



Date printed: Friday, March 14, 2025
Kaiser Permanente Member name: Ho Cao
Date of birth: 2/1/1943
MRN: 110014033096

Notes

Progress Notes

SHRUTI DATTA MD at 2/7/2023 9:39 AM

Memory center Martinez, Initial Evaluation and consultation note.

PCP-SUSAN ROSE HSU MD

Treatment is being done over video/phone visit due to COVID pandemic precautions

The health risk posed by the community exposure of an in-person appointment out-weigh any benefits of direct contact at this time

I contacted patient and confirmed that I was speaking to the correct person.

Patient expressed understanding and agreed to proceed with the video visit and treatment if necessary. Consent documented in visit navigator. Connection was successful.

Used interpreter for interview-no, patient declined
Used assistive hearing devise-no

I made sure patient heard all questions clearly by having him repeat the questions.

Ho Cao is a 80 Y male here for evaluation of cognitive concerns. Accompanied by : Daughter and son highest education: PhD economy; Vocation: Retired economist

For further history, see social worker note.

memory-minor few years ago, more prominent changes 6 to 8 months ago

He stopped taking medications

More sundowning and confusion during evening hours
REM Sleep disorder-no
Fluctuations in concentrations-no
Delusions or hallucinations-no
Snoring or stopping to breathe-has sleep apnea does not use CPAP
Falls/Fear of fall-yes
Balance issues-yes, uses walking stick
ADLs concerns-independent but slow down
Daughter doing all shopping and cooking meals for patient
Family took over managing medications
Family helping with finances
Driving-not driving since he moved with sister, 3 weeks, but when son saw some unexplained dents
Driving concerns-yes
Vision problems-yes
Hearing problems-yes, doesnot have hearing aides yet
Incontinence-yes
Anxiety or Depression--no
Alcohol--no
Exercise-walk
Living situation--patient lives with daughter

Patient Active Problem List:

DM 2 W CKD STAGE 3B (GFR 30-44)
HYPERLIPIDEMIA
HTN (HYPERTENSION)
OSTEOARTHRITIS OF BILAT KNEES
LEFT BUNION

For review of medications, see PharmD note.

LAST head imaging-

Last CT

=== Results for orders placed in visit on 01/20/23 ===

CT HEAD [210766] 01/20/2023 (Final) Status: Normal 1/20/2023

- Impression -

No ct evidence of intracranial hemorrhage, mass effect or other acute process.
There is moderate hypodensity in the cerebral white matter suggesting old small vessel ischemic change.

No definite cause for the patient's confusion identified.

BRAIN PARENCHYMA: No acute hemorrhage. No mass effect or herniation.
Gray-white differentiation is maintained. There is moderate hypodensity in the cerebral white matter suggesting old small vessel ischemic change. Old lacunar

infarction is seen along the upper right basal ganglia.

VENTRICLES/EXTRA-AXIAL SPACES: No hydrocephalus or extra-axial fluid collections.

EXTRACRANIAL STRUCTURES: Normal bones and soft tissues. Visualized paranasal sinuses and mastoids are clear.

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EXAM: There were no vitals taken for this visit.

Alert, yes

Mental status - normal mood; normal behavior; normal dress; affect appropriate to mood

ORIENTATION, WHY HERE FOR AN EVALUATION AND INSIGHT INTO
COGNITIVE FUNCTIONING : Name- Correct ; age-correct; insight-to evaluate

Capacity Assessment

Capacity for Health Care Decisions

Can you tell me your medical conditions? "diabetes."

What medications do you take for them? "lisinopril, atorvastatin and metformin they help."

I see in your chart you have sleep apnea, can you tell me about that? I fall asleep suddenly . How is it being treated? "I am not in apnea."

Let's say you are very sick in the hospital and you die a natural death, the medical team is trained to try and revive you with CPR and put you on a breathing machine, would you want them to do this and why? "taht question already in advanced health, bye bye life."

If you were very sick with a pneumonia would you want to be treated in the hospital with I.V. antibiotics? "ofcourse"

If you were very sick and unable to speak with the doctors, who would you want to make decisions for you and why? "I have a living trust."

Capacity for Financial Decisions

What are your sources of income? "ss,savings."

What are your regular monthly bills? "like electrical, food, expenses, and all my children help me."

Where do you bank? "Bank of America, Chase, and lately we closed account on US bank."

Can you give me 2 reasons why it is important to pay your bills? "give anything back that you owe ."

What would you do if a stranger called on the phone asking for money for a charity and why? "I set aside some savings for those purpose."

If you were unable to make financial decisions, who would want to make those for you and why? "I have a living trust."

Judgement:

--You go home and there is a big fire in your kitchen. What would you do? " call fire department and call 911

--You are walking outside and see an envelope on the ground with an address, a stamp and it is sealed. What would you do? " I have to pick it up and see more information, I give it to my son and ask him to help

Similarity between-

Apple and banana-fruit

Fish and boat-water

Statue and poem-status

VA SLUMS on 2/7/2023 :

3/3 orientation

3/3 calculation

2/3 verbal fluency (10)

0/5 delayed recall

1/2 concentration/working memory (digits in reverse)

0/4 clock (executive function, visuo-spatial)

2/2 visual-spatial (identifying shapes)

2/8 immediate recall

13/30 Total

Modified Trails "B":

Patient was unable to initiate and maintain alternating sequences

Cube- was able to draw-no

GDS: 1/15

Do you anxious most of the time and feel that is impacting your life life? no

NEUROLOGICAL EXAM:

SPEECH: Speech normal pattern, fluent, no dysphasia or dysarthria

CRANIAL NERVE:

visual fields full to confrontation.

full extraocular movements

facial strength normal and symmetric

sternocleidomastoid strength normal and symmetric

tongue protrudes in the midline, no atrophy or fasciculations.

CEREBELLAR: finger to nose w/o dysmetria(had great difficulty with directions)

MOTOR EXAM: muscle tone and strength normal and symmetric in all four extremities and finger tap slow bil

TREMOR: no tremors noted

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ASSESSMENT:

ICD-10-
CM
F01.518

1. **VASCULAR DEMENTIA, UNSPECIFIED SEVERITY, W OTHER
BEHAVIORAL DISTURBANCE**

Dementia, likely vascular cause, as evidenced by slums-scored 13/30, pattern of vascular dementia mild to moderate. He does have sundowning. Finances and health care have been taken over by family.

Reinforced fall precautions. Nonpharmacologic behavioral techniques discussed. Avoid agents that may lead to dizziness and confusion and falls, which could further lead to cognition impairment-avoid Benzodiazepines, anticholinergics and other medications that enhance the anticholinergic effects like TCA, minimize opiate use.

Vitamin D3 1000 units.

Evaluate for hearing AIDS as deafness could further lead to worsening cognition.

Driving: no

CMR sent: no

CLASS:

Caregiver Class Step 4: yes

NP follow-up-3 months

Also please see EMail sent to patient from today

S/E of AchE-inhibitors: Discussed, risks outweigh benefits

Nausea, diarrhea, insomnia, nightmares, headaches, Bradycardia, falls.

CAPACITY:

It is the opinion of this provider that today, this patient does have the ability to understand the consequences of choosing a healthcare or financial agent on an Advance Care Directive or Power of Attorney document.

It is the opinion of this provider that today, this patient does not have the ability to understand the consequences or weigh options of complex healthcare decisions.

It is the opinion of this provider that today, this patient does not have the ability to understand the consequences or weigh options of complex financial decisions.

Shruti Datta, MD, FACP.
Memory Center Martinez/Geriatrics.

WENDY HA CHI PHARMD at 2/1/2023 9:24 AM

Note: This evaluation was completed on 2/1/2023, prior to patient's appointment.

Memory Center: Clinical Pharmacist Evaluation

Received authorization to work under pharmacist protocol from Shruti Datta, MD via verbal.

S: Patient will be evaluated by memory care specialist on 2/7/23

2/1/2023 Reviewed Pre-visit Questionnaire which listed all medications and supplements currently being taken

- Also sent Secure Message to confirm

Who Administers Meds: patient

Taking meds for allergy or insomnia: no

O:

Labs

Lab Results

Component	Value	Date
TSH	1.0	01/20/2023

Lab Results

Component	Value	Date
Vitamin B12	977	01/20/2023

Lab Results

Component	Value	Date
Cholesterol	282 (H)	01/20/2023
HDL	43	01/20/2023
LDL CALCULATED, NONFASTING	NOT DONE	01/20/2023

TRIGLYCERIDE, NONFASTING

430

01/20/2023

Lab Results

Component	Value	Date
Calcium	9.2	01/20/2023
Creatinine	1.61 (H)	01/20/2023
---	---	01/20/2023
---	---	01/20/2023

Lab Results

Component	Value	Date
Creatinine	1.61 (H)	01/20/2023

Lab Results

Component	Value	Date
Albumin	3.9	01/20/2023

Lab Results

Component	Value	Date
Sodium	144	01/20/2023

Lab Results

Component	Value	Date
Potassium	4.7	01/20/2023

Lab Results

Component	Value	Date
ALT	19	01/20/2023

No results found for: AST

Lab Results

Component	Value	Date
Hgb A1c %	10.0 (H)	01/20/2023

Allergies

Allergen

Reactions

- No Known Allergies

Medications

Current Outpatient Medications

Medication	Sig
• metFORMIN (GLUCOPHAGE XR) 500 mg Oral 24hr SR Tab	Take 1 tablet by mouth 2 times a day with meals
• Atorvastatin (LIPITOR) 40 mg Oral Tab	Take 1 tablet by mouth daily to prevent heart attacks and strokes
• Lisinopril (PRINIVIL/ZESTRIL) 40 mg Oral Tab	Take 1 tablet by mouth daily
• blood-glucose meter (OneTouch Verio Flex Start) Misc Kit	Use as directed to test blood sugar
• blood sugar diagnostic (OneTouch Verio test strips) Misc Strips	Use 1 Strip as directed 2 times a day to measure blood sugar
• lancets (OneTouch Delica Plus Lancet) 30 gauge Misc Misc	Use 1 lancet as directed 2 times a day to measure blood sugar
• blood-glucose control, normal (OneTouch Verio Mid Control) Misc Soln	Use as directed with blood glucose meter

No current facility-administered medications for this visit.

A/P:

Med Review Summary/Plan:

1) Two-year compliance review - Patient is a KP southern california member, no refill hx to assess

- Per questionnaire, patient **"Decided to stop taking medication for cholesterol & diabetes for 8 months"**

2) Relevant Labs:

-TSH 1.0 on 1/20/23, wnl

-Vitamin B12 977 on 1/20/23, wnl

-No Vitamin D level to assess.

-Pt may benefit from vitamin D 1,000IU daily

- SCr = 1.61, Crcl = 31 ml/min (based on actual body weight). Medication

doses are appropriate for renal function.

- Metformin is at max dose of 1000mg/day for Crcl 30-45

3) Medications that may exacerbate dementia symptoms, impair cognition, or increase risk of falls: none

Medication reconciliation done

Updated medication dosing sheet provided to patient/family.

WENDY HA CHI PHARM.D

Memory Center Clinical Pharmacist

(925) 372-1221