

French Fry

Developing New Roles for Non-Pharmacist Support Staff



DATE OF BIRTH: January 13, 1979

RACE: White

GENDER: Male

OCCUPATION: College Professor

ADDRESS: 241 Cheeseburger Hwy, Pickle Junction, OH 00000

PROBLEM LIST: Hypertension. Overweight (calculated BMI = 29.6)

HISTORY OF PRESENT ILLNESS

FF was diagnosed approximately one year ago with essential hypertension following complaints of headaches that persisted for several days. Hypertension is uncontrolled. In October, FF was enrolled into medication synchronization.

PAST MEDICAL HISTORY

Right ankle–torn ligaments–multiple episodes,
Left knee–torn meniscus X 3, hypokalemic

ACTIVE MEDICATIONS

Lisinopril/HCTZ 20/12.5–2 tablets every morning,
Amlodipine 5 mg every morning, Potassium Chloride
20 mEq–2 tablets every morning.

Prescriber: Coach Well, MD

FILL HISTORY

Previously nonadherent. All medications were synchronized and filled on the same day for a 30 day supply with a start day of 10/15/19.

ALLERGIES

- Penicillin

SOCIAL HISTORY

FF works as a college professor. He has never smoked and, on average, has 2 alcoholic drinks/week. He doesn't exercise and admits little physical activity.

VITAL SIGNS AND LABS

- **Vital signs:**
Patient-Reported (not intended to be documented in eCare Plan)–11/16 morning:
146/84 mmHg; 11/20 night: 132/84 mmHg;
11/23 morning: 130/84 mmHg
Pharmacy measurement (12/16/19):
128/84 mmHg
- **Renal:** Blood work was completed, but not requested so unaware of lab results
- **Basic metabolic panel:** completed (pharmacist unaware of results)

MEDICATION RELATED PROBLEM(S)

FF has been monitoring his blood pressure at home because he now has a blood pressure monitoring device.

FF continues to be educated about his high blood pressure and how to manage, however, no additional medication related problems are identified.

INTERVENTION(S) AND EDUCATION (RECOMMENDATIONS)

FF remains adherent to his medications due to the medication synchronization process. FF has been checking his BP at home and recording the measurements on a piece of paper.

FF is in the pharmacy today to have a pharmacy staff member check his blood pressure. He wants to make sure the blood pressure measurements from his device are accurate. Also, he remembered discussing with the technician in November to come in the pharmacy to get his blood pressure measured.

GOAL

Monitor blood pressure at least on 3 different occasions per week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg.

MONITORING PLAN AND FOLLOW-UP

Monitor blood pressure at least on 3 different occasions per week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg.

Sample Care Plan Case

French Fry presents to the pharmacy today to pick up his medications instead of having them delivered to his house. FF has been monitoring his blood pressure at home because he now has a blood pressure monitoring device. FF continues to be educated about high blood pressure and how to manage and monitor. He has no additional medication related problems as of today.

FF remains adherent to his medications due to the medication synchronization process. FF has been checking his BP at home and recording the measurements on a piece of paper. He reports his blood pressure readings are 11/16 (morning): 146/84 mmHg; 11/20 (night): 132/84 mmHg; 11/23 (morning): 130/84 mmHg.

FF is in the pharmacy today to have a pharmacy staff member check his blood pressure. He wants to make sure the blood pressure measurements from his device are accurate. Also, he remembered discussing with the technician in November to come in the pharmacy to get his blood pressure measured.

Pharmacy measurement: 128/84 mmHg

Goal over the next month is for FF to continue to monitor blood pressure at least on 3 different occasions per week and record on provided paper. Overall goal from my provider is my reading being < 130/<90 mmHg.

Encounter Reason: Taking Patient Vital Signs (SNOMED CT: 61746007)

Patient Demographics:

Patient First Name: French

Patient Last Name: Fry

Patient DOB: 1/13/79

Address: 241 Cheeseburger Hwy

City: Pickle Junction

State: OH

Zip: 00000

Phone: 919-555-5555

Allergies: Penicillin

Prescriber Information:

Name: Coach Wellness, MD

Address: 222 Healthy Shores Ln, Pickle Junction, OH 00000

Phone: 999-999-9999

NPI Number: 1234567890

Active Medication List:

Medication Name	Directions	Prescriber
Lisinopril/HCTZ 20/12.5 mg	2 tablets every morning	Coach Wellness, MD
Amlodipine 5 mg	1 tablet every morning	Coach Wellness, MD
Potassium Chloride 20 mEQ	2 tablets every morning	Coach Wellness, MD

Medication Related Problems (MRPs) and Interventions:

- **MRP (10/15/19):** Noncompliance with medication regimen (SNOMED CT: 129834002) - **(status: COMPLETE)**
 - **MRP Note:** Patient is about 15 days late filling lisinopril/hctz 20/12.5 mg. Amlodipine and potassium are filled on different days. FF doesn't seem to be consistent with timing and frequency of refills.
- **Intervention (10/15/19):** Medication synchronization/synchronization of repeat medication (SNOMED CT: 415693003) - **(status: COMPLETE)**
 - **Intervention Note:** FF is being enrolled into our sync program and we will be aligning his medication fills on the same day each month with follow-up calls at least 5 days prior to next refills.

- **MRP (11/11/19):** Deficient knowledge of disease process (SNOMED CT: 129864005) - **(Status: Active/In-Progress)**
 - **MRP Note:** FF states that he does not know what his blood pressure (BP) goal is, and FF has not been monitoring his BP at home because he does not have a device.
- **Intervention (11/11/19):** Recommendation to monitor physiologic parameters (SNOMED CT: 432371000124100) **(Status: Active/In-Progress)**
 - **Intervention Note:** After further discussion and education, FF likes the idea of self-monitoring his BP at home. FF states he wants to purchase a BP monitoring device and wants it delivered with his medications. The pharmacist asked if he would be willing to come into the pharmacy to get his BP checked, but he says he doesn't have time this month. FF states that he will come into the pharmacy next month to get his BP measured when he picks up his December medication fills, and he will bring in his BP log from November.
- **Intervention (12/16/19):** Blood Pressure Taking (SNOMED CT: 46973005) - **(Status: Complete)**

Vital Sign(s):

- **Systolic Blood Pressure (LOINC Code: 8480-6):** 128 mmHg; **Diastolic Blood Pressure (LOINC Code 8462-4):** 84 mmHg

Goals Free-Text):

1. **Goal Note (10/16/19):** Set a reminder alarm on cell phone to take medications every day - **(status: COMPLETE)**
2. **Goal Note (11/11/19):** Monitor BP at least 3 different times/week and record on provided paper. Overall goal is for readings to be <130/<90 mmHg - **(Status: Active/In-Progress)**