

Resident Name \_\_\_\_\_

Date Completed \_\_\_\_\_

Date of Birth \_\_\_\_\_

## Health Care Practitioner Physical Assessment Form

This form is to be completed by a primary physician, certified nurse practitioner, registered nurse, certified nurse-midwife or physician assistant. Questions noted with an asterisk are "triggers" for awake overnight staff.

Please note the following before filling out this form: Under Maryland regulations an assisted living program may not provide services to a resident who, at the time of initial admission, as established by the initial assessment, requires: (1) More than intermittent nursing care; (2) Treatment of stage three or stage four skin ulcers; (3) Ventilator services; (4) Skilled monitoring, testing, and aggressive adjustment of medications and treatments where there is the presence of, or risk for, a fluctuating acute condition; (5) Monitoring of a chronic medical condition that is not controllable through readily available medications and treatments; or (6) Treatment for a disease or condition that requires more than contact isolation. An exception to the conditions listed above is provided for residents who are under the care of a licensed general hospice program.

1.\* Current Medical and Psychiatric History. Briefly describe recent changes in health or behavioral status, suicide attempts, hospitalizations, falls, etc., within the past 6 months.

2.\* Briefly describe any past illnesses or chronic conditions (including hospitalizations), past suicide attempts, physical, functional, and psychological condition changes over the years.

3. Allergies. List any allergies or sensitivities to food, medications, or environmental factors, and if known, the nature of the problem (e.g., rash, anaphylactic reaction, GI symptom, etc.). Please enter medication allergies here and also in Item 12 for medication allergies.

4. Communicable Diseases. Is the resident free from communicable TB and any other active reportable airborne communicable disease(s)?

(Check one)  Yes  No If "No," then indicate the communicable disease: \_\_\_\_\_

Which tests were done to verify the resident is free from active TB?

PPD Date: \_\_\_\_\_ Result: \_\_\_\_\_ mm

Chest X-Ray (if PPD positive or unable to administer a PPD) Date: \_\_\_\_\_ Result: \_\_\_\_\_

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5. History. Does the resident have a history or current problem related to abuse of prescription, non-prescription, over-the-counter (OTC), illegal drugs, alcohol, inhalants, etc.?

(a) Substance: OTC, non-prescription medication abuse or misuse

1. Recent (within the last 6 months)  Yes  No

2. History  Yes  No

(b) Abuse or misuse of prescription medication or herbal supplements

1. Currently  Yes  No

2. Recent (within the last 6 months)  Yes  No

(c) History of non-compliance with prescribed medication

1. Currently  Yes  No

2. Recent (within the last 6 months)  Yes  No

(d) Describe misuse or abuse: \_\_\_\_\_

6.\* Risk factors for falls and injury. Identify any conditions about this resident that increase his/her risk of falling or injury (check all that apply):  orthostatic hypotension  osteoporosis  gait problem  impaired balance  confusion  Parkinsonism  foot deformity  pain  assistive devices  other (explain)

7.\* Skin condition(s). Identify any history of or current ulcers, rashes, or skin tears with any standing treatment orders. \_\_\_\_\_

8.\* Sensory impairments affecting functioning. (Check all that apply.)

(a) Hearing: Left ear:  Adequate  Poor  Deaf  Uses corrective aid

Right ear:  Adequate  Poor  Deaf  Uses corrective aid

(b) Vision:  Adequate  Poor  Uses corrective lenses  Blind (check all that apply) -  R  L

(c) Temperature Sensitivity:  Normal  Decreased sensation to:  Heat  Cold

9. Current Nutritional Status. Height \_\_\_\_\_ inches Weight \_\_\_\_\_ lbs.

(a) Any weight change (gain or loss) in the past 6 months?  Yes  No

(b) How much weight change? \_\_\_\_\_ lbs. in the past \_\_\_\_\_ months (check one)  Gain  Loss

(c) Monitoring necessary? (Check one.)  Yes  No

If items (a), (b), or (c) are checked, explain how and at what frequency monitoring is to occur: \_\_\_\_\_

(d) Is there evidence of malnutrition or risk for undernutrition?  Yes  No

(e)\* Is there evidence of dehydration or a risk for dehydration?  Yes  No

(f) Monitoring of nutrition or hydration status necessary?  Yes  No

If items (d) or (e) are checked, explain how and at what frequency monitoring is to occur: \_\_\_\_\_

(g) Does the resident have medical or dental conditions affecting: (Check all that apply)

Chewing  Swallowing  Eating  Pocketing food  Tube feeding

(h) Note any special therapeutic diet (e.g., sodium restricted, renal, calorie, or no concentrated sweets restricted): \_\_\_\_\_

(i) Modified consistency (e.g., pureed, mechanical soft, or thickened liquids): \_\_\_\_\_

(j) Is there a need for assistive devices with eating (If yes, check all that apply):  Yes  No

Weighted spoon or built up fork  Plate guard  Special cup/glass

(k) Monitoring necessary? (Check one.)  Yes  No

If items (g), (h), or (i) are checked, please explain how and at what frequency monitoring is to occur: \_\_\_\_\_

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10.\* Cognitive/Behavioral Status.

- (a)\* Is there evidence of dementia? (Check one.)  Yes  No
- (b) Has the resident undergone an evaluation for dementia?  Yes  No
- (c)\* Diagnosis (cause(s) of dementia):  Alzheimer's Disease  Multi-infarct/Vascular  Parkinson's Disease  Other
- (d) Mini-Mental Status Exam (if tested) Date \_\_\_\_\_ Score \_\_\_\_\_

10(e)\* Instructions for the following items: For each item, circle the appropriate level of frequency or intensity, depending on the item. Use the "Comments" column to provide any relevant details.

Item 10(e)	A	B*	C*	D*	Comments
<b>Cognition</b>					
I. Disorientation	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
II. Impaired recall (recent/distant events)	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
III. Impaired judgment	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
IV. Hallucinations	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
V. Delusions	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
<b>Communication</b>					
VI. Receptive/expressive aphasia	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
<b>Mood and Emotions</b>					
VII. Anxiety	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
VIII. Depression	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
<b>Behaviors</b>					
IX. Unsafe behaviors	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
X. Dangerous to self or others	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	
XI. Agitation (Describe behaviors in comments section)	<input type="checkbox"/> Never	<input type="checkbox"/> Occasional	<input type="checkbox"/> Regular	<input type="checkbox"/> Continuous	

10(f) Health care decision-making capacity. Based on the preceding review of functional capabilities, physical and cognitive status, and limitations, indicate this resident's highest level of ability to make health care decisions.

- (a) Probably can make higher level decisions (such as whether to undergo or withdraw life-sustaining treatments that require understanding the nature, probable consequences, burdens, and risks of proposed treatment).
- (b) Probably can make limited decisions that require simple understanding.
- (c) Probably can express agreement with decisions proposed by someone else.
- (d) Cannot effectively participate in any kind of health care decision-making.

11.\* Ability to self-administer medications. Based on the preceding review of functional capabilities, physical and cognitive status, and limitations, rate this resident's ability to take his/her own medications safely and appropriately.

- (a) Independently without assistance
- (b) Can do so with physical assistance, reminders, or supervision only
- (c) Need to have medications administered by someone else

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Health Care Practitioner

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**PRESCRIBER'S MEDICATION AND TREATMENT ORDERS AND OTHER INFORMATION**

Allergies (list all): \_\_\_\_\_

Note: Does resident require medications crushed or in liquid form? Indicate in 12(a) with medication order. If medication is ***not*** to be crushed please indicate.

12(a) Medication(s). Including PRN, OTC, herbal, & dietary supplements.  Include dosage route (p.o., etc.), frequency, duration (if limited).	12(b) All related diagnoses, problems, conditions.  Please include all diagnoses that are currently being treated by this medication.	12(c) Treatments (include frequency & any instructions about when to notify the physician).  Please link diagnosis, condition or problem as noted in prior sections.	12(d) Related testing or monitoring.  Include frequency & any instructions to notify physician.

Prescriber's Signature \_\_\_\_\_ Date \_\_\_\_\_

Office Address \_\_\_\_\_ Phone \_\_\_\_\_

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