

# French Fry

## Improve patient follow-up and monitoring



**DATE OF BIRTH:** January 13, 1979

**RACE:** White

**GENDER:** Male

**OCCUPATION:** College Professor

**ADDRESS:** 241 Cheeseburger Hwy, Pickle Junction, OH 00000

**PROBLEM LIST:** Hypertension. Overweight (calculated BMI = 29.6)

### HISTORY OF PRESENT ILLNESS

FF was diagnosed approximately one year ago with essential hypertension following complaints of headaches that persisted for several days. Hypertension is uncontrolled. In October, FF was enrolled into medication synchronization.

### PAST MEDICAL HISTORY

Right ankle–torn ligaments–multiple episodes, Left knee–torn meniscus X 3, hypokalemic

### ACTIVE MEDICATIONS

Lisinopril/HCTZ 20/12.5–2 tablets every morning, Amlodipine 5 mg every morning, Potassium Chloride 20 mEQ–2 tablets every morning.

**Prescriber:** Coach Well, MD

### FILL HISTORY

Previously nonadherent. All medications were synchronized and filled on the same day for a 30 day supply with a start day of 10/15/19.

### ALLERGIES

- Penicillin

### SOCIAL HISTORY

FF works as a college professor. He has never smoked and, on average, has 2 alcoholic drinks/week. He doesn't exercise and admits little physical activity.

### VITAL SIGNS AND LABS

- **Vital signs:** Not measured
- **Renal:** Blood work was completed, but not requested so unaware of lab results
- **Basic metabolic panel:** completed (pharmacist unaware of results)

### MEDICATION RELATED PROBLEM(S)

FF is adherent to his medications now.

**FF states that he does not know what his blood pressure goal is, and FF has not been monitoring his blood pressure at home because he does not have a device.**

### INTERVENTION(S) AND EDUCATION (RECOMMENDATIONS)

FF is continuing to get his medications filled on the same day each month, so enrolling into the pharmacy's medication synchronization program has been a success.

**After further discussion and education, FF likes the idea of self-monitoring his blood pressure at home. FF states he wants to purchase a blood pressure monitoring device and wants it delivered with his medications. The pharmacist asked if he would be willing to come into the pharmacy to get his blood pressure checked, but he says he doesn't have time this month.**

### GOAL

**Improved adherence:** FF has continued to set his reminder on his cell phone.

**Monitor blood pressure at least on 3 different occasions per week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg.**

### MONITORING PLAN AND FOLLOW-UP

Monitor blood pressure at least on 3 different occasions per week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg.

# Sample Care Plan Case

You follow up with French Fry 5 days prior to his next medication start date. FF confirms that he only has 5 pills left in each of his 3 medication bottles. Therefore, you conclude that FF is adherent to his medications. FF confirms that he has successfully been utilizing the alarm on his cell phone, which reminds him to take his medications every morning.

FF denies any side effects (e.g., dizziness, orthostatic HTN, lightheadedness, etc.) related to his blood pressure (BP) medications.

FF states that he does not know what his BP goal is, and FF has not been monitoring his BP at home because he does not have a device. After further discussion and education, FF likes the idea of self-monitoring his BP at home. FF states he wants to purchase a BP monitoring device and wants it delivered with his medications.

The pharmacist asked if he would be willing to come into the pharmacy to get his BP checked, but he states he doesn't have time this month. FF states that he will come into the pharmacy next month to get his BP measured when he picks up his December medication fills, and he will bring in his BP log from November.

Goal for November: FF to monitor BP at least 3 different times/week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg

## Patient Demographics:

**Patient First Name:** French

**Patient Last Name:** Fry

**Patient DOB:** 1/13/79

**Address:** 241 Cheeseburger Hwy

**City:** Pickle Junction

**State:** OH

**Zip:** 00000

**Phone:** 919-555-5555

**Allergies:** Penicillin

## Prescriber Information:

**Name:** Coach Wellness, MD

**Address:** 222 Healthy Shores Ln, Pickle Junction, OH 00000

**Phone:** 999-999-9999

**NPI Number:** 1234567890

## Active Medication List:

Medication Name	Directions	Prescriber
Lisinopril/HCTZ 20/12.5 mg	2 tablets every morning	Coach Wellness, MD
Amlodipine 5 mg	1 tablet every morning	Coach Wellness, MD
Potassium Chloride 20 mEq	2 tablets every morning	Coach Wellness, MD

## Medication Related Problems (MRPs) and Interventions:

- **MRP (10/15/19):** Noncompliance with medication regimen (SNOMED CT: 129834002) - **(status: COMPLETE)**
  - **MRP Note:** Patient is about 15 days late filling lisinopril/hctz 20/12.5 mg. Amlodipine and potassium are filled on different days. FF doesn't seem to be consistent with timing and frequency of refills.
- **Intervention (10/15/19):** Medication synchronization/synchronization of repeat medication (SNOMED CT: 415693003) - **(status: COMPLETE)**
  - **Intervention Note:** FF is being enrolled into our sync program and we will be aligning his medication fills on the same day each month with follow-up calls at least 5 days prior to next refills.
- **MRP (11/11/19):** Deficient knowledge of disease process (SNOMED CT: 129864005 )
  - **MRP Note:** FF states that he does not know what his blood pressure (BP) goal is, and FF has not been monitoring his BP at home because he does not have a device.
- **Intervention (11/11/19):** Recommendation to monitor physiologic parameters (SNOMED CT: 432371000124100 )
  - **Intervention Note:** After further discussion and education, FF likes the idea of self-monitoring his BP at home. FF states he wants to purchase a BP monitoring device and wants it delivered with his medications. The pharmacist asked if he would be willing to come into the pharmacy to get his BP checked, but he says he doesn't have time this month. FF states that he will come into the pharmacy next month to get his BP measured when he picks up his December medication fills, and he will bring in his BP log from November.

## Goals (Free-Text):

1. **Goal Note (10/15/19):** Set a reminder alarm on cell phone to take medications every day - **(status: COMPLETE)**
2. **Goal Note (11/11/19):** Monitor BP at least 3 different times/week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg