Subjective (S):  
  
Chief Complaint (CC):  
R.T., the patient, reports having difficulty with certain self-care tasks such as doing her hair and managing lotion application. She is also working on improving her diet by reducing processed food intake.  
  
History of Present Illness (HPI):  
R.T. is a middle-aged female who presented to the virtual session to discuss self-care and health management challenges. She enjoys swimming and has recently been treading water at her community pool, which has contributed positively to her mood. R.T. reports having issues with managing self-care due to weakness in her left arm, which affects her ability to style her hair and apply lotion evenly. She often squeezes out too much lotion due to this weakness. Additionally, R.T. is making dietary changes to eat more natural foods and fewer processed foods. In terms of medication management, she has a regimen that requires daily administration of anti-seizure medications mornings and evenings. R.T. expresses interest in using technology, such as her smartphone and Alexa, to assist in managing her medication schedule and reminders for physical therapy sessions. During the session, R.T. practiced using Alexa for setting reminders and managing her medication list.  
  
Medical History:  
The patient is on a regimen of anti-seizure medications, which she needs to take twice daily. Her neurologist plans to transition her to a different medication regimen in upcoming weeks.  
  
Social History:  
R.T. actively engages with her community by using facilities like the community pool. She lives in Irvine and attends physical therapy and social sessions at the local university to improve her interaction skills and prepare for returning to lab work.  
  
Review of Systems (ROS):  
- Musculoskeletal: Weakness in the left arm.  
- Gastrointestinal: No specific complaints, but she is conscious about choosing healthier food options and reducing processed foods.  
- Neurological: On medication for managing seizures, has a planned change in medication with her neurologist.  
- General: Actively taking steps to ensure better self-care routines using technology for assistance.  
  
Current Medications, Allergies:  
- The patient is currently on anti-seizure medication, although the specific names and dosages were not mentioned. She tracks her medication using a pill case and plans to use digital alarms for reminders. No specific allergies were reported.  
Objective (O):  
  
Vital Signs:  
- No vital signs were recorded during this session as it was conducted virtually.  
  
Physical Exam Findings:  
- No physical examination was conducted during the virtual session.  
  
Laboratory Data:  
- No laboratory data was obtained or reviewed during the session.  
  
Imaging Results:  
- No imaging results were discussed or reviewed during the session.  
  
Other Diagnostic Data:  
- No other diagnostic data was discussed or reviewed.  
  
Recognition and Review of the Documentation of Other Clinicians:  
- R.T. mentioned that her neurologist has plans to phase out one of her current anti-seizure medications and switch it with another one within the next couple of weeks.   
  
Technology and Medication Management:  
- R.T. is utilizing technology for medication management. She uses her smartphone for making shopping lists and has incorporated Alexa to set reminders and manage her medication schedule.  
- The patient successfully set up reminders on Alexa for taking her medication at 7 AM and 7 PM as well as reminders for her physical therapy appointments 30 minutes prior to the session.  
- The patient indicated a need to use both Alexa and her smartphone to ensure she remembers to take her medication and attend her therapy sessions.   
  
Task Training:  
- The patient practiced using Alexa to conduct various tasks, including setting reminders for medications, creating a medication list (including over-the-counter items like Tylenol and Pepto-Bismol), and finding healthcare providers.  
- Tasks such as setting alarms and reminders for personal care and therapy appointments were practiced successfully with a few needed verbal prompts.  
  
Overall, R.T. is actively utilizing and improving her use of digital assistants like Alexa for health management purposes, showing notable effort in managing her self-care and healthcare needs.  
Assessment (A):  
  
Problem 1: Self-Care Difficulties  
Differential Diagnoses:  
- Arm weakness: This may be the result of neurological issues or muscular atrophy post-injury or illness. Considering R.T.'s history of seizures, the weakness could be due to a neurological cause.  
- Difficulty in controlling lotion application and hairstyling due to arm weakness, requiring adaptive strategies for better self-care.  
  
Discussion: R.T. struggles with specific self-care tasks due to the weakness in her left arm. She finds it challenging to style her hair and manage the amount of lotion during application, often resulting in using excess amounts. Digital assistants, like Alexa, serve as an aid to set reminders for such tasks, providing a means to better manage time and self-care appointments. The condition seems to be stable but needs careful monitoring and possibly physical therapy to address muscular or neurological deficits.  
  
Plan for Problem 1:  
- Encourage physical therapy exercises to improve strength in the left arm, possibly increasing scheduled sessions if needed.  
- Implement adaptive devices designed for self-care to facilitate ease in hairstyling and lotion application until significant strength is recovered.  
- Alexa will be utilized to set reminders for self-care tasks, focusing on proper timing and allocation of time for these tasks.  
  
Problem 2: Medication Management for Seizures  
Differential Diagnoses:  
- Stable seizure control with current medication, but potential for breakthrough seizures during medication transition.  
- Potential side effects or interaction issues when swapping one medication for another, especially as the dosages are adjusted.  
  
Discussion: R.T. is compliant with her anti-seizure medication regimen but is due to undergo a transition in her medication as advised by her neurologist. She practices taking medication twice daily, morning and night, which would continue during her shift to a new regimen. Accurate dosing and vigilance during this transition are vital to preventing seizure occurrences.  
  
Plan for Problem 2:  
- Set up detailed medication reminders via Alexa and the smartphone; ensure these align with any changes directed by her neurologist. R.T. should use reminders for specific dosages, including transitional periods.  
- Monitor for adverse reactions and efficacy when phasing out the old medication for the new one.  
- Schedule a follow-up with neurology to discuss the progress post-transition and any modification needs.  
  
Problem 3: Dietary Management  
Differential Diagnoses:  
- Dietary modification in favor of natural foods over processed options aids in overall health improvement and possibly manages weight or associated chronic conditions.  
  
Discussion: R.T. is motivated to adopt a healthier diet, cutting back on processed foods and prioritizing natural, nutrient-rich alternatives. Encouragingly, she is using her smartphone to assist with shopping lists to achieve her dietary goals. Continued education on dietary selections and their impacts would be beneficial.  
  
Plan for Problem 3:  
- Maintain the current use of technology for grocery list management, increasing focus on healthy food options.  
- R.T. may benefit from consultations with a nutritionist to reinforce healthy choices and meal planning.  
- Continually assess the impact of dietary changes on overall health metrics such as weight, energy levels, and mood.  
  
Overall, R.T. demonstrates conscientious efforts towards self-care and health management, with technology providing instrumental support in these pursuits. Regular follow-up on these areas should ensure continued improvement in self-managed care.