



PERSONA #2.2

## M.S. Cortinez

Improve patient follow-up and monitoring: Discuss Naloxone with appropriate patients



**DATE OF BIRTH:** August 14, 1961

**RACE:** Hispanic

**GENDER:** Female

**OCCUPATION:** Coffee Shop Owner

**ADDRESS:** 2911 Fentora Drive Hurt, VA 24563

**PROBLEM LIST:** Chronic spinal disease/spinal stenosis, hypertension

### HISTORY OF PRESENT ILLNESS

You remember doing a pain medication review for M.S. Cortinez last month and documenting a care plan. MSC has been chronically taking Oxycontin 20 mg TID, which has an MME of 90. The prescribed dose is above 50 MME, in which the CDC states that > 50 MME/Day signifies increased risk associated with an opioid medication.

### PAST MEDICAL HISTORY

Spinal Stenosis x 5 years

Hypertension x 5 years

### ACTIVE MEDICATIONS

Oxycontin 20 mg TID, Losartan 50 mg QD,

Triamterene/HCTZ 37.5/25 QD

### FILL HISTORY

MSC is not consistent with her hypertension medication refills. MSC consistently refills her Oxycontin each month.

### ALLERGIES

NKA

### SOCIAL HISTORY

MSC owns her own coffee shop. She does not exercise due to her pain issue.

### VITAL SIGNS AND LABS

#### ■ Vital signs:

**Patient-Reported BP (5/14/20):** 118/76 mmHg

#### ■ Complete metabolic panel and fasting lipid panel:

Labs not provided to the pharmacy

### MEDICATION RELATED PROBLEM(S)

MSC has a daily MME of 90, which makes her a candidate for naloxone.

### INTERVENTION(S) AND EDUCATION

#### (RECOMMENDATIONS)

Provided Narcan for MSC to have on hand in order to increase safe use of Oxycontin.

### GOALS

Inform someone who interacts with you frequently (e.g., family member) about what Narcan is and when it should be used. Utilize info provided by the pharmacy.

### MONITORING PLAN AND FOLLOW-UP

Follow up with MSC next month to review her goal of discussing Narcan with another person and discuss safe storage of Oxycontin.

# Sample Care Plan Case

**Encounter Reason (5/14/20): High Risk Drug Monitoring**

**Encounter Reason (4/15/20): High Risk Drug Monitoring**

## Patient Demographics:

**Patient First Name:** M.S.

**Patient Last Name:** Cortinez

**Patient DOB:** 8/14/61

**Address:** 911 Fentora Drive

**City:** Hurt

**State:** VA

**Zip:** 24563

**Phone:** 434-111-1111

**Allergies:** No Known Drug Allergies

## Active Medication List:

Medication Name	Directions	Prescriber
Oxycontin 20 mg	1 tablet three times daily	Dr. Ouch
Losartan 50 mg	1 tablet daily	Dr. Ouch
Triamterene/HCTZ 37.5/25 mg	1 tablet daily	Dr. Ouch

## Medication-Related Problems (MRPs) and Interventions:

- **MRP (5/14/20): Additional medication required.**
  - **MRP Note:** MSC has a MME of 90. Naloxone is recommended per CDC.
- **MRP (4/15/20): Medication dose too high.**
  - **MRP Note:** Oxycontin 20 mg TID. Daily MME = 90, high dose of opioids which puts MSC at risk.
- **Intervention (5/14/20): Recommendation to start prescription medication.**
  - **Intervention Note:** Narcan was filled and counseling provided.
- **Intervention (4/15/20): Pain medication review.**
  - **Intervention Note:** MME = 90 MME/day. Chronic Use. Oxycontin indication: chronic spinal disease/spinal stenosis. Brandi, Pharmacist checked PDMP on 4/15/2020.

## Goals (Free-Text):

- **Goal Note (5/14/20):** Inform someone who interacts with you frequently (e.g., family member) about what Narcan is and when it should be used. Utilize info provided by the pharmacy.