Regularly validate and, if necessary, adjust the timing and alerts for Depakote and other medications.  
 - \*\*Patient/Caregiver Education:\*\*  
 - Instruct on the importance of medication adherence and methods to confirm medication box refills, incorporating Alexa reminders.  
  
\*\*3. Support for Self-Care and ADLs:\*\*  
 - \*\*Patient Education:\*\*  
 - Training on more comprehensive use of Alexa for scheduling self-care tasks (e.g., brushing teeth, meal reminders).  
 - \*\*Implementation of Bump Dot Technology:\*\*  
 - Consider installing tactile bump dots to assist M.A. in identifying buttons on the Echo device for improved independence.  
  
\*\*4. Follow-up:\*\*  
 - Schedule follow-up sessions to assess progress in technological adaptability and its translation to daily independent living.  
 - Maintain open communication with caregiver to ascertain areas requiring additional support for M.A.  
  
This comprehensive plan is intended to improve M.A.'s independence levels by enhancing the role of technology in his routine management while simultaneously reducing caregiver burden through shared strategies and responsibilities.