

### Patient Demographics

Patient Name	MRN	Sex	DOB	Address	Phone
Owl, Theodore	60216738	Male	11/21/1942	987 Ahles Road SAINT AUGUSTA MN 56301	320-555-2244 (H) *Preferred* 320-999-8855 (M)

### Ethnicity, Race, Language, Religion, Sex

Ethnic Group	Race	Preferred Oral Language	Preferred Written Language	Religion	Sex
Non-Hispanic	White	English	English	Baptist	Male

### 📍 If Something Goes Wrong

#### Emergency Care Plan

History of kidney and pancreas transplant. Managed by Mayo clinic Transplant Center 866-249-1648: Alison Saiki CNP, Transplant Coordinator Marle Frahm.

#### Manage CHF Symptoms

If you have any of the following symptoms, call your physician, nurse coordinator, or home health nurse because a change in your medications may be needed (Yellow Zone):

- Weight gain of 7 or more pounds overnight please additional take 20mg of lasix. Call clinic with weight by 1 pm
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity and more tired
- Increase in the number of pillows needed
- Anything else usual that bothers you

If you have any of the following symptoms, call your physician right away (Red Zone):

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in a chair to sleep
- Weight gain or loss of more than 5 pounds in one week
- Confusion

#### Manage CHF Symptoms

If you have any of the following symptoms, call your physician, nurse coordinator, or home health nurse because a change in your medications may be needed (Yellow Zone):

- Weight gain of 3 or more pounds overnight
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity and more tired
- Increase in the number of pillows needed
- Anything else usual that bothers you


If you have any of the following symptoms, call your physician right away (Red Zone):

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in a chair to sleep
- Weight gain or loss of more than 5 pounds in one week
- Confusion

 Problem List

Date Reviewed: 8/1/2013

Angina pectoris  
 Atrial fib/flutter, transient  
 CHF (congestive heart failure)  
 Congestive heart failure  
 Constipation, chronic  
 Failure respiratory  
 Gastroesophageal reflux disease  
 Gout  
 Hypertension  
 Kidney Transplant Abbott NW  
 Overweight (BMI 25.0-29.9)  
 Tobacco dependence syndrome

 Your Care Team

	Relationship	Specialty	Notifications	Start	End
<b>Carver, Sam</b>	PCP - General	Family Medicine		3/26/12	
<b>Transportation- Rainbow Rider</b>	Other			10/14/16	
Comment: Transportation Service out of Alexandria. Ride to be confirmed 24 hours in advance of pick up. Phone: 320-283-5061					
<b>Jolkovsky, Merryn R, MD</b>		Palliative Care		3/22/17	
Phone: 320-656-7117 Fax: 320-255-5810					
<b>Carriveau, Brenda Kay, RN</b>	Care Coordinator	Registered Nurse		3/24/17	
Phone: 320-240-3157					
<b>Sakai, Allison</b>	Certified Nurse Practitioner	Transplant Surgery		3/24/17	
Comment: Follows post kidney transplant Phone: 866-249-1148					
<b>Frahme, Merle</b>	RN	Case Manager Transplant Team		3/24/17	
Comment: Coordinator for kidney transplant Phone: 866-222-1111					
<b>Lewandowski, Marvelous</b>				3/24/17	
Comment: Neighbor- driver for most transportation other than medical appointments Phone: 123-456-7890					

### Your Medications

	Dose
diltiazem (AKA: CARDIZEM CD) 240 mg oral Capsule, Sust. Release 24HR	Take 1 Cap by mouth once daily.
DULoxetine (AKA: CYMBALTA) 20 mg oral Capsule, Delayed Release(E.C.)	Take 20 mg by mouth once daily.
HYDROcodone-acetaminophen (AKA: NORCO) 10-325 mg oral Tablet	Take 1-2 tablets by mouth every 4 hours as needed for pain.
HYDROmorphine (AKA: DILAUDID) 2 mg oral Tablet	Take 2 mg by mouth three times daily. Take 1-2 tabs (2-4mg total) by mouth three times daily as needed for pain
lisinopril (AKA: PRINIVIL/ZESTRIL) 10 mg oral Tablet	Take 1 Tab by mouth twice a day.
metFORMIN (AKA: GLUCOPHAGE) 500 mg oral Tablet	Take 500 mg by mouth twice a day with meals.
mycophenolate mofetil (CELLCEPT) 250 mg oral Capsule	Take 250 mg by mouth twice daily. Take one capsule by mouth twice daily
simvastatin (AKA: ZOCOR) 40 mg oral Tablet	Take 40 mg by mouth once daily.
SYNTHROID 100 mcg oral Tablet	Take 100 mcg by mouth once daily.
warfarin (AKA: COUMADIN) 4 mg oral Tablet	Take by mouth as directed.

### Health Care Agents

There are no health care agents on file.

### Allergies

Pcn [penicillins]

Hives

### Care Coordination Note


Kluge, Jane A 3/24/2017 7:16 PM


Theodore is enrolled in care coordination services to help coordinate his follow up care with Mayo Clinic due to his kidney transplant in 2008. Theodore is a current smoker with no desire to quit at this time. Smoking cessation continues to be offered and encouraged at each visit. He is followed by Palliative Care and his goals for care are well defined. Theodore is makes his own medical decisions and attends appointments by himself at this time. He has a good relationship with his son, Tina.


 Your Goals

Most Recent

**Lifestyle**


-  **Avoid Hospitalizations** On track (3/24/2017)

  1. Call Home Care RN when worried about symptoms.
  2. Contact Heart Failure clinic with weight gain or for symptom management (see action plans).
  3. Contact PCP's clinic with general questions and concerns about health to avoid ER visits.
-  **Drive Own Car Again** No change (3/24/2017)

  1. Avoid driving until you are back to your baseline cognitive and physical function.
  2. Use medical and recreational transportation to keep up activity and involvement in family and community.
  3. Have your son winterize and store your car.
  4. Talk to PCP about driving evaluation when you feel you're ready.
-  **Increase Physical Activity** Worsening (3/24/2017)

  1. Increase activity in apartment, avoid furniture surfing and use case or walker.
  2. Use exercise bike at least once a day, up to 15 minutes at a time as tolerated.
  3. Continue to work with OT on mobility and activity in apartment.
- Maximize time with family** Improving (3/24/2017)

  1. Call adult children for than just to ask for their help, but don't be afraid to ask for their help.
  2. Have grandchildren visit your apartment and babysit whenever possible.
  3. Participate in children and grandchildren activities whenever possible.
  4. Use around town transportation to get rides to events and activities to stay involved.
- Medication**

  -  **Manage own medication** On track (3/24/2017)

    1. Continue to work with Home Care to keep up knowledge and understanding of medications.
    2. Ask Home Care to supervise medication set up when feeling ready.
    3. Keep copy of current medications list with you, and be knowledgeable about your own medications.

 **Recommended Care**

	Date Due
Colonoscopy every 10 years	11/21/1992
Lipids every 5 years	03/28/2016
Medicare Annual Visit	11/30/2017
DTap/Tdap/Td Vaccine- Do not schedule more than 4 days in advance of the due date (2 - Td)	01/01/2021

**Advance Directive Information**

AMB ADVANCE DIRECTIVE FLOWSHEET	2/7/2017
Do you have an Advance Directive?	Yes
Type of Advance Directive	Health Care Directive
Is Advance Directive on file?	Yes