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**Fillmore County
Public Health**

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MnCHOICES Assessment Report For: TAMARA NIELSON

Assessor: Ashley Lang, Wabasha

Assessment ID: 865396 **Status:** Open

Eligibility Run Date: 08/05/2020

Date of Birth: 01/03/1973

PMI: 01561424

Assessment Date: 08/04/2020

Result Date: 08/04/2020

- 270. **Taken For :** psoriasis
- 271. **Dosage :** 1 app
- 272. **Frequency :** M,Tue, W, Thu, Fri
- 273. **Route :** Other, - topical
- 274. **Prescription :** Yes
- 275. **Administered By :** self
- 276. **Name of Medication/Supplement :** citrucel powder
- 277. **Taken For :** fiber supplement
- 278. **Dosage :** 1 tbs
- 279. **Frequency :** daily
- 280. **Route :** Oral
- 281. **Prescription :** Yes
- 282. **Administered By :** River Oaks staff
- 283. **Name of Medication/Supplement :** ketotifen fumarate 0.025%
- 284. **Taken For :** itchy eyes
- 285. **Dosage :** 1 drop each eye
- 286. **Frequency :** PRN BID
- 287. **Route :** Other, - ophthalmic
- 288. **Prescription :** Yes
- 289. **Administered By :** River Oaks staff
- 290. **Name of Medication/Supplement :** hydroxyzine hcl
- 291. **Taken For :** anxiety
- 292. **Dosage :** 50 mg
- 293. **Frequency :** TID
- 294. **Route :** Oral
- 295. **Prescription :** Yes
- 296. **Administered By :** River Oaks staff
- 297. **Name of Medication/Supplement :** Flonase
- 298. **Taken For :** seasonal allergies
- 299. **Dosage :** 2 sprays each nostril
- 300. **Frequency :** daily
- 301. **Route :** Nasal Mist
- 302. **Prescription :** Yes
- 303. **Administered By :** River Oaks staff

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304. Name of Medication/Supplement : acidophilus

305. Taken For : digestion

306. Dosage : 1 tab

307. Frequency : BID

308. Route : Oral

309. Prescription : Yes

310. Administered By : River Oaks staff

311. Name of Medication/Supplement : lexapro

312. Taken For : depression

313. Dosage : 10 mg

314. Frequency : daily

315. Route : Oral

316. Prescription : Yes

317. Administered By : River Oaks staff

318. Name of Medication/Supplement : ketoconazole 2%

319. Taken for : psoriasis

320. Dosage : 1 application

321. Frequency : four times a week mon, wed, fri, sat

322. Route : Other, - topical

323. Prescription : Yes

324. Administered By : River Oaks staff

325. Name of Medication/Supplement : pioglitazone (actos)

326. Taken For : diabetes typ 2

327. Dosage : 30 mg

328. Frequency : daily

329. Route : Oral

330. Prescription : Yes

331. Administered By : River Oaks staff

332. Name of Medication/Supplement : latuda

333. Taken For : mood disorder

334. Dosage : 60 mg

335. Frequency : at HS

336. Route : Oral

337. Prescription : Yes

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- 338. **Administered By :** River Oaks staff
- 339. **Name of Medication/Supplement :** lipitor (Avtorvastatin)
- 340. **Taken For :** hyperlipidemia
- 341. **Dosage :** 20 mg
- 342. **Frequency :** daily
- 343. **Route :** Oral
- 344. **Prescription :** Yes
- 345. **Administered By :** River Oaks staff
- 346. **Name of Medication/Supplement :** loperamide hcl
- 347. **Taken For :** diarrhea
- 348. **Dosage :** 2-4mg
- 349. **Frequency :** PRN daily
- 350. **Route :** Oral
- 351. **Prescription :** Yes
- 352. **Administered By :** River Oaks staff
- 353. **Name of Medication/Supplement :** melatonin
- 354. **Taken For :** sleep aid
- 355. **Dosage :** 5 mg
- 356. **Frequency :** at hs
- 357. **Route :** Oral
- 358. **Prescription :** Yes
- 359. **Administered By :** River Oaks staff
- 360. **Name of Medication/Supplement :** metformin
- 361. **Taken For :** diabetes
- 362. **Dosage :** 1500 mg
- 363. **Frequency :** daily
- 364. **Route :** Oral
- 365. **Prescription :** Yes
- 366. **Administered By :** River Oaks staff
- 367. **Name of Medication/Supplement :** miralax
- 368. **Taken For :** consitipation
- 369. **Dosage :** 17 gm
- 370. **Frequency :** daily
- 371. **Route :** Oral

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372. Prescription : Yes
373. Administered By : River Oaks staff
374. Name of Medication/Supplement : nystatin powder
375. Taken For : fungal
376. Dosage : 1 app
377. Frequency : daily
378. Route : Oral
379. Prescription : Yes
380. Administered By : Self
381. Name of Medication/Supplement : omeprazole
382. Taken For : GERD
383. Dosage : 40 mg
384. Frequency : daily
385. Route : Oral
386. Prescription : Yes
387. Administered By : River Oaks staff
388. Name of Medication/Supplement : oxybutin chloride ER
389. Taken For : stress incontinence
390. Dosage : 15 mg
391. Frequency : daily
392. Route : Oral
393. Prescription : Yes
394. Administered By : River Oaks staff
395. Name of Medication/Supplement : prazosin HCL
396. Taken For : nightmares
397. Dosage : 5 mg
398. Frequency : at HS
399. Route : Oral
400. Prescription : Yes
401. Administered By : River Oaks staff
402. Name of Medication/Supplement : sumatriptan succinate
403. Taken For : migraines
404. Dosage : 50 mg
405. Frequency : PRN daily

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- 406. **Route :** Oral
- 407. **Prescription :** Yes
- 408. **Administered By :** River Oaks staff
- 409. **Name of Medication/Supplement :** spironolactone
- 410. **Taken For :** facial hair
- 411. **Dosage :** 50 mg
- 412. **Frequency :** daily
- 413. **Route :** Oral
- 414. **Prescription :** Yes
- 415. **Administered By :** River Oaks staff
- 416. **Notes/Comments :** tacrolimus 0.1% M-F topical for psoriasis, topiramate 100 mg BID for migraines, triamcinolone 0.1% Sat and Sund for psoriasis, Trulicity 0.5 MI injection every Thursday, vitamin D3 1000 units for health, albuterol 2 puffs PRN q4hrs for asthma, albuterol neb 1 ml PRN q4 hrs for wheezing, TUMS 1 tab PRN daily for heartburn, hydrocortisone cream 2.5% PRN BID for hemrrhoids, hydroxyzine hcl 50 mg PRN TID for anxiety, Icy Hot PRN TID for joint/muscle pain, zofran 4 mg PRN q8hrs for nausea, Tylenol 500 mg PRN every 6 hrs for pain, Miralaz 17 gm PRN for consitpation, sumatriptan 50 mg PRN daily for migraines
- 417. *** Medications has been reviewed and updated? * :** Yes
- 418. **Does the person have any problems fighting infections or have frequent infections? :** No
- 419. **Has the person been diagnosed with cancer? :** No, Comments: lump on left breast, not cancerous, doctors watching
- 420. **Does the person have any concerns about their eating habits? :** No, Comments: avoids pasta, rice and lettuce
- 421. **Does the person have a thyroid problem? :** No
- 422. **Does the person have diabetes? :** Yes
- 423. **Check all that apply :** Non-insulin dependent diabetes
- 424. **The symptoms, conditions and/or diagnosis are :** On record
- 425. **How long has this been a problem? :** 2017
- 426. **Have you seen a doctor? :** Yes
- 427. **Have you received treatment? :** Yes, Comments: oral med and shot that is not insulin, carb control diet
- 428. **Does it affect your daily functioning? :** No
- 429. **Does the person have any stomach problems or problems with constipation or diarrhea? :** Yes
- 430. **Check all that apply :** Constipation, Diarrhea, Gastro-Esophageal Reflux Disease (GERD), Heartburn, Irritable bowel syndrome
- 431. **The symptoms, conditions and/or diagnosis are :** On record
- 432. **How long has this been a problem? :** 2013, alternates perids of diarrhea and consitpation - incontinent or bowl and bladder

433. Have you seen a doctor? : Yes
434. Have you received treatment? : Yes
435. Does it affect your daily functioning? : No
436. Does the person have problems with urination? : Yes
437. Check all that apply : Incontinence
438. The symptoms, conditions and/or diagnosis are : On record
439. How long has this been a problem? : 2010, has interstim device, controls bowel and bladder. States she is still incontinent of bowel and bladder
440. Have you seen a doctor? : Yes
441. Have you received treatment? : Yes
442. Does it affect your daily functioning? : Yes
443. Does the person have any heart or circulation problems? : Yes
444. Check all that apply : Other, - hyperlipidemia
445. How long has this been a problem? : stated she takes blood pressure pills for nightmares
446. Have you seen a doctor? : Yes
447. Have you received treatment? : Yes, Comments: medications
448. Does it affect your daily functioning? : No
449. Has the person been diagnosed with a mental health disorder? : Yes
450. Check all that apply : Anxiety, Bipolar Disorder, Borderline Personality Disorder, Post-Traumatic Stress Disorder, Seasonal Affective Disorder
451. The symptoms, conditions and/or diagnosis are : On record
452. How long has this been a problem? : many years ago, hx of hallucinations, medications has help
453. Have you seen a doctor? : Yes
454. Have you received treatment? : Yes
455. Does it affect your daily functioning? : Yes
456. Does the person have any muscle, bone or joint conditions (including loss of limb)? : Yes
457. Check all that apply : Arthritis/Osteoarthritis, Degenerative disease, Other, - fibromyalgia, carpal tunnel syndrome, Other, - neuropathy, planter facialis
458. The symptoms, conditions and/or diagnosis are : On record
459. How long has this been a problem? : 2007, arthritis
460. Have you seen a doctor? : Yes
461. Have you received treatment? : Yes
462. Does it affect your daily functioning? : Yes
463. Does the person have any neurodevelopmental disorders or conditions? : No
464. Does the person have any neurological conditions? : Yes

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- 465. Check all that apply : Migraine Headaches
- 466. The symptoms, conditions and/or diagnosis are : Self-reported
- 467. Have you seen a doctor? : Yes
- 468. Have you received treatment? : Yes, Comments: medications
- 469. Does it affect your daily functioning? : Yes
- 470. Does the person have oral or dental problems? : Yes
- 471. Check all that apply : Other, - lock jaw, Other, - receiting gums
- 472. The symptoms, conditions and/or diagnosis are : Self-reported
- 473. How long has this been a problem? : "years"
- 474. Have you seen a doctor? : Yes
- 475. Have you received treatment? : No
- 476. Does it affect your daily functioning? : No
- 477. Does the person have any problems coordinating their movements or in getting around? : No
- 478. Does the person have any women's health concerns? : Yes
- 479. Check all that apply : Other, - polycystic ovarian disease
- 480. Have you seen a doctor? : Unsure
- 481. Have you received treatment? : Unsure
- 482. Does it affect your daily functioning? : Unsure
- 483. Does the person have any breathing problems? : Yes
- 484. Check all that apply : Asthma, Other, - OSA
- 485. The symptoms, conditions and/or diagnosis are : On record
- 486. How long has this been a problem? : 2012 - not wearing a CPAP
- 487. Have you seen a doctor? : Yes
- 488. Have you received treatment? : Yes
- 489. Does it affect your daily functioning? : No
- 490. Does the person have any skin conditions? : Yes
- 491. Check all that apply : Psoriasis
- 492. The condition is : Healing
- 493. The symptoms, conditions and/or diagnosis are : On record
- 494. How long has this been a problem? :
- 495. Have you seen a doctor? : Yes
- 496. Have you received treatment? : Yes
- 497. Does it affect your daily functioning? : No
- 498. Has the person had any surgeries? : Yes

499. Type and Location : gallbladder removal, deviated septum in 8/2018, interstern placement

500. The surgery is : Self-reported

501. * Symptoms, Conditions & Diagnosis has been reviewed and updated? * : Yes

502. * Is the person receiving any Special Treatments? * : Yes

503. * Do any of the Special Treatments identified require Clinical Monitoring? * : Yes

504. * Clinical Monitoring Frequency * : Less than once a day (less than once every 24 hours)

505. * Is the person at risk of the following due to their health condition? * : None

506. Blood Draw - Blood Glucose : Blood Glucose

507. Blood Glucose - Performed By : Nurse

508. Blood Glucose - Frequency : Other, - every Monday and Wednesday

509. Skin Care - Application Ointments/Lotions : Application Ointments/Lotions

510. Application Ointments/Lotions - Performed By : Self

511. Application Ointments/Lotions - Frequency : Daily

512. * Treatments & Monitoring has been reviewed and updated? * : Yes

513. Is the person receiving any therapies? : No

514. * Therapies has been reviewed and updated? * : Yes

515. What is important to the individual? : Tammy continues to work on her mental health. This is very

important to her.

516. Assessed Needs and Support Plan Implications : River Oaks manages medications and assists with

making medical appointment and transportation to and from appointments. Right now most visits

are over phone or video because of COVID 19.

517. * Referrals & Goals (Health) has been reviewed and updated? * : Yes

Psychosocial

518. * INJURIOUS TO SELF Person engages in, or would without an intervention, behavior that causes physical

harm or has significant potential for causing physical harm to their own body. Includes putting self in

dangerous situations. * : No

519. * AGGRESSIVE TOWARDS OTHERS, PHYSICAL Person engages in, or would without an intervention, behavior

that causes physical harm to other people or to animals. A person who causes physical harm due to

involuntary movement is not considered to have physical aggression towards others. * : Yes

520. * Does it require an immediate response? * : No

521. Does it impact the person's functioning? : Yes

522. Does it prevent the person from doing things they want to do? : No

523. Check all that apply : Hits/Punches, Pushes

524. * Intervention: Support and/or services provided by staff and/or caregiver * : Needs behavior

management or instruction - resists redirection/intervention

525. * Frequency of intervention needed * : Less than weekly

526. Is an intervention in place? : Yes