

### Dear MEDICARE Patient,

Please note that your insurance requires us to have you fill out this packet ONCE a year. We apologize if this leads to any inconvenience.

Sincerely,

Dr. Derin Patel and Hillside Staff.

# Patient Health Questionnaire and General Anxiety Disorder (PHQ-9 and GAD-7)

Date	Patient Name:	Date of Birth:
Over the <u>last 2</u> Please circle v	<u>? weeks,</u> how often have you been bothe. your answers.	red by any of the following problems?

PHQ-9	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3
Add the score for each column				

Total Score (add your	column scores):	
` .	•	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all	Somewhat difficult	Very Difficult	<b>Extremely Difficult</b>

## Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems? Please circle your answers.

GAD-7	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge.	0	1	2	3
2. Not being able to stop or control worrying.	0	1	2	3
3. Worrying too much about different things.	0	1	2	3
4. Trouble relaxing.	0	1	2	3
5. Being so restless that it's hard to sit still.	0	1	2	3
6. Becoming easily annoyed or irritable.	0	1	2	3
7. Feeling afraid as if something awful might happen.	0	1	2	3
Add the score for each column				

Total	Score	(add v	our co	lumn	scores)	•
i Otai	Score	lauu v	our co	numm	SCOLEST	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all Somewhat difficult Very Difficult Extremely Difficult

### **FALL RISK ASSESSMENT**

#### **Fall Risk Assessment**

PATIENT NAME:			DOB:	DATE	:	
PARAMETER	SC	ORE	PATIENTSTATUS/CONDITION			
Level of		0	Alert & Oriented X 3			
Consciousness/Mental Status		5	Intermittent Confusion			
		10	Disoriented x 3 at all Times			
History of Falls		0	No Falls			
(past 12 months)		5	1-2 Falls			
		10	3 or More Falls or any falls that result in injur	у	Type of injury:	
Ambulation/Elimination		0	Ambulatory and Continent	Ambulatory and Continent		
Status		5	Chair Bound and Requires Assistance with To	ileting		
		10	Ambulatory and Incontinent			
Vision Status		0	Adequate (with or without glasses)			
		5	Poor (with or without glasses)			
		10	Legally Blind			
Gait and Balance			Have patient stand on both feet w/o any ty doorway, then make a turn (Mark all that a		ssistance then have the pt. walk: forward, thru a	
		0	Normal/Safe Gate and Balance			
		5	Balance Problem While Standing			
		5	Balance Problem While Walking			
		5	Decrease muscular Coordination			
		5	Change in Gait Pattern When Walking Through Doorway			
		5	Requires Assistance (person, furniture/walls or device)			
Orthostatic Changes		0	No noted drop in blood pressure between lyi			
		5	Drop <20 mmHg in BP between lying and star		•	
		10	Drop >20 mmHg in BP between lying and sta		·	
Medications		ı	antihypertensives, antiseizure, benzodiazep	ines, h	esthetics, antihistamines, cathartics, diuretics, ypoglycemic, psychotropics, sedative/hypnotics	
		0	None of these medications taken currently o		•	
		5	Takes 1-2 of these medications currently or v			
		10	Takes 3-4 of these medications currently or v		•	
		15	Patient has had a change in these medication		·	
Predisposing Diseases		T	seizures, arthritis, osteoporosis, fractures	tension	, vertigo, CVA, Parkinson's Disease, loss of limb(s),	
		0	None Present			
		5	1-2 Present			
		10	3 or More Present			
Equipment Issues		0	No risk factors noted			
		5	Oxygen tubing			
		5 5	Use assistive devise (cane/walker)  Bedside commode			
		5	Requires hospital bed			
Total Score			□ Low Fall Risk 0-5 □ Moderate Fall Risk Patient has been informed about fall risk as recommendations: □ YES □ NO		-	
Comments						

Practitioner Signature MD/DO/NP/PA Date

### **ACTIVITIES OF DAILY LIVING (FUNCTIONAL STATUS)**

NAME:		DOB:	DATE:	
ACTIVITIES	INDEPENDENCE:	DEPENDEN	 Ce:	POINTS
	No supervision, direction or	WITH supervision, direc	tion, personal	
	personal assistance	assistance or tot	al care	(points 1 or 0)
BATHING	(1 Point)	(0 Points)		
_	Bathes self completely or needs	Needs help with bathing	more than one	
	help in bathing only a single part	part of the body, getting	in or out of the	
	of the body such as the back,	tub or shower. Requires	total bathing.	
	genital area or disabled extremity.			
DRESSING	(1 Point)	(0 Points)		
	Gets clothes from closets and	Needs help with dressing	g self or needs	
	drawers and puts clothes on and	to be completely dressed		
	outer garments complete with			
	fasteners. May have help tying			
	shoes.			
TOILETING	(1 Point)	(0 Points)		
	Goes to toilet, gets on and off,	Needs help transferring t		
	arranges clothes, cleans genital	cleaning self or uses bed	oan or	
	area without help.	commode.		
TRANSFERRING	(1 Point)	(0 Points)		
	Moves in and out of bed or chair	Needs help in moving fro	m bed to chair	
	unassisted. Mechanical	or requires a comple	te transfer.	
	transferring aides are acceptable.			
EATING	(1 Point)	(0 Points)		
	Gets food from plate into mouth	Needs partial or total he	p with feeding	
	with help. Preparation of food	or requires parenter	al feeding.	
	may be done by another person.			
Scores: $\Box$ 6 = High	(patient independent)			
□ 4 = Mod	erate (patient dependence)			
☐ 2 or less	= Low (very dependent)	TOTAL PO	INTS	
	222 /22 /222 /22			
ractitioner Signature	MID/DO/NP/PA		Date	
ractitioner Printed Na	ame and Credentials		Rev 5/3	31/17

### **PAIN ASSESSMENT**

Name:		D	OB:	D	Date:					
Is the patient current	Is the patient currently experiencing pain/discomfort?									
If yes, has the pain/di			☐ > 3 months ☐	other						
Current Pain Scale:	□0 □1 □:	2 🗆 3 🗆 4 🛚	□ 5 □6 □7	□8 □9	9 🗆 1	0				
	Ori	igin/Area/Body	Part (s) where pa	in is locat	ted					
☐ Head			t 🗆 Right 🗆 Both			☐ Leg (☐ Left	☐ Right ☐ Both)			
☐ Neck		☐ Hand (☐ Le	ft 🗌 Right 🗌 Bot	th)		☐ Knee (☐ Lef	ft 🗆 Right 🗆 Both			
☐ Abdomen		☐ Back	-			☐ Buttocks				
☐ Foot (Left Right Bo	th)	☐ Chest				Other				
		Descriptio	n / Duration of P	Pain						
☐ Aching		☐ Intermittent	t			Burning				
☐ Cramping		☐ Stabbing				☐ Constant				
☐ Dull		☐ Pressure				☐ Sharp				
☐ Throbbing		☐ Other								
		Nor	n-Verbal Cues							
☐ Grimacing		☐ Gritting/Cle	nching Teeth/Jaw	/		☐ Tenseness				
☐ Loss of Appetite		☐ Muscle Rigio	dity			☐ Crying				
☐ Loss of Sleep		☐ Loss of inter	est in activities			☐ Guarding				
☐ Rubbing Area		☐ Recoil Reflex	x			☐ Other				
	Exac	erbating Factors	s/ Patterns of pai	in/discom	nfort					
☐ Walking		☐ Heat				☐ Medications	;			
☐ Resting		☐ Cold				Food				
☐ Noise		☐ Time of Day	, ☐ Light			Light				
☐ Other										
		Pain M	edication History	,						
Cur	rent Medication		Dose	Freque	ency	Does it he	lp alleviate pain?			
						☐ YES ☐ NO	○ □ Sometimes			
						☐ YES ☐ NO	○ □ Sometimes			
						☐ YES ☐ NO	○ □ Sometimes			
						☐ YES ☐ NO	○ □ Sometimes			
What altern	natives to medica	tion administrat	ion have been ut	ilized in t	the pa	st for pain/dis	comfort?			
☐ Massage	☐ Heat (☐ Dry	☐ Moist)	☐ TENS			☐ Physical The	rapy			
☐ Relaxation	☐ Cold (☐ Dry	☐ Moist)	☐ Nerve Block			☐ Other				
☐ Positioning	☐ Menthol App	lication	☐ Distraction			Do these help a	Illeviate pain?			
☐ Pain Clinic	☐ Imagery			□ YES □ NO □	] Sometimes					
Does the patient have s	piritual/Ethnic/Cult	ural beliefs about p	pain and pain mana	agement?			YES □ NO			
If yes, describe:										
Does the patient have a	history of recreation	onal drug use?					YES NO			
If yes, what type?										
Practitioner Signature	MD/DO/NP/PA				-	Date				
	, , . , . , . , . , . , . , .				,	<del></del>				
Practitioner Printed Na	me and Credenti	als								

# Bladder Control Assessment and Treatment Form

	Member Informati	ion			
Member ID:					
Patient Name: (last)	, (first)				
Patient DOB (mm/dd/yyyy)://					
	Assessment Informa	ation			
Assessment Date:/Compl	leted By:				
Physician Name:		Physician Role:	O PCP	O Specia	alist
Physician Phone #:	Physician Fax #:				
• 1FSDFOU PG QFPQMF XIP SFQPSUFE IBWJOH VSJ QSPWJEFS CFUXFFO +BOVBSZ ITU BOE %FDFNCF • [ 65 ZFBS PG BHF BOE PMEFS BT PG +BOVBSZ IT /PUF: (BQT GPS UIJT NFBTVSF DBO CF DMPTFE CZ \ 4VQQMFNFOUBM EBUB JT BDDFQUFE UISPVHI 4	FS 3ITU PG UIF NFBTVSFNFOU ZFBS. TU PG UIF NFBTVSNFOU ZFBS. VTJOH UIF GPMMPXJOH \$15 DPEF			MUI DBSF	
				Answe	r
Qu	estion		Yes	No	Prefer not to discuss
1. In the past six months, have you ac If the answer is "Yes," proceed to question end discussion and repeat the survey every	2. If the answer is "No" or "Pref	fers not to discuss,"	0	0	0
2. Have you received any treatments s medication or surgery for your curr If the answer is "Yes," proceed to question is "Prefers not to discuss," please print out of to the patient, and verbally emphasize the in	rent urine leakage problem 3a; if the answer is "No" procee educational material such as Bla	<b>n?</b> ed to 3b; if the answe adder Matters, hand i		0	0
3a. What treatments have you received	l?			ery	g
<b>3b. Would you like to discuss the available</b> If the answer is "Yes", discuss treatment material such as Bladder Matters, and has importance of discuss such matter.	t options. If "No", please prin	nt out education	0	0	
Intervention/Comments:					
1SPWJEFS 4JHOBUVSF:			F:		

### Mini-Cog©

Instructions	for	Administration	&	Scoring
ID:		Date:		

### Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat backto me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies. <sup>1-3</sup> For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

### Step 2: Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

### Step 3: Three Word Recall

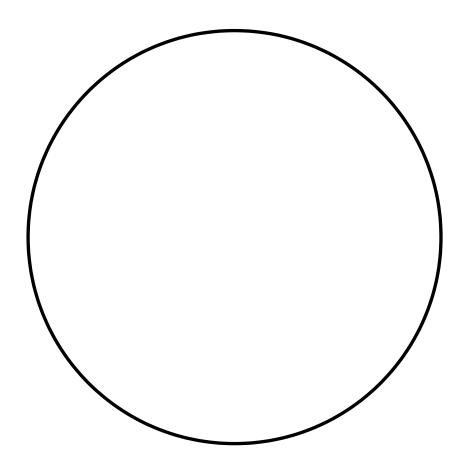
	ree words you stated in Step 1. Say: "What were the three words I asked you to list version number and the person's answers below.
Word List Version:	Person's Answers:

### Scoring

Word Recall: (0-3 points)	1 point for each word spontaneously recalled without cueing.
Clock Draw: (0 or 2 points)	Normal clock = 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in anchor positions) with no missing or duplicate numbers. Hands are point-ing to the 11 and 2 (11:10). Hand length is not scored.  Inability or refusal to draw a clock (abnormal) = 0 points.
Total Score: (0-5 points)	Total score = Word Recall score + Clock Draw score.  A cut point of <3 on the Mini-Cog <sup>TM</sup> has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of <4 is recom- mended as it may indicate a need for further evaluation of cognitive status.

### **Clock Drawing**

ID:	Date:



#### References

- Borson S, Scanlan JM, Chen PJ et al. The Mini-Cog as a screen for dementia: Validation in a population based sample. J Am Geriatr Soc 2003;51:1451–1454.
- Borson S, Scanlan JM, Watanabe J et al. Improving identification of cognitive impairment in primary care. Int J Geriatr Psychiatry 2006;21: 349–355.
- 3. Lessig M, Scanlan J et al. Time that tells: Critical clock-drawing errors for dementia screening. Int Psychogeriatr. 2008 June; 20(3): 459–470.
- 4. Tsoi K, Chan J et al. Cognitive tests to detect dementia: A systematic review and meta-analysis. JAMAIntern Med. 2015; E1-E9.
- McCarten J, Anderson P et al. Screening for cognitive impairment in an elderly veteran population: Acceptability and results using different versions of the Mini-Cog. J Am Geriatr Soc 2011; 59: 309-213.
- McCarten J, Anderson P et al. Finding dementia in primary care: The results of a clinical demonstration project. J Am Geriatr Soc 2012; 60: 210-217.
- Scanlan J & Borson S. The Mini-Cog: Receiver operating characteristics with the expert and naive raters. Int J Geriatr Psychiatry 2001; 16: 216-222.

### Hillside Primary Care 210-742-6555 www.hillsideprimarycare.com

### **Patient Financial Responsibility**

Thank you for choosing us as your healthcare provider. We are committed to the success of your treatment. Please understand that payment of your bill is considered a part of the treatment process. The following is a statement of our "Financial Policy" which we require that you read and sign prior to our rendering any service or treatment is rendered.

Payment in Full is Due At The Time Of Service Unless Prior Arrangements Are Made. We Accept Cash, Visa, Master Card.

### **Insurance Participation**

We may accept assignment of benefits from designated insurance carriers. However, we do require that the estimated co-payments and Deductibles be paid at the time of service. The balance is your responsibility whether your insurance pays or not. We cannot bill your insurance company unless you provide current and accurate insurance information. Our office will require copies of the front and back of your insurance Cards. Blood lab fee will be charged to your insurance company but in the event of non coverage test, you will be responsible to pay for tests. Your insurance policy is a contract between you and your insurance company. We are not a party to that contract unless you are insured by a plan with which we participate and have signed an agreement. If your insurance company has not paid your account in full within 60 days, the balance due will be automatically transferred to your account. Please be aware that some, and perhaps all of the services provided to you may be considered non-covered or not reasonable and necessary under the policies of your medical insurance carrier or Medicare. In the event that your insurance coverage changes to a plan with which we do not participate, we will require assignment of benefits to our office or full payment will be due according to the payment arrangements.

Please note again that balance is your responsibility. We will mail 3 statements on a monthly basis. If the balance due is not paid in full after 3 statements, the patient consents to charging their credit card on the file. Patient may clarify any billing questions by calling us or sending us a email at liveoakoffice@hillsideprimarycare.com

Patient consents to Email, text and voice reminders and messaging. Patient gives consent to retrieve prescription history when the request is triggered.

#### **Missed Appointments**

Please help us serve you better by keeping scheduled appointments. Unless cancelled, at least 24 hours in advance, our policy is to charge \$50.00 fee for appointments not canceled 24 hours in advance. You can Call us/Leave a voicemail or Email us at liveoakoffice@hillsideprimarycare.com to cancel your appointment in advance. NO SHOW FEE is non refundable and will be charged automatically on the day of NO SHOW using the Credit card that is given on file.

Thank you in advance for your understanding of our Financial Policy. Please let us know if you have any questions or concerns.

Name:	Date:
Signature:	_

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#### CONSENT FOR TREATMENT

#### General Consent to Treat

I voluntarily consent to treatment and/or related services by Hillside Primary Care which may be advised and recommended by the attending physician. I understand that in the event of a medical or psychiatric emergency which may be life threatening, that it may become necessary for Hillside Primary care to render such emergency treatment and/or transfer myself or my child to a hospital for treatment.

I understand that no promises have been made to me as to the results of treatment or of any procedures provided by this organization.

I am aware that I may stop my treatment with Hillside Primary care at any time. The only thing I will still be responsible for is paying for the services I have already received. I understand that I may lose other services or may have to deal with other problems if I stop treatment. (For example, if my treatment has been court-ordered, I will have to answer to the court).

I am aware that an agent of my insurance company or other third-party payer may be given information about the type(s), cost(s), date(s) and providers of any services or treatments I receive. I understand that if payment for the services I receive here is not made, Hillside Primary care may stop treatment.

I acknowledge that I have received a copy of Hillside Primary care Notice of Privacy Practices which summarizes the ways my health information may be used and disclosed by Hillside Primary care and states my rights with respect to my Protected Health Information (PHI). I understand that Hillside Primary care has the right to revise these information practices and to amend the Notice of Privacy Practices. I have been informed that in the event Hillside Primary care changes this Notice, a revised Notice will be posted in the office waiting area and that I may obtain a current Notice of Privacy Practices at any time from the front desk.

Name:	 Date:
Signature:	

# Allergy Questionnaire - Intake Questions To Be Filled Out by Patient

Patient Name	<u>ame</u> Birthdate	
Reviewed by		Date
1. Do you experience any of the Cough Cough Coufficulty breathing Runny nose Cours pain Skin irritation	•	e per year? (Check all that apply) ☐ Congestion ☐ Wheezing ☐ Itchy/irritated eyes ☐ Unexplained fatigue
2. Have you ever been diagnose	ed with asthma or bronchitis?	□ Yes □ No
3. Do you experience symptom:	s of allergies? □ Yes □ No	
4. Regarding possible food aller  Bloating after eating  Constipation  Stomach pain  Vomiting	☐ Diarrhea☐ Upset stomach☐ Indigestion	f the following? (Check all that apply)  Cough Wheezing Nausea
C VORRUNG	u lingling of the mou	th or any other unusual sensation

### HILLSIDE PRIMARY CARE

## **ABI (93922)**

NAME:		
DOB:	/	
AGE > 50 OR WI	TH HISTORY OF HTN/ HLD/ T2DM	M, SMOKING PV EVAL DONE.
	ANKLE	BRACHEL
RIGHT		
LEFT		
PROVIDER SIGNATURE		DATE

DOB:/ Today's Date:/	
	Iside Primary Care Health Questionnaire PATIENTS > 50
1. Do you get short of breath at	rest or while exerting yourself?YESNO
2. Have you experienced chest p	pain/tightness/pressure recently?YESNO
3. Have you ever had an abnorn	nal EKG?YESNO
4. Do you have high blood press	sure?YESNO
5. Do you currently smoke or ha	ave a history of smoking?YESNO
6. Have you had any fainting sp	ells or loss of balance? YESNO
7. Do you have high cholestero	!?YESNO
8. Do you ever have numbness or	
9. Have you been diagnosed wi	th diabetes?YESNO
	R OFFICE USE ONLY
	LOWING TESTS FOR ANSWERS CIRCLED YES ABOVE
#1-4	ECHOCARDIOGRAM
#5 AND IF 65 Y/O MALE	AAA SCREENING
#6	CAROTID DOPPLER  LIMITED CAROTID W/ IMT (intima media thickness)
#7	LIMITED CAROTID WE HAT (Intellig thedia thickness)
<u>Tests Ordered:</u>	
ECHOCARDIOGRAM	
AAA SCREENING	
CAROTID DOPPLER	P 463-lm 200
LIMITED CAROTID W/ IMT (Inti	ma media (nickness)
Scheduled:/	
Time::	
•	Provider Signature

HILLSIDE PRIMARY CARE
IMAGING
Name: DOB:
Cost for Ultrasound is:
Date of your Appointment:
Reason for exam: to look for any abnormalities with your heart or blockage in arteries of neck that take blood to the brain.
What to expect on Echo/Carotid Ultrasound:
Please make sure to wear a comfortable t-shirt on the day of your appointment. There is no need to Fast or hold any of your medications for this exam. You will arrive at the main lobby and check in as your routine appointment. Staff will take you to the Ultrasound waiting room for your testing.
Please make sure to cancel your appointment at least 48 hours in advance if you are unable to make it. You can call us or email us at <a href="mailto:liveoakoffice@hillsideprimarycare.com">liveoakoffice@hillsideprimarycare.com</a> to cancel your appointment. Availability for Ultrasound tech is extremely limited so we will enforce NO SHOW FEE of \$50.00 if you do not cancel your appointment.
Thank you.
Signature: