

Health Outcomes Case Study for Charlotte

95 year old female - Lives alone in own home (1 son stays with Mom intermittently)

History of:

- 4 strokes – Hypertension - High cholesterol
- Osteoarthritis: Right knee weakened (refused knee replacement); Carpal tunnel in both wrists
- 2 falls in past 12 months - Shuffled gait
- Recent GI bleed with 2 week hospitalization (contracted pneumonia in hospital)
 - Hemoglobin 8.0 with slight shortness of breath
- Severe bruising on all 4 extremities
- Overactive bladder (UI) and Severe constipation

Meds:

- Simvastatin (high cholesterol)
- Baby aspirin (anticoagulant)
- Clopidogrel Bisulfate (Plavix – anticoagulant)
- Metoprolol (anti-hypertensive)
- Losartan potassium (anti-hypertensive)
- Methenamine Hippurate (anti-infective against UTI)
- Vesicare (overactive bladder – UI)
- Tylenol for pain (refuses to take anything stronger)
- Constipation (self-medicates almost daily with a combo of Miralax, Senna, Senocot, Magnesium citrate, and/or probiotics)
- Quarterly steroid shots to both wrists and right knee

Physical:

- Stand-by shower assist (has a shower chair that she hates)
- Needs dressing assistance with socks and tie shoes
- Can do minimal cooking but does not have upper body strength to carry or move heavy things
 - Past – hosted all holiday dinners, bridge parties 2x a month & monthly “cocktail and dinner parties”
- Cannot always hear the telephone (cell or land line)
- Used a cane until recent hospitalization, now uses walker somewhat reluctantly
- In home physical therapy with prescribed maintenance exercises daily
- Hard of hearing – wears hearing aids sometimes (I don't like them and they itch)
- Wears glasses - Blind in left eye; Right eye vision is poor
- Family installed fireman's lockbox for family emergencies with DPOA and 5 Wishes

Social:

- Widow of 6 years - married 67 years
- Used to travel with husband on annual 4 – 6 week road trips throughout the US
- Has a Masters of Education - Taught high school for 25 years
- Children (and other family) all live out of state except for 1 son (6 children, 15 grand, 6 great-grand)
- Does not drive (gave up license at age 77)
 - Has a companion 4 days a week (ADL assistance, some laundry and cleaning, shopping, doctor appointments, haircuts, etc.)
- All family her age and most of her friends are not living
- Labrador retriever (90 pounds) in the house (is walked by a dog walking service)

Hobbies:

- Shopping (has a gold medal in the Olympic Competition)
- Reads newspaper and large print books daily
- Plays bridge 3 times a week at the Senior Center (her 75 year old friend picks her up)
- Talking on the phone although she can't always hear the conversation!
- Watching old movies on TV (she's memorized the dialogue!)