Subjective (S):  
  
CC: Frequent doctor appointments and interest in self-care management.   
  
HPI: F.W. is an individual who leads a busy lifestyle, involving multiple activities such as gardening, physical exercises at the Y, and attending APPA group sessions once a week for two hours. He reports that he brushes his teeth and showers after breakfast due to his outdoor work, often showering twice a day. Despite a busy schedule, he doesn't feel he needs assistance with self-care. He has noticeable physical activity, such as playing basketball and golf, which occasionally leads to injuries requiring medical attention. In the past year, he has had joint issues and a calf injury due to sport-related activities, which required medical consultation for bone healing exercises. The recent injury has led to sporadic doctor visits but no ongoing prescriptions this year.  
  
History:  
- Medical history: No significant ongoing medical conditions, mentions joint injuries relating to sports activities.  
- Surgical history: None reported.  
- Family history: His son recently contracted COVID-19, and measures are being taken to avoid further spread at home.  
- Social History: Active physical lifestyle includes gardening, playing basketball, and golf; diet mainly consists of avoiding meat and fish. Technology usage for self-management includes Alexa for music, movies, and exploring calendar utility. Primarily uses Alexa for streaming-related tasks and exploring how to better utilize its functionalities for calendar management.  
  
ROS:  
- General: No reported issues like weight loss or decreased appetite.  
- Musculoskeletal: Previous minor joint injuries from sports, no current pain reported.  
  
Current Medications, Allergies: No current medications, over-the-counter allergy medication used once nightly. Occasionally uses Tylenol or naproxen for headaches.  
Objective (O):  
  
- Vital Signs: Not documented during this session.  
   
- Physical Exam Findings: Not applicable as this was a virtual session without a physical examination component.  
  
- Laboratory Data: Pending - F.W. mentioned he was scheduled for a blood draw following a 12-hour fast as part of a physical exam.   
  
- Imaging Results: Not applicable or reported during the session.  
  
- Other Diagnostic Data:   
  
 - F.W. utilizes Amazon Alexa technology to assist with daily tasks, such as accessing trailers for movies and music streaming. He expressed interest in better utilizing Alexa for calendar functions, hoping to manage appointments and set reminders more effectively.  
  
- Recognition and Review of Documentation by Other Clinicians:  
  
 - Recent physical exam conducted with feedback on vaccinations: advised against the flu and COVID-19 shots in the summer, aiming possibly for fall administration. His son tested positive for COVID-19, and the family is taking protective measures by masking and distancing.  
   
 - Sports-related injuries necessitating medical visits for joint and muscle recovery plans, though no current prescriptions aside from OTC medications were noted.   
  
- Task Performance During Virtual Session:  
  
 - Showed ability to command Alexa for media play, hinting at a baseline familiarity with smart technology, though with expressed issues in fully leveraging split view/calendar features for effective technology use.  
   
 - Physical self-care adherent, injury-driven doctor visits prompt exercise prescriptions, not involving current ongoing pharmaceutical regimens.  
Assessment and Plan (A/P):  
  
\*\*Assessment:\*\*  
  
1. \*\*Active Lifestyle with Sports-related Injuries:\*\*  
 - F.W. is actively engaged in physical activities such as basketball and golf, which are contributing to occasional joint and soft tissue injuries. He reports a history of injuries including joint impacts and a near-calf tear.  
   
2. \*\*Use of Technology for Self-care Management:\*\*  
 - F.W. is interested in utilizing technology, specifically Amazon Alexa, to assist with self-management tasks such as streaming content and, potentially, calendar management.  
   
3. \*\*Precautions Related to COVID-19:\*\*  
 - F.W.'s son has been diagnosed with COVID-19, and subsequent precautionary measures are in place within the household to prevent further spread.  
  
4. \*\*Proactive Health Management:\*\*  
 - No current prescriptions managed, aside from the use of over-the-counter medications for allergies and headaches. Preventative health practices include exercises prescribed post-injury and maintaining regular medical check-ups.  
  
\*\*Plan:\*\*  
  
1. \*\*Sports-related Injuries:\*\*  
  
 - \*\*Testing and Follow-up:\*\* Await results from the upcoming blood tests to assess general health status. Recommend a consultation with an orthopedic specialist if joint injuries reoccur or worsen to evaluate the need for imaging studies (e.g., MRI) to properly manage potential muscular or ligament tears.  
   
 - \*\*Therapy and Exercise:\*\* Encouraged to follow prescribed physical therapy exercises for joint care. If pain or injury persists, NSAIDs like naproxen could be used prudently as directed.  
  
2. \*\*Use of Technology for Self-care:\*\*  
  
 - \*\*Consultation and Education:\*\* Provide additional support or referral to a tech-savvy clinician for advancing skills in using Alexa for calendar management and self-reminders. Consider scheduling a session to educate F.W. on optimizing Alexa’s functionalities, especially managing split-screen capabilities on his device for comprehensive calendar view and reminder setups.  
   
 - \*\*Trial and Monitoring:\*\* Encourage continued experimentation with Alexa for task management and input with feedback for any issues encountered in technology utilization.  
  
3. \*\*Proactive Health Measures:\*\*  
  
 - \*\*Vaccination Guidance:\*\* In light of upcoming fall season, revisit vaccination plans, including flu and updated COVID-19 booster guidance. Based on the prior physician’s advice, plan vaccine administration considering family risks and seasonal exposure to viral illnesses.  
   
 - \*\*Health Maintenance and Physical Exam:\*\* Ensure F.W. completes the blood draw for comprehensive metabolic and lipid profiles to provide insights into his current health status. Follow up on findings during his physical and discuss potential adjustments in his activity levels based on results.  
  
4. \*\*Precautionary Measures for COVID-19:\*\*  
  
 - \*\*Family Health Monitoring:\*\* Recommend daily symptom checks for F.W. and his spouse while maintaining existing preventative measures including mask-wearing and physical distancing as his son recuperates from COVID. Reinforce hand hygiene and environmental cleaning protocols.  
  
5. \*\*Continued Monitoring and Check-ups:\*\*  
  
 - \*\*Regular Follow-ups:\*\* Schedule regular check-ins to assess the healing of sports-related injuries and provide any further needed interventions. Encouragement for ongoing health assessments, depending on bloodwork outcomes and injury resolutions.