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by Zcszxzsx Vvvvvvvvvvvv

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Preliminary Care Coordination Plan

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(Student's Name)

(Institutional Affiliation)

(Course)

(Date of submission)

Care Coordination Plan

Name: John Doe

DOB: 20th May 1963

Address: Maryland, NC 27608

Payor Source:

Secondary Source:

Heart Disease

1. Background

Heart disease is an umbrella word for several diseases directly affecting the heart. These diseases include congenital disabilities of the heart, coronary artery diseases, and arrhythmias.

¹ According to the Center for Disease Control and Prevention (CDC) (2020), 1 in 4 people in the USA dies of heart disease. The signs of heart disease include dyspnea and angina pectoris, and bipedal edema primarily. Various risk factors are associated with heart diseases, including smoking, age, sex, high blood pressure, diabetes, and low diet. Others include high blood cholesterol levels, obesity, chemotherapy drugs, cancer radiation therapy, family history, stress, and physical inactivity. Complications associated with heart diseases include hypertension, myocardial infarctions, and heart attacks, and strokes from dislodged clots.

Apart from the shocking statistics of deaths by heart diseases and the need to curb these diseases, there are several reasons to carry out a care coordination plan. One is that patients can access better coordinate care, thus enjoying good health as they are made aware and reminded

how to control their disease or condition effectively. Secondly, physicians, nurses, and medics are well informed and engaged about their patients leading to better health care.

2. Routine Health Maintenance

Physician: Dr. Brian

Physician's Address:

Physician's Phone Number: +1 (555) 555- 3452

General Dentist: Dr. Annett West

Dentist's Address: Forest Rd Raleigh, NC 27609

Dentist's Phone Number:

Preferred Hospital: John Hopkins Hospital

Pharmacy: John Hopkins Hospital Inpatient Pharmacy

Pharmacy's Address: Baltimore Maryland

Pharmacy' Phone Number: (919) 954-3120

3. Specialty Care: Carolina Specialty Care

Specialist One: Dr. Rodriguez

Discipline: Cardiovascular disease

Physician's Address: Maryland, NC 27609

Physician's Phone Number: (919) 546-9870

Treatment Goals:

- Reduce or reverse disease progression.
- Improve the quality of life.
- Relieve unwanted symptoms like pain

Specialist Two: Dr. Williamson

Discipline: Cardiology

Physician's Address: Durham, NC 27705

Physician's Phone Number: (919) 774-001

Treatment Goals

- Make diagnostic, informed decisions, and therapeutic interventions following patients' information and preferences.
- Improve the quality of life

Specialist Two: Dr. Williamson

Discipline: Pulmonologist

Physician's Address: Durham, NC 27705

Physician's Phone Number: (919) 774-001

Treatment Goals

- Reduce or reverse disease progression
- Improve the quality of life

4. Mental Health Provider

Specialist One: Dr. Torrey

Discipline: Clinical Psychiatrist

Provider's Address: Baltimore, NC 27705

Provider's Phone Number: (956) 754-001

Treatment Goals:

- Improve overall patient overview, like self-esteem
- Help the patient to adapt to the recommended lifestyle modifications mentally

5. Hospital Care (List history of hospitalizations.)

Date of Hospitalization: 12th July 2015

Hospital Name: Duke University Hospital

Reason: cardiac arrest

Length of Stay: 1 month

Discharged to Location: Durham

6. Patient Education (List any educational program or coordination that the patient has completed.)

Name of Program: community health development

When: 16th July 2018

Where: Baltimore

Name of Program: School Health Program

When: 28th August 2018

Where: Capella University

7. Medication List (List all medications, dosage, and purpose.)

Medication: Anticoagulants (heparin)

Dosage: 5000 units IV injection

Purpose:

☒ prevent recurrent stroke

☐ prevent harmful blood clotting

Medication: Quinapril

Dosage: 10-20 mg PO qDay

Purpose:

improve symptoms of cardiovascular conditions like heart failure and high blood pressure.

Medication: Beta Blockers (Nadolol)

Dosage: 40 mg/day

Purpose:

□ lower blood pressure

Medication: sotalol

• Dosage: CrCl >60 mL/min: Give q12hr

Purpose: treating chest pains

8. Nursing

Skilled Nursing Visits

Name: Angela White

Services: checking the patient's blood pressure

Indication: high

Treatment Goals:

- a. Maintain blood pressure
- b. Improve the quality of patients care

9. Hourly Nursing Services

Name: Christine Lopez

Services: administering injections and medicines

Indication: well administered

Treatment Goals:

- a. Maintain high-quality patient care.

b. Ensuring drugs are administered correctly and at the right time.

7. Signatures

9. RN Care Coordinator

Dr. Hamilton Jones

Patient

John Doe

Patient Contact Information (e-mail or phone)

jodoe@gmail.com

Community resources for a safe and effective continuum of care

Education services

Considered one of the essential resources for a safe and effective continuum of care, education services have contributed to healthcare (Manus & Bauer, 2016). Through education forums and institutions, the world population has accessed and learned more about how to stay healthy, the importance of health check-ups, how to manage diseases, and the importance of seeking medications. Together with the World Health Organization, health agencies and learning institutions have offered education services such as awareness, which have improved healthcare greatly.

Pharmacies

Pharmacies as a resource for the effective and safe continuum of care are also significant. Patients have to get drugs after being diagnosed with the disease they are suffering from by the doctor. Without pharmacies, many people would succumb to their diseases as no medication has been administered.

Transportation services

As part of the infrastructure, transport enables people to easily access health agencies such as hospitals, nursing homes, and clinics. For instance, during emergencies, ambulances are called to fetch the patients. If transport is terrible, the time taken by the ambulance to and fro will be a lot, which may jeopardize the patient's life.

Skilled nursing services

Skilled nursing services have greatly improved effective and safer healthcare. Skilled nursing services have led to less re-hospitalization as it will be less likely to require hospitalization. Secondly, there will be continuity in care, and care will be more proactive. More so, patients' health care will be more effective and improved concerning quality healthcare.

Hourly Nursing Services

Hourly nursing services in heart disease are crucial, especially when it is in its more progressive stages. Also, hourly nursing services play a crucial role after surgical repair of heart disease conditions, such as in the correction of congenital anomalies.

Rehabilitation Services

People with heart disease frequently face mental health diseases (CDC, 2020). Rehabilitation services are crucial in managing health disorders, such as depression and behavioral modifications. Behavioral modifications are input to help reduce lifestyle choices such as low diet or lack of exercise, which may worsen the disease states.

References

- Center for Disease Control and Prevention (2020). Heart Disease. Retrieved from <https://www.cdc.gov/heartdisease/index.htm>
- Manos, M. M., Leyden, W. A., Resendez, C. I., Klein, E. G., Wilson, T. L., & Bauer, H. M. (2016). A community-based collaboration to assess and improve medical insurance status and access to health care of Latino children. *Public Health Reports*.
- Shi, A., Tao, Z., Wei, P., & Zhao, J. (2016). Epidemiological aspects of heart diseases. *Experimental and therapeutic medicine*, 12(3), 1645-1650.

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