

AFTER VISIT SUMMARY

Carol D. Gray MRN: 111012030007

7/24/2023 NM Emergency Medicine 815-338-2500

Instructions

**Please read your discharge instructions and follow-up with your general provider or specialist as we discussed.

**Reasons to return to the Emergency Room include worsening of your condition, fever or rash, vomiting or diarrhea, chest pain or shortness of breath, severe headache, dizziness or stroke-like symptoms, or if you have any other concerns at all.

**Thank you for choosing Northwestern Emergency Room. It was a pleasure to treat you today and I hope that you feel better.

Dr. Pacini



Read the attached information

1. Coping Tips for Caregivers, Dementia (English)
2. Dementia, Daily Care for People With: For Caregivers (English)
3. Dementia, Understanding (English)



Follow up with William C. Dam, MD in 1 day (around 7/25/2023)

Specialty: Internal Medicine, Dermatology
Contact: 214 Washington St
Ingleside IL 60041-9208
847-587-3004



Follow up with With referrals from crisis in 1 day (around 7/25/2023)

Today's Visit

You were seen by John L. Pacini, DO

Reason for Visit

Aggressive Behavior

Diagnoses

- Dementia
- Agitation
- Mood disorder

Lab Tests in Progress

Culture: Urine

Medications Given

sodium chloride bolus Stopped at 12:56 PM



Blood Pressure
163/70



Weight
239 lb
10.2 oz



Height
5' 6"



Temperature (Oral)
97.8 °F



Pulse
64



Respiration
22



Oxygen Saturation
90%

MyNM

View your After Visit Summary and more online at <https://mynm.nm.org/MyChart/>.

What's Next

JUL
27
2023

Established Patient

Thursday July 27 8:30 AM

For the safety of your children under the age of 12, we ask that they not be left alone while you are having your test. We ask that you have another adult with your child during your visit or you may be asked to reschedule your appointment.

As a courtesy reminder to all our patients, you may be presented with your financial responsibility for these services and any prior balances at the point of check-in.

PREP: No preparation is necessary for this test.

NM Wound Care

2507 N Richmond Rd
McHenry IL 60051
847-802-7300

SEP
6
2023

VEIN CONSULT

Wednesday September 6 8:30 AM

NM Wound Care

11650 S Rte 47
Huntley IL 60142
847-802-7300

OCT
2
2023

RETURN NEUROLOGY with Zoran M. Grujic, MD

Monday October 2 3:00 PM

RMG: Please arrive 30 minutes prior to your visit to allow time for parking and wayfinding

NM Neurology

25 N Winfield Rd
Suite 432
WINFIELD IL 60190-1295
630-933-4056

Elevated Blood Pressure During Your Visit

The Joint National Committee on the Prevention, Detection, Evaluation and Treatment of High Blood Pressure recommends BP screening intervals, lifestyle modification and interventions based on the documented blood pressure of greater than 120/80 during this visit. If you currently do not have a primary care physician, please contact your local hospital and ask to speak with their physician referral department or access your local hospital's web site to find a provider.

All Future Appointments

JUL
27

Established Patient

Thursday Jul 27, 2023 8:30 AM

SEP
6

VEIN CONSULT

Wednesday Sep 6, 2023 8:30 AM

OCT
2

RETURN NEUROLOGY with Zoran M. Grujic, MD

Monday Oct 2, 2023 3:00 PM

Please consider NM Immediate Care Centers for urgent needs that are not life threatening. No appointment needed. Open 7 Days a week. Visit nm.org/immediatecare to find a location nearest to you.

If you need help scheduling follow up appointments or finding a primary care physician, please call our Physician Referral Department at 844.344.6663, TTY: 711, Monday through Friday from 8 am to 5 pm.

Medication administered during the Visit through 07/24/2023 5:05 PM

Date/Time	Order	Dose	Route	Action
07/24/2023 12:47 PM CDT	sodium chloride 0.9 % iv bolus	999 mL	IV Infusion	Started

Medication Instructions

- Please verify your medication bottles match this list.
- Check with your physician before taking any medications or supplements not listed in your "TAKE these medications" section below.

Your Medication List

ASK your doctor about these medications



ASK

amLODIPine 10 mg tablet
Commonly known as: NORVASC



ASK

donepezil 10 mg tablet
Commonly known as: ARICEPT

TAKE 1 TABLET BY MOUTH EVERY DAY



ASK

memantine 10 mg tablet
Commonly known as: NAMENDA

Take 1 tablet by mouth 2 (two) times daily.



ASK

sertraline 50 mg tablet
Commonly known as: ZOLOFT

Take 1 tablet by mouth daily.

Dementia: Coping Tips for Caregivers

When someone you love has dementia, it's normal to want to do as much as you can to help. But you can't take good care of someone else if you don't take care of yourself, too. So be sure to take breaks when you need them. It's not selfish. It's essential. Get out to see friends. Eat right. And be sure to visit your own doctor for regular checkups. Most of all, accept that you can't do everything yourself.



Make time for you

It's vital for you to spend time outside your role as caregiver. It may not feel right at first. But even simple things can ease stress and keep you refreshed. Try the following:

- Go to a movie or concert.
- Go to the gym.
- Have a meal with friends.
- Take a walk.
- Read a book or write in a journal.
- Pursue a hobby.

Talk to others

Talking to others is often a big stress reliever. Sometimes you just need a friend or family member to listen. At other times, you may want to talk to a professional you trust. This could be a counselor, social worker, clergy member, or therapist. Another good option is joining a local support group for caregivers. Joining a support group can help you feel that you aren't alone. It's also reassuring to share thoughts and ideas with others who are going through the same things as you.

Get temporary help

Finding time away isn't always easy. But you do have options for respite care (temporary help). Draw on support from family and friends. And accept help when it's offered. People who care about you and your loved one really do want to help. Try these tips:

- Ask a friend to spend the evening with your loved one.
- Hire a home healthcare worker for regular breaks.
- Check with your neighborhood community center. They may be able to guide you to adult day programs.
- Have family or friends help by shopping or bringing over a meal once a week.

- Contact local support agencies or a social worker for respite care recommendations.

Accept your emotions

The stress of caregiving can seem overwhelming at times. You may feel frustrated, sad, or resentful. This isn't a sign you're doing something wrong. It's completely normal. So accept these emotions as they come. However, if you find yourself feeling hopeless, tired, sad, or guilty most of the time, talk to your healthcare provider. These feelings may be signs of depression, which can and should be treated.

Know when to make a change

The time may come when you can no longer care for your loved one safely. It may be that they require more supervision. Or, you may find it too hard to cope with the daily stresses of caregiving. No matter the reason, it's OK to make a change. It doesn't mean you've failed. Changing the situation may be best for everyone. You'll still be able to spend plenty of quality time with your loved one.

StayWell last reviewed this educational content on 2/1/2022

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For Caregivers: Daily Care for People With Dementia

Over time, people with dementia will need more and more help with daily tasks. These include eating meals, taking medicines, and getting enough exercise. They also include personal care needs, such as bathing and dressing. To reduce stress, make these activities part of a routine. Ask family and friends to lend a hand. And be aware that your loved one's abilities can change from day to day. If you have problems meeting your loved one's needs, it's time to get help. Talk with a social worker or local support agency—such as a local Alzheimer's Association chapter.



Gardening can be a pleasant way to keep your loved one active.

Activity and exercise

Regular activity is good for your loved one's body and mind. It may even help slow the progression of the disease. Keep to your loved one's old routines when possible. It also helps to:

- **Do things together.** Go for a walk, garden, or bake a cake. Basic, repetitive activities are good choices.
- **Be active as often as possible.** This releases pent-up energy, which can reduce restlessness and improve sleep.
- **Include social activities.** Take your loved one to see friends and family. But try to keep things simple. Loud noises, crowds, or too many people talking at once can be upsetting.

Taking medicines

Be sure all prescribed medicines are taken as directed. These tips can help:

- Supervise your loved one if they can't safely take medicines alone.

- Set a routine so medicines are taken at the same time each day.
- Ensure that **all** medicines are taken. A pillbox can help you keep track.
- Plan ahead. Refill prescriptions before they run out.

Eating meals

At mealtime, serve healthy foods with plenty of fluids. These tips can also help:

- Keep meals simple. Too many choices can be overwhelming. Try to maintain a calm, quiet atmosphere while you eat.
- Place healthy snacks, such as fresh fruit, out where they can be seen.
- Watch eating habits. People with dementia may eat too little or too much. Talk with the healthcare provider if you have concerns.
- Try finger foods if regular meals become too difficult for your loved one to eat.

Dressing

People with dementia may have trouble choosing what to wear. It's OK if clothes don't always match. But if help is needed:

- Choose clothing that is easy to put on and take off. Use shoes or slippers that fasten with a hook and loop.
- Lay out a fresh outfit each day. Place clothes in the order they should be put on.
- If more help is needed, hand over clothing items one at a time. Explain how each item should be put on.
- Put dirty clothes away so they're not worn again.

Bathing and grooming

Getting your loved one to bathe can be a real challenge. Try these tips:

- Treat bathing as a routine activity. But be flexible. A daily bath is probably unrealistic and probably not needed.
- Prepare bath items ahead of time, and be sure to test the water temperature.
- Don't leave your loved one alone in the bath or shower.
- Try visiting a barbershop or beauty salon for help with hair washing, hair styling, and shaving.

Using the toilet

In later stages, people with dementia may have trouble controlling their bladder or bowel (incontinence). To ease problems:

- Set a routine for using the toilet (for example, every 3 hours) and stick to it.
- Limit beverages before bedtime to prevent accidents. A bedside commode may also help.
- Be understanding if accidents happen. Your loved one may be as upset as you.
- At one point they may need to wear an adult diaper.
- Talk with a healthcare provider if incontinence develops suddenly. It may signal other health issues that can be treated.

When to call your healthcare provider

Call the healthcare provider if you notice a sudden change in your loved one's behavior or emotions. These changes may be due to dementia. But they could also signal other health problems that can be treated.

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Understanding Dementia

Dementia is the name for a group of brain conditions that make it harder to remember, reason, and communicate. The most common form of dementia is Alzheimer disease. Other types include vascular dementia, frontotemporal dementia, and Lewy body dementia. Years ago, dementia was often called “senility.” It was even thought to be a normal part of aging. We now know that it’s not normal. It’s caused by ongoing damage to cells in the brain.



Symptoms of dementia

Symptoms differ depending on which parts of the brain are affected and the stage of the disease. The most common symptoms include:

- Memory loss, including trouble with directions and familiar tasks
- Language problems, such as trouble getting words out or understanding what is said
- Trouble with planning, problem-solving, organizing, concentration, and judgment. This includes people not being able to recognize their own symptoms.
- Changes in behavior and personality

How dementia affects the brain

The brain controls all the workings of the mind and body. Some parts of the brain control memory and language. Other parts control movement and coordination. With dementia, nerve cells in the brain are gradually damaged or destroyed. In many cases, why this happens is not yet clear. But over time, parts of the brain begin to shrink (atrophy). This often starts in the part of the brain that controls memory, reasoning, and personality. Other parts of the brain may not be affected until much later in the illness.

The stages of dementia

Dementia is a progressive disease. This means it gets worse over time. Symptoms differ for each person, but there are 3 basic stages. Each may last from months to years:

- **Early stage.** A person may seem forgetful, confused, or have changes in behavior. But they may still be able to handle most tasks without help.

- **Middle stage.** More and more help is needed with daily tasks. A person may have trouble recognizing friends and family members, wander, or get lost in familiar places. They may also become restless or moody.
- **Late stage.** Dementia can cause severe problems with memory, judgment, and other skills. Help is needed with nearly every aspect of daily life.

Treating dementia

Right now, there's no cure for dementia. But with proper care, many people can live comfortably for years:

- Medicines are a key part of treatment. Some types can help slow the progression of symptoms, such as memory loss. Others can help ease mood, behavior, and sleep problems. These medicines work for some people but not all.
- Activity and exercise are good for body and mind. They may even help slow the progression of the disease. Simple, repetitive activities are good choices.
- Regular healthcare provider visits help keep track of symptoms and overall health.
- The sleep-wake cycle can be mixed up in people with dementia. They may function better being up at nighttime and sleeping during the daytime.
- Social interactions are important to maintain. Educate family members and friends about dementia. Plan social situations so they are not stressful to the person. Limit the number of visitors or the length of the visit.

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