

Institute for Sustainable Health & Optimal Aging

Note

Name: STC 004

ID: STC004

Type:

CHN: Sam Cotton

Date and time: 01/28/2019 08:00 AM

Flourish Index Assessment Data Form

BASIC CLIENT DEMOGRAPHICS

Gender - Female

Date of birth - 11/27/1931 Age 87

Race/Ethnicity - African American / Black

Marital Status - Married

Employment Status - Retired

Does the client have a caregiver? - YES

Chronic Conditions - Metastatic Lung Cancer, Depression, Diabetes, Arthritis, High Blood Pressure

PRIMARY CARE PROVIDER

Name of Primary Care Provider - Dr. Keith Townsend

CLINICAL MEASURES

Height - 5

Weight - 7

BMI (search for online calculator) - 26

Blood Pressure - 140/90

LDL - 80

HDL - 60

A1C - 7.1

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) - 0

Oral health (HRA Level 1 from Bio Determ.) - 0

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) - 0

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.) - 0

Background summary

Client is an 87 year old, female that lives with her husband. Her husband also has multiple chronic conditions. She was diagnosed with cancer 8 months ago. Prior to this, she had been the caregiver for her husband, who has multiple chronic conditions. Client has become increasingly depressed by her cancer diagnosis. CHN is also concerned about client's son, Danny, as he seems to be the primary caregiver but CHN has heard from other family members (client's daughter) that there seems to be a gap in their parents care. For example, there was several bills that were not paid, that Danny was suppose to help mail the money for, and he does not seem to be providing any assistance with his parents activities of daily living.

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 AWW / Test Level 2) - 1

Biological determinants of health: Strengths

Client has a caregiver- Danny- that is source of strength per the client. However, CHN is concerned that he not be able to take care of all of her needs. He seems overwhelmed in meetings with the client and often does not respond to any questions about the client's needs.

Biological determinants of health: Risks

Client identified several areas that she has not been able to complete in terms of her ADLs and IADLs. Client reports her self-reported health is poor, and is struggling with her cancer diagnosis.

Biological determinants of health: Potential Plan of Care Items

Focus on areas that the client needs help with in terms of her ADLs and IADLs. Client's son, Danny, helps both the client and her husband, however, he is struggling to meet all of their needs.

Biological Determinants of Health: Flourish Index Score (out of 5) - 1

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.) - 0

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

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

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

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

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

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

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, social support, mania, anxiety, somatic symptoms, sleeping problems along with repetitive thoughts and behaviors. Client reports that her family is a source of strength when she is feeling depressed. Client is also open to speaking to a community health navigator/ behavioral navigator about counseling.

Psychological determinants of health: Risks

Client reports that she is depressed, and has been since her cancer diagnosis. Client is also stressed about the complex dynamics between her children.

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) - 7

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) - 0

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.

Individual Health Behaviors: Risks

Client use to exercise - walking daily- but since her cancer diagnosis has not had the energy. She also reports not eating well. She often does not feel like eating and does not feel like cooking nutritious meals.

Individual Health Behaviors: Potential Plan of Care Items

Focus on nutrition.
Look in to chair base exercises.

Individual Health Behaviors: Flourish Index Score (out of 7) - 5

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.) - 1

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

Health Service Determinants: Strengths - Client is satisfied with the care that she 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) - 6

ENVIRONMENTAL DETERMINANTS OF HEALTH

Is this client flourishing or not?

1= Flourishing, 0=Not Flourishing

Personal hygiene (Environ Determ. Level 2) - 0

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

Client is disheveled and often, it seems that she has not had any help cleaning up. 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.

Environmental Determinants of Health: Flourish Index Score - 1

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 lack of a strong caregiver for client and her husband.

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 her status.

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

Flourish Index Total Score (out of 43) - 27