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**Date printed:** Tuesday, November 21, 2023  
**Kaiser Permanente Member name:** Ho Cao  
**Date of birth:** 2/1/1943  
**MRN:** 110014033096

## Notes

## Progress Notes

ALLANDALE TANDAS YAP DO at 11/20/2023 3:38 PM

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### Subjective

- The patient's caregiver reports that the patient has been experiencing stiffness and acute pain in his right arm, which is semi-paralyzed
- The pain is not localized to a specific joint but is present throughout the arm
- The stiffness has increased in correlation with the onset of the pain
- The patient's hand, particularly the fingers, are swollen
- The patient has a history of stroke and the stiffness is likely due to muscular contraction, a

common occurrence post-stroke

- The patient's caregiver also reports that the patient's cognitive abilities have declined since his stroke, with poor short-term memory being a significant issue
- The patient was diagnosed with mild to moderate dementia and brain shrinkage in February of this year
- The patient's caregiver also reports that the patient has been experiencing depression, with frequent crying spells and thoughts about the end of his life
- The patient's blood pressure measurements at home have been around 135/85 and 125/79
- His blood glucose levels have been high, around 397 and 393, after meals
- The patient has not been on Glipizide since it ran out last Friday
- The patient is currently living in an assisted living facility and is bed-bound and wheelchair-bound
- The patient's caregiver also reports concerns about the patient's stool softener medication, which has been given inconsistently across different care facilities

### Objective

- Vitals: Blood pressure measurements at home have been around 135/85 and 125/79. Blood glucose levels have been high, around 397 and 393, after meals.
- Physical exam: The patient's right arm is semi-paralyzed, with stiffness and acute pain throughout the arm. The patient's hand, particularly the fingers, are swollen. The patient is bed-bound
- Test results: The patient was diagnosed with mild to moderate dementia and brain shrinkage in February of this year. The patient's cognitive abilities have declined since his stroke, with poor short-term memory being a significant issue.

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### Assessment & Plan

#### 1. Right arm pain and stiffness

- The patient's right arm is semi-paralyzed, with stiffness and acute pain throughout the arm. The stiffness is likely due to muscular contraction, a common occurrence post-stroke. The patient's hand, particularly the fingers, are swollen.
- Consider using a muscle relaxant like Baclofen, although it could potentially cause drowsiness. Massages on the arm and arm compressions could potentially help with the

swelling. Topical medication like Voltaren could be tried for arthritic pain in the hand.

- Risks and side effects: Baclofen could potentially cause drowsiness, especially in the elderly.-- will hold off on this .

## 2. Cognitive decline

- patient not in cognitive health to make decisions for his health or financially in my opinion given his memory decline .

- The patient's cognitive abilities have declined since his stroke, with poor short-term memory being a significant issue. The patient was diagnosed with mild to moderate dementia and brain shrinkage in February of this year.

- Consider referral to the Memory Clinic for cognitive help or cognitive exercises. Try Zoloft for the next two or three weeks to see if it makes a difference in the patient's depression and memory issues. Consider a multivitamin or a B-complex vitamin to boost overall body health.

- Risks and side effects: Zoloft could potentially make the depression worse.

## 3. Depression

- The patient has been experiencing depression, with frequent crying spells and thoughts about the end of his life.

- Try Zoloft for the next two or three weeks to see if it makes a difference.

- Risks and side effects: Zoloft could potentially make the depression worse.

## 4. High blood glucose levels

- The patient's blood glucose levels have been high, around 397 and 393, after meals. The patient has not been on Glipizide since it ran out last Friday.

- Refresh the Glipizide prescription. Consider trying Berberine as a supplemental treatment.

## 5. Stool softener medication

- The patient's stool softener medication has been given inconsistently across different care facilities.

- Ensure that the patient is on the right stool softener like Colace and that it is given consistently. Hold the medication if the patient has loose stools.