Tackling Medical Issues

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Medical Issues

Not Being Prepared

Appropriate Medication Management

Preparing for Hospital Discharge
SCENARIO 1

A parent needs to go to the hospital for an emergency situation.

What do you need?
Legal Documents
Financial and Medical Power of Attorney
Directives
Directive to Physician  DNR
Insurance Cards, Identification Card, Social Security, Prescription Card, Military ID
Medication Lists Most recent
Provider Information
Family Contacts
HIPPA Release
Life Insurance Policies Long Term Care Policy
Final Arrangements
Important Numbers
Pharmacy
WHAT IS A DNR?

The Out-of-Hospital Do-Not-Resuscitate

State of Texas logo

Keep your signed, original form in a place where emergency medical professionals can find it.

If it is not accessible CPR will be administered
BE PREPARED FOR SUDDEN HOSPITAL TRIPS

The Book
Copies of key paperwork
Vital Statistics
Medication List
Insurance Card

FOR YOU

Important phone numbers
Reading Glasses
Extra Phone Chargers
Small change and bills
Ear Plugs and Eye Masks
Reading material and other items
Pen and notepad
Scenario #2

Mom has 4 doctors
They all prescribe different medications

Effective Medication Management
POLYPHARMACY

The concurrent use of multiple medications by a patient to treat usually coexisting conditions and which may result in adverse drug interactions.
• Older adults (65 years or older) visit emergency departments almost 450,000 times each year, more than twice as often as younger persons.

• Adverse drug events cause approximately 1.3 million emergency department visits each year.

• About 350,000 patients each year need to be hospitalized for further treatment after emergency visits for adverse drug events.

• Source: CDC [www.cdc.org](http://www.cdc.org)
GATHER AND ORGANIZE

Gather all medications, vitamins, OTC meds, and supplements into one location.

To stay organized and increase medication safety, keep all their current pill bottles and packages in a clear plastic storage bin.

Use a separate bin for their backup medication supply or medicines that are only used occasionally.
### MEDICATION TRACKING LIST

#### My Personal Medication Record

<table>
<thead>
<tr>
<th>My Personal Information</th>
<th>How to Use This Guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Save this document to your PC</td>
</tr>
<tr>
<td>Date of Birth</td>
<td>Edit the copy on your PC to keep track of your medications (including prescription drugs, over-the-counter drugs, herbal supplements, and vitamins)</td>
</tr>
<tr>
<td>Phone Number</td>
<td>Share the information with your doctors and pharmacists at all visits</td>
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<tr>
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<td>Keep a printed copy always with you</td>
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</table>

| Emergency Contact        | You should review this record when |
|                         | • Starting or stopping a new medicine |
|                         | • Changing a dose |
|                         | • Visiting your doctor |

| Primary Care Physician   | Last Updated: |
|                         |  |

| Pharmacy/Drugstore      |  |

| Phone Number            |  |

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<thead>
<tr>
<th>Other Physicians</th>
<th>My Allergies</th>
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<tr>
<td>Name of Physician</td>
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<td>Specialty</td>
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<td>Phone Number</td>
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| My Medical Conditions   |  |
|-------------------------|  |
| Name of Physician       |  |
| Specialty               |  |
| Phone Number            |  |

#### CREATE AND MAINTAIN UP TO DATE MED LIST

* Be sure to include ALL prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.

<table>
<thead>
<tr>
<th>What I'm taking</th>
<th>Form (pill, injection, liquid, patch, etc.)</th>
<th>Dosage</th>
<th>How Much and When</th>
<th>Use (regularly or occasionally)</th>
<th>Start/Stop Dates (1/5/05 - 3/5/05)</th>
<th>Notes, Directions, Reasons for Use</th>
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Good Medication Management

- Invest in a pillbox or dispenser
- Set reminders
- Use a single pharmacy
- Store your medications properly and take them as recommended
- Review your medications with your doctor regularly
MEDICATION MANAGEMENT SYSTEMS

- Automatic Pill Dispensers
- Pill Pak
- Blister Packs
- Plastic Medication Pill Organizer
Medicare and Mail Order

- Mail-order prescriptions and Medicare go hand in hand

- If you have Medicare Part D and a few scripts, mail order pharmacy could save you money.
SCENARIO #3

DISCHARGE PLANNING

Dad/Mom is being discharged

What do I do?
The best time to start planning for discharge is just after your family member is admitted.

While it may seem too soon to think about going home, planning gives you more time to prepare.
PLANNING THE DISCHARGE

Know Who Is on the Discharge Team

GETTING READY TO GO HOME

Equipment and Supplies

Home Space

Health Care Tasks

Special Foods or Dietary Changes

Medication Management

Follow Up Appointments
## Discharge Planning Checklist

### Instructions:
- Use this checklist early and often during your stay.
- Talk to your doctor and the staff (like a discharge planner, social worker, or nurse) about the items on this checklist.
- Check the box next to each item when you and your caregiver complete it.
- Use the white spaces to write down important information (like names and phone numbers).
- Help any items that don’t apply to you.

### Action Items
- **Use “MyLog”** on page 5 to write down your prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.
- **Ask the doctor for a referral to your follow-up appointments.**
- **Write down a name and phone number of a person to call if you have questions (like a nurse or a social worker).**
- **Tell the staff what drugs, vitamins, or supplements you took before you were admitted. Ask if you should still take these after you leave.**
- **Write down a name and phone number of a person to call if you have questions.**

### Notes

### Early after Discharge
- **Ask where you’ll get care after you’re discharged.**
- **Ask about where to go for help and what to do about them.**
- **Write down a name and phone number of a person to call if you have problems.**

### More Information for People with Medicare
- **Get a Medicare card.**
- **Get Medicare advice.**
- **Get Medicare information.**
- **Get Medicare help.**
- **Call Medicare at 1-800-MEDICARE (1-800-633-4227).**

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**HTTPS://WWW.MEDICARE.GOV/PUBS/PDF/11376-DISCHARGE-PLANNING-CHECKLIST.PDF**
Resources

The agencies listed here have information on community services, (like home-delivered meals and rides to appointments). You can also get help making long-term care decisions. Ask the staff in your health care setting for more information.

Area Agencies on Aging (AAAs) and Aging and Disability Resource Centers (ADRCs): Helps older adults, people with disabilities, and their caregivers. To find the AAA or ADRC in your area, visit the ElderCare Locator at eldercare.acl.gov, or call 1-800-677-1116.

Medicare: Provides information and support to caregivers and people with Medicare. Visit medicare.gov.

Long-Term Care (LTC) Ombudsman Program: Advocates for and promotes the rights of residents in LTC facilities. Visit ltcombsudsman.org.

Senior Medicare Patrol (SMP) Programs: Works with seniors to protect themselves from the economic and health-related consequences of Medicare and Medicaid fraud, error, and abuse. To find a local SMP program, visit smpresource.org.


State Technology Assistance Project: Has information on medical equipment and other assistive technology. Visit resna.org, or call 1-703-524-6686 to get the contact information in your state.

National Long-Term Care Clearinghouse: Provides information and resources to plan for your long-term care needs. Visit longtermcare.gov.


State Health Insurance Assistance Programs (SHIPs): Offer counseling on health insurance and programs for people with limited income. Also help with claims, billing, and appeals. Visit shiptcenter.org, or call 1-800-MEDICARE (1-800-633-4227) to get your SHIP’s phone number. TTY users can call 1-877-486-2048.

Medicaid: Helps with medical costs for some people with limited income and resources. To find your local office, visit medicare.gov/contacts, or call 1-800-MEDICARE.
Self-Care

Physical
- deliberate
- individual control
- reduce anxiety
- healthy diet
- psychological

Emotional
- rest
- exercise
- sleep
- improved mood

Mental
- rest
- exercise
- sleep
- improved mood

Activity
- rest
- exercise
- sleep
- improved mood

Well-being
- rest
- exercise
- sleep
- improved mood
QUESTIONS