

# Institute for Sustainable Health & Optimal Aging

Note

**Name:** STC 005

**ID:** STC005

**Type:** Home Assessment (level 2) Note

**CHN:** Megan Austin

**Date and time:** 01/28/2019 11:00 AM

## Flourish Index Assessment Data Form

### BASIC CLIENT DEMOGRAPHICS

Gender - Male

Date of birth - 01/25/1929 Age 90

Race/Ethnicity - African American / Black

Marital Status - Married

Employment Status - Retired

Does the client have a caregiver? - YES

Chronic Conditions

Advanced Osteoarthritis, Congestive Heart Failure, Diabetes, Renal Failure, Chronic Obstructive Pulmonary Disease, Frailty

### PRIMARY CARE PROVIDER

Name of Primary Care Provider - Dr. Keith Townsend

### CLINICAL MEASURES

Height - 6'3

Weight - 185

BMI (search for online calculator) - 23

Blood Pressure - 145/90

LDL - 100

HDL - 40

A1C - 7.5

## BACKGROUND INFORMATION

### Is this client flourishing or not?

1= Flourishing, 0= Not Flourishing

Frailty (HRA Level 1 + Bio Determ Level 2) - 0

Nutrition (HRA Level 1 & Bio Determ. Level 2) - 1

Oral health (HRA Level 1 from Bio Determ.) - 1

Pain (HRA Level 1 from Bio Determ.) - 0

Opioid risk (HRA Level 1 & Bio Determ. Level 2) - 1

Vision (HRA Level 1 from Bio Determ.) - 1

Sexual problems (HRA Level 1 from Bio Determ.) - 1

Hearing (HRA AWV / Test Level 2) - 1

Cognition (HRA AWV / Test Level 2) - 1

Suicidal ideation (HRA Level 1 from Psych Determ.) - 1

Psychosis (HRA Level 1 from Psych Determ.) - 1

Dissociation (HRA Level 1 from Psych Determ.) - 1

Hospital stays (HRA Level 1 from Health Services Determ.) - 1

### Background summary

Client is a 90 year old, male veteran that lives with his wife and son, who is also his caregiver. The client has several chronic conditions, but is managing with the help of his son. His wife was diagnosed with cancer 8 months ago. The client reported feeling moderately depressed over his and his wife's declining health. He reported low satisfaction with life, because he cannot do the things he used to do. Prior to completing the assessment, the CHN was contact by Debby and Kathy (client's daughters) about their concerns over Danny's (son) caregiving. The daughters stated there was several bills that were not paid, that Danny was supposed to help mail the money for, and he does not seem to be providing any assistance with his parent's activities of daily living. After consulting with his supervisor, the CHN conducted the Elder Abuse Suspicion Index (EASI) and did not find any indication of abuse.

## BIOLOGICAL DETERMINANTS OF HEALTH

### Is this client flourishing or not?

1= Flourishing, 0=Not Flourishing

IADLs (HRA Level 1 & Bio Determ. Level 2) - 0

ADLs (HRA Level 1 & Bio Determ. Level 2) - 0

Self-rated health (HRA Level 1) - 0

Sarcopenia (HRA Level 1 & Bio Determ. Level 2) - 0

Balance test (HRA AWV / Test Level 2) - 0

Biological determinants of health: Strengths

Client has a caregiver- Danny. However, CHN is concerned that Danny is not be able to take care of all of the couple's needs. He seems overwhelmed in meetings with the CHN.

Biological determinants of health: Risks

The client is very frail. He cannot manage his ADLs or IADLs. He is very dependent on Danny for his care. The client's self-reported health is poor, and he is struggling to accept his and his wife's conditions.

Biological determinants of health: Potential Plan of Care Items

Monitor that the caregiver continues providing assistance for ADLs and IADLs. Consult client's PCP to see if chair based exercises would be appropriate to address the Sarcopenia. Educate the family on Fall Risks and ways to reduce the risk.

Biological Determinants of Health: Flourish Index Score (out of 5) - 0

## **PSYCHOLOGICAL DETERMINANTS OF HEALTH**

**Is this client flourishing or not?**

**1= Flourishing, 0=Not Flourishing**

Self-efficacy (HRA Level 1 & Psych Determ. Level 2) - 1

Loneliness (HRA Level 1 from Psych Determ.) - 1

Depression (HRA Level 1 & Psych Determ. Level 2) - 0

Happiness (HRA Level 1 & Psych Determ. Level 2) - 1

Satisfaction with life (HRA Level 1 & Psych Determ. Level 2) - 0

Stress (HRA Level 1 & Psych Determ. Level 2) - 1

Social support (HRA Level 1 & Psych Determ. Level 2) - 1

Anger (HRA Level 1 & Psych Determ. Level 2) - 1

Mania (HRA Level 1 & Psych Determ. Level 2) - 1

Anxiety (HRA Level 1 & Psych Determ. Level 2) - 1

Somatic symptoms (HRA Level 1 & Psych Determ. Level 2) - 1

Sleeping problems (HRA Level 1 & Psych Determ. Level 2) - 1

Repetitive thoughts and behaviors (HRA Level 1 & Psych Determ. Level 2) - 1

Psychological determinants of health: Strengths

Client is flourishing in the areas of self-efficacy, loneliness, happiness, stress, social support, anger, mania, anxiety, somatic symptoms, sleeping problems along with repetitive thoughts and behaviors. Client is also open to speaking to a community health navigator/ behavioral navigator about counseling.

Psychological determinants of health: Risks

Client is at risk for moderate depression and reports a low satisfaction with life. He reports missing the way his life was before his wife became sick and that he frequently worries about her. The client also reports worry about his son, Danny, his history of alcoholism, and how he can manage everyone's needs

Psychological determinants of health: Potential Plan of Care Items

Schedule a family meeting. Establish goals for counseling services.

Psychological Determinants of Health: Flourish Index Score (out of 13) - 11

**INDIVIDUAL HEALTH BEHAVIORS DETERMINANTS**

**Is this client flourishing or not?**

**1= Flourishing, 0=Not Flourishing**

Smoking (HRA Level 1 from Ind. Health Beh.) - 1

Alcohol use (HRA Level 1 from Ind. Health Beh.) - 1

Opioid use (HRA Level 1 from Ind. Health Beh.) - 1

Drug use (HRA Level 1 from Ind. Health Beh.) - 1

Exercise (HRA Level 1 from Ind. Health Beh.) - 0

Healthy eating habits (HRA Level 1 & Ind. Health Beh. Level 2) - 1

Medication adherence (HRA Level 1 & Ind. Health Beh. Level 2) - 1

Individual Health Behaviors: Strengths

Client does not engage in unhealthy behaviors such as smoking, consuming alcohol or use drugs. The client reports a healthy appetite and eats the recommended portions for fruits and vegetables.

Individual Health Behaviors: Risks

Client used to exercise - walking daily with his wife- but is no longer able to. He fears he might fall.

Individual Health Behaviors: Potential Plan of Care Items

Consult client's PCP to see if chair based exercises would be appropriate.

Individual Health Behaviors: Flourish Index Score (out of 7) - 6

## **HEALTH SERVICES DETERMINANTS**

**Is this client flourishing or not?**  
**1= Flourishing, 0=Not Flourishing**

Access to regular source of care (HRA Level 1 & Health Services Determ. Level 2) - 1

Access to medication (HRA Level 1 & Health Services Determ. Level 2) - 1

Access to dental care (HRA Level 1 & Health Services Determ. Level 2) - 1

Access to mental health services (HRA Level 1 & Psych Determ. Level 2) - 0

Medication management (Case Conceptualization) - 1

Overall satisfaction with health care (HRA Level 1 from Health Services Determ.) - 0

Assessment of care (Health Services Determ. Level 2) - 1

Health Service Determinants: Strengths - Client is satisfied with the care that he is receiving.

Health Service Determinants: Risks - Client does not have access to mental health services.

Health Service Determinants: Potential Plan of Care Items - Establish counseling sessions with client.

Health Service Determinants: Flourish Index Score (out of 7) - 5

## **ENVIRONMENTAL DETERMINANTS OF HEALTH**

**Is this client flourishing or not?**  
**1= Flourishing, 0=Not Flourishing**

Personal hygiene (Environ Determ. Level 2) - 1

Home hygiene (Environ Determ. Level 2) - 0

Home assessment (Environ Determ. Level 2) - 1

Falls hazards (Environ Determ. Level 2) - 0

Environmental Determinants of Health: Strengths

Client's home has all of the appropriate safety features including smoke detector and carbon monoxide detector.

Environmental Determinants of Health: Risks

The house is not tidy- often there are items left on the floor throughout the house- including clothes that the client might trip on.

Client does not have railing to get to the basement without risk for falling.

Environmental Determinants of Health: Potential Plan of Care Items

Work with KIPDA get on the waiting list for homemaker services. Educate the family on Fall Risks and ways to reduce the risk.

Environmental Determinants of Health: Flourish Index Score - 2

## **SOCIAL DETERMINANTS OF HEALTH**

**Is this client flourishing or not?**

**1= Flourishing, 0=Not Flourishing**

Economic stability (Enrollment & Social Determ. Level 2) - 1

Education (Enrollment & Social Determ. Level 2) - 1

Basic food access (HRA Level 1 from Ind. Health Beh. & Social Determ. Level 2) - 1

Caregiver access (HRA Level 1 & Social Determ. Level 2) - 1

Transportation (HRA Level 1 & Social Determ. Level 2) - 1

Advance directive/living will (HRA Level 1) - 1

Power of attorney (HRA Level 1) - 1

Social Determinants of Health: Strengths

All of these are strengths, however, CHN is concerned about the client's caregiver.

Social Determinants of Health: Risks - <No Response>

Social Determinants of Health: Potential Plan of Care Items

No plan of care items needed in this area, as client is flourishing. CHN will continue to monitor this area in case there are changes to his status.

Social Determinants of Health: Flourish Index Score (out of 7) - 7

Flourish Index Total Score (out of 43) - 31