Tackling Medical Issues

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MOM AND DAD
CAREGIVING JOURNEY
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COMMANDER LEONORA D. SUPNET MD, USN, RET
Are the things that you do to ensure that your loved one receives the best of care and services from the entire care team that you have in place. You are their voice.
Foundation for Being a Good Advocate

- Establish a Care Team
- Get Organized
- Know what they want
- Take Care of Legalities
- Observe and Question
- Communicate
- Trust Yourself
- Practice Self Care
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?
THE BOOK

- 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
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>Fill 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>
<td>Emergency Contact</td>
<td>Keep a printed copy always with you.</td>
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<tr>
<td>Name</td>
<td>You should review this record after:</td>
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<tr>
<td>Relationship</td>
<td>• Starting or stopping a new medicine.</td>
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<tr>
<td>Phone Number</td>
<td>• Changing a dose.</td>
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<tr>
<td>Primary Care Physician</td>
<td>• Visiting your doctor.</td>
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<tr>
<td>Name</td>
<td>Last Updated:</td>
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<td>Phone Number</td>
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<td>Pharmacy/Drugstore</td>
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<td>Mustard</td>
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<td>Phone Number</td>
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## Other Physicians

<table>
<thead>
<tr>
<th>Name of Physician</th>
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## My Allergies

## My Medical Conditions

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<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</th>
<th>Notes, Directions, Reasons for Use</th>
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* Be sure to include all prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.

SOURCE AARP www.aarp.org
Good Medication Management

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

- Automatic Pill Dispensers (HERO)
- Pill Pak (AMAZON)
- Blister Packs (PHARMACY)
- Plastic Medication Pill Organizer (DRUG STORE, AMAZON)
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
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 1-866-677-1116.

**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.

**Centers for Independent Living (CILs):** Helps people with disabilities live independently. For a state-by-state directory of CILs, visit ilru.org/html/publications/directory/index.html.

**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.

**National Council on Aging:** Provides information about programs that help pay for prescription drugs, utility bills, meals, health care, and more. Visit benefitscheckup.org.

**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 shiptacenter.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.
QUESTIONS