**Mary Hamilton – Case Summary**

Mary Hamilton is a 68 year old, widowed woman who lives alone in a government subsidized apartment complex. Her husband died in a mining accident leaving her to raise their two young children alone. She worked as a nurse aide in a local nursing home until she suffered a serious back injury at age 58. She was determined disabled by the injury and has suffered from chronic back pain since the injury. Her daughter, Tammy Martin, lives nearby and is very involved in her mother’s life. Tammy has invited her mother to live with her, but Mrs. Hamilton is fiercely independent and refuses. Her son, Milton Hamilton, is incarcerated at Roederer Correctional Complex as a result of drug related charges (cooking and selling meth). He is participating in the Substance Abuse Program there. Milton writes and calls his mother frequently. Mary has isolated herself socially due to her physical pain and limitations and her embarrassment over her son’s previous behavior and incarceration.

Mrs. Hamilton is a smoker (pack a day habit) and her diet consists largely of canned and processed foods due to her limited budget (Social Security only, $650 per month). She was diagnosed with hyperlipidemia and borderline hypertension but has not been compliant with the recommended dietary changes and medications recommended by her primary care doctor and her cardiologist. She seldom leaves her apartment as she does not feel safe going out alone in her neighborhood and her pain level is such that she aches constantly and is not motivated to walk around much. She walks with a cane around the house but needs a walker when she goes out. She has not been sleeping well and according to her neighbor, she fell trying to get to the restroom twice and needed help getting up, but she hasn’t reported this to her daughter or physicians. Her neighbor was concerned because she noticed that as a result of the falls, Mrs. Hamilton had wide spread bruising all along her cheek and upper arm, so the neighbor told Tammy.

Recently, Tammy has noticed that her mother is very forgetful and is not paying her bills on time. Tammy is concerned about her mother leaving burning cigarettes around the house. Also, her mother’s personal hygiene has declined and her house is not clean. This is a significant change as she was always a fastidious housekeeper.

Current medications include:

Simvastatin 80mg at bedtime

Furosemide 20mg daily

Diovan HCT 320/12.5 daily (valsartan hydrochlorothiazide)

Meloxicam 15mg daily

Aricept (donepezil) 10mg daily

Aspirin 81mg daily

OTCs, Herbals and Supplements: Naproxen, Gingko Biloba, Multivitamin, Memory Vitamins ordered on the internet, Tylenol PM, oxytrol patches (Over-the-counter incontinence medication).

Findings from most recent physical assessment:

Blood pressure: 158/90 (sitting) and 135/68 (standing)

Total Cholesterol=203 mg/dL

LDL=132mg/dL

HDL=59 mg/dL

TG=142 mg/dL