

Callie Bailey

From: Liz Shifflett <l.shifflett@premierlifeplanning.com>
Sent: Wednesday, June 8, 2022 6:13 PM
To: Cary Cucinelli; Callie Bailey
Cc: Suzanne Hanas
Subject: EK 6.8.22

6.8.22
Elaine Kapusta
VA Heart Arlington Office
F/u for fatigue symptoms

6-8-22-SHIFFLETT-FALSIFIED AND CONCEALED CARE MANAGER REPORT USED FOR CONCEALED 7-5-22 EMERGENCY PETITION

Presentation:

Elaine was ready to go when I arrived today dressed in a pink turtleneck, brown pants, and slippers. We went to see Dr. Vlacancich cardiologist to assess increased fatigue that Lynn has observed in her mother. Elaine appeared at her baseline. She did the stairs, walked, and transferred into my car with no difficulty. Jack also reported they had a great session on Monday that she tolerated well. I have also discussed the fatigue with Dr. Lessin. His office has suggested trying a medication called Mybetriq which can help with overactive bladder that could allow her to sleep better by reducing the overnight trips to the bathroom. However, Lynn will not allow any new medications.

Assessment this visit:

-Cardio/pulmonary; mild shortness of breath with exertion at baseline, no dizziness, edema at baseline (4+) right greater than left (3+). Good color. Lungs clear to auscultation. Rhythm is rate controlled atrial fibrillation via office EKG
Vitals; blood pressure 122/55, heart rate 68, respirations 18, weight 151.
-Mood; pleasantly confused. The doctor noted that she "just talks nonsense" and is "out of it"
-Personal care; Griswold cannot staff and aide for 2 hours in the time frame of 11-4. Lynn would like to ask Care with Love if they have any providers for private duty since they know Elaine
-GI/GU; Elaine used the bathroom while we were out to urinate and needed considerable cuing and physical assistance
-Pain; Denied
-Rehab; Jack is now coming every Monday. He has added yard work into the plan of care since Elaine likes to sweep the deck. He would like to plant some small flowers in empty flowers with her to work on motor planning, coordination, transfers, and functional mobility.
Envt; the front lawn is still quite over grown. The back yard could also use mowing. It is getting very tall in the back with weeds.
Supplies; I ordered a knee sleeve brace recommended by Jack
Lynn is still upset about her allowance and the rising foods costs

Interventions this this visit:

- VA Heart appt completed
- *CBC, CMP, BNP, TSH, T4 ordered and done in lab downstairs at Labcorp
- *no medication changes; encourage Lasix every day
- *Elaine is not a candidate for ANY invasive testing or to look aggressively for potential issues since they would not be treated due to comorbidities
- *fatigue is a normal part of aging and any intervention is not worth the risk
- Eliquis refill picked up from CVS
- Dexascan showed osteopenia
- *take Vitamin D3 2000u every day
- *consume 1200mg of Calcium per day
- *engage in 30 minutes of walking 3x a week

THE COMPLETE DISREGARD OF MY MOM FOR NO ONE TO EVER DO ANY PROPER DIAGNOSTIC TESTING IS BEYOND SHOCKING ALLOWING MY MOM TO SUFFER INSTEAD OF BEING PROPERLY DIAGNOSED AND TREATED-FAILURE BY VIRGINIA HEART ALSO DIRECTLY CAUSED 6/30/22 HOSPITALIZATION AS INTERVENTION AND PROPER DIAGNOSTIC TESTING WAS IMPERATIVE A D EVERYONE FAILED TO CARE!

FALSE STATEMENT! NO BNP OR TSH OR T4 OR CMP WAS SHOWN TO HAVE BEEN DONE ON 6/8/22



Lynn wants her mom to get the Shingles vaccine; Dr. Lessin has approved it. I will provide a CDC fact sheet to Lynn as it is sometimes not well tolerated

Plan:

- Monitor CP status
- Monitor edema
- Monitor personal care
- Monitor mood and cognition
- Monitor medication mgmt

Next Steps:

- F/u with Care with Love re: an aide for 1x a week
- F/u on labs
- F/u on shingles vaccine
- Get a few small plants for Jack to work with Elaine
- F/u on front lawn

Liz Shifflett, RN/MPH/CCM

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