

## JEAN WOLF SEMI-ANNUAL REPORT MAY 2024

HEALTH: Jean's annual meeting was held 11/8/23. The pathology report from lesion excised below left nare came back on 11/9/23 and was benign with no malignancy. Jean had a Covid-19 booster on 11/9/23. Her weight on 11/28/23 was 155.6lbs with weight on 4/25/24 at 153.5lbs. When awake and able to eat Jean has a good appetite. Jean is often fed by staff due to frequent fatigue with her inability to bring her hand up to her mouth. She will at times, when feeding herself or drinking, begin coughing and needs to be cued to slow down. Jean has many days when she is very sleepy. She has days where she is not fed or given her medication due to her inability to stay awake. Her fluid requirement is between 2300 to 2500cc/day. Over a 2-week period her average has been 2340cc/day. Jean continues to have her B/P monitored 2 x daily. Over the last 2-week period her systolic B/P has ranged 114 to 183 and the diastolic 68 to 99 with 10 of 26 B/P's being on the high side and 16 being close to normal. Jean's PCP was informed of her B/Ps over a 2-week period on 12/14/23 and again on 3/25/24 with no changes made. She requests we notify her if B/Ps are consistently above 160/90 with only 4 B/Ps in that range over the last 2-week period. Jean continues to have a fasting blood sugar checked 2 x weekly with all blood sugars being in good range. Jean was seen by her PCP for annual physical exam on 11/24/23. They discussed Jean's c/o leg/hip pain and stiffness when completing PROM exercises. The PCP started Jean on Gabapentin 200mg BID and to monitor for continued c/o pain. She also stated it may be helpful to warm her extremities to loosen joints prior to exercising. She had her ears cleaned of cerumen. Lab work and an ultrasound of kidneys was done prior to the appointment. The ultrasound of kidneys showed no change in size of right kidney mass at 3.2cm. The CBC was all WNL with Hgb at 12.9 (11.5-15.5). The Hgb A1C was normal at 5.5 (3.0-6.0%). The TSH was WNL and the lipid panel was also WNL with Cholesterol 151, HDL 57, LDL 73 and Triglycerides 107.

On 12/5/23 Jean had her Baclofen pump refilled in Fargo by Dr. Chantasi in pain management. (They are no longer doing Baclofen refills at Altru Pain Management). The Baclofen dosage was increased from 314.6 to 344.5mcg/day and to follow-up on 3/18/24. The PT exercises were easier to complete with the medication increase with her legs being less rigid. Jean was seen by Dr. Murphy at Riverview clinic in Crookston, MN on 2/21/24 for an initial visit as he will be able to complete the pump refills alleviating the long trip to Fargo. He also addressed her UTI's stating we are to change her suprapubic catheter every 2 weeks and to call him if she has any signs of UTI such as odor, pussy or cloudy urine and at times may have increased urine leakage. He also noted that her bowel was full of stool and ordered Jean to have MiraLAX 1 capful BID until clear then daily with 8 ounce clear liquid, Docusate 2 tabs BID, and Fleets enema daily if no large BM within past 24 hours stating that a full bowel can lead to UTI's. Jean was seen again by Dr. Murphy on 3/13/24 with Baclofen pump refilled and dosage was increased by 15% and to call him if she becomes overly sedated. The Fleets enema may be given at 7am if no BM in 24hrs. To follow-up on 6/12/24. Jean does have frequent incontinence of her bowel. There have been 2 occasions when a small amount of blood was noted in her stool (3/5/24 and 4/3/24) with no further blood noted.

On 3/17/24 Jean had an emesis of her medications at 10am and at 3pm with PRN Zofran administered with no further emesis.

**UROLOGY:** Jean was scheduled for a urology appointment on 11/22/23. She was yelling all the way to Grand Forks and ended up having an emesis. Once in Grand Forks, staff pulled over so they could readjust Jean in her w/c due to sliding. While attempting to reposition her, Jean slipped to the floor and staff were unable to get her back into the w/c. Staff called 911 with firemen responding and were able to get her into the chair. The urology appointment was rescheduled, and staff took Jean to ER at NVHC in Warren where she was diagnosed with a UTI and placed on a 7-day course of Nitrofurantoin as well as having her suprapubic catheter replaced. Jean was seen by Nicole Straus, urology, on 12/8/23 who discontinued the daily cranberry concentrate and placed her on a trial of Nitrofurantoin 50mg daily as a prophylactic for 3 months. On 1/22/24 due to an increase in behaviors, and a low-grade elevated temp a urine specimen was obtained after changing the suprapubic catheter and taken to NVHC lab. She was diagnosed with a UTI and started on a 5-day course of antibiotic with urine sent for culture. Jean completed her 3 months of Nitrofurantoin on 3/18/24 and was seen by urology on 3/22/24. She was not to resume the daily antibiotic, to continue with routine catheter cares and UTI prevention measures and notify office if any new UTI symptoms and to follow up in 1 year on 3/25/25.

**SKIN:** Jean continues to get occasional red rash areas under her breasts and abdominal folds that resolves with use of Nystatin cream to areas. Staff need to dry areas well after showers. At times Jean picks at her fingers and fingernails until they are open and bleeding. Staff has on occasion applied gloves to hands to deter her from picking. She has not voiced dislike for wearing the gloves when applied. She developed a quarter size pressure area on the side of her right foot in December 2023. We tried applying pressure reduction boots which she disliked so staff is placing a small pillow under her feet to elevate feet off mattress. She is also being repositioned every 2 hours during the day as well as 2 x at night. On 2/8/24 a small bruise was noted on the 4<sup>th</sup> right toe and a red mark on the side of the small toe – this resolved by 2/13/24. On 2/10/24 3 red raised areas were noted on her right shoulder which also resolved. On 4/27/24 a small bruise was noted on her tailbone which also resolved. When having open or rash areas she is given Arginaid powder drink daily to aid in the healing process. It has been recommended by physician that she lie down 2 x daily to stretch out her body. There are days when Jean refuses to lie down and on those days is stretched back in her w/c.

**DENTAL:** Jean is seen at Lone Oak Dentistry in Warren, MN every 6 months. On 12/4/24 she had #5 tooth repaired and was seen on 2/9/24 with exam, xrays, cleaning and prophylaxis completed. She has a follow up appointment on 8/9/24.

**VISION:** Jean is seen at Warren Eye Clinic with her annual exam completed on 11/27/23. She continues to have hyperopia (far-sightedness) and presbyopia (inability to see close objects or small print). She had a small change in RX with new glasses ordered which she received on 1/10/24. She had no change in cataracts (no treatment needed at this time) and her interocular pressures were normal. She is to follow-up in 1 year.

**BEHAVIOR:** Jean has her psyche medications managed by Amber Deere, formally located in Hallock but now located in Cavalier, ND. She will continue to see Jean either in her office or via tele visit. On 2/6/24 an order was received for Klonopin (Clonazepam) 0.5mg BID PRN for anxiety, agitation and aggression due to an escalation of intensity and duration of behaviors which would totally exhaust Jean. Since receiving order for PRN Clonazepam she has been administered the

medication x1 in Feb 2024; x4 in March 2024; x2 in April 2024 and x 3 so far in May 2024. Jean did see Amber Deere in Cavalier on 5/2/24 with an order for Melatonin 3mg daily at bedtime as Jean has been often awake at night yelling or talking. She is to follow-up in 6 months. Some of the documented behaviors over the past 6 months are as follows:

11/20/23: Yelling, screaming and crying telling staff to go home and never come back – she later apologized.

1/17/24: Yelled very loudly for 5 minutes – she overheard staff talking and believed they were talking about her. When laid down on this day so nurse could clip her nails, she began hollering and kept it up for 2 hours and telling staff to go home.

1/22/24: Yelling and crying most of evening with staff unable to console her.

2/3/24: Was screaming all morning swearing at staff stating she was going to kill her. She kept stating “I’m not going to the dentist” -she did not have an appointment scheduled.

2/4/24: Behaviors from yesterday continued. She had an emesis of her evening meds and stated her throat hurt (from yelling). She appeared exhausted.

2/18/24: While sitting in dining room, she stated she saw black bears outside. At 4am she requested staff put on her shoes.

2/25/24: Began yelling loudly at 1:30am stating she is missing a certain staff person. She was consoled and given a hug, then settled down.

2/28/24: Was yelling/crying x 3 hours and was totally exhausted – was given a PRN Clonazepam.

3/15/24: She began shaking her fist at staff and refusing to take her noon medications. After a while she did take them.

3/17/24: Had a rough night – was crying and screaming for a staff person who was not present. Was given a PRN Clonazepam at 3:30am and eventually fell asleep.

3/22/24: Talking and singing much of night.

4/1/24: Refused to allow staff to take her B/P. She eventually allowed another staff member to take it. She also at first refused to take her evening medications but eventually did take them.

4/19/24: When preparing Jean for her shower, she began yelling and swinging her arms at staff. Her housemates became upset. She was given a PRN Clonazepam and did eventually quiet down.

4/20/24: Had a restless night yelling for staff not present.

4/26/24: Talked off and on all night.

5/1/24: Awake from 2:30am till 5:30am talking.

5/5/24: Was talking angrily and aggressively in evening until 1:30am then fell asleep.

5/6/24: After noon meal became very verbally aggressive. She refused her noon meds but took them after much coaxing. Refused to lie down, swearing at staff, calling them a bastard while

shaking her fists at them, telling them to go home. Was given PRN Clonazepam. Settled down after an hour. She was very quiet during evening meal and took her meds fine. She allowed staff to brush her teeth. Once staff put her to bed and tried removing clothing, she held onto slacks tightly and began yelling at staff and calling them a bastard. She continued to swear at staff telling them not to come back in the morning. She refused her PT and mouth exercises.

5/7/24: Jean continued to yell at staff while in bed and refused to let them touch her to do cares. She was quiet at 3am.

Jean continues to receive a body massage 2 x per month. She also has music therapy 1 x weekly. She is to propel her w/c independently 2 x daily to/from bedroom to dining room.

Report completed by Henrietta Linder RN on 5/7/24