

Project ECHO: Sunflower Health Plan Case Presentation

Presentation Information

Series: Aging in Place
Session: Aging in YOUR place
Name: Rachel Wydeven
Date: 6/29/2023



Patient Information

Gender: Male Female

Age: 72

Race:

- American Indian/Alaskan Native Asian Native Hawaiian/Pacific Islander Multi-racial Other
 Black/African American White/Caucasian Prefer not to say

Ethnicity:

- Hispanic/ Latino Not Hispanic/Latino Prefer not to say

Strengths and Preferences (goals, motivators, preferences, Important to the individual)

- Analytical thinker
- Loves to golf and lives in apartment on a golf course
- Reports that he thrives in his apartment
- Enjoys his independence, but likes to be with people as well
- Active in local NAMI chapter
- Enjoys audiobooks – fiction and mental health non-fiction
- Enjoys physical Therapy, both at facility and at home - empowering

Relevant Social and Trauma History (Current living situation, employment status, pertinent legal history, level of education, relationship status, children, support system, etc.)

- Family trauma – dad was physically, emotionally, verbally abusive (as were both of his parents)
- Member has been divorced multiple times
- When his 3rd wife was pregnant with their daughter, he was so overwhelmed that he left his wife, unborn baby, and home. A couple of months later, he returned to his family (now including a newborn daughter) and for the 1st time, went to a mental health ctr.
There, he was diagnosed with clinical depression and prescribed a small dose of antidepressant and talk therapy. By the next year, he was divorced and had a renewed ability to concentrate again on his work (very important to him).
- Soon also diagnosed with Bi-Polar
- Fired from his job over 30 years ago
- Lives alone currently. Recently reported that he realizes now that he had counted on intimate relationships to solve his problems, and/or make him whole.
- 2 adult children – his daughter, from whom he's largely estranged, and a son whom he talks with, but not regularly
- Has a Master's degree in Computer Science, but a psychotic break down ended his career

Project ECHO: Sunflower Health Plan Case Presentation

Relevant Medical History (Diagnosis, conditions, etc.)	Medication Summary (Name, dose, frequency, route)
ADHD UNSPECIFIED TYPE	ALBUTEROL AER 90MCG IN
BIPOLAR DISORDER UNSPECIFIED	ATOMOXETINE CAP 10MG OR
CONSTIPATION	ATOMOXETINE CAP 80MG OR
DIABETES MELLITUS	BREO ELLIPTA INH 200-25 IN
ERECTILE DYSF D/T DZ CLASS ELSW	CLONAZEPAM TAB 1MG OR
GALLSTONE ILEUS	CLONIDINE TAB 0.2MG OR
GERD WITHOUT ESOPHAGITIS	DIAZEPAM TAB 2MG OR
HEADACHE	EZETIMIBE TAB 10MG OR
HYPERLIPIDEMIA UNSPECIFIED	FERROUS SULF TAB 325MG ...
HYPERTENSION NOS	FLUTICASONE SPR 50MCG NA
INSOMNIA	GABAPENTIN CAP 300MG OR
NEUROPATHY IN OTHER DISEASE	HYDROCO/APAP TAB 5-325...
PAIN IN HIP	LAMOTRIGINE TAB 200MG OR
	LORATADINE TAB 10MG OR
	LORAZEPAM TAB 1MG OR
	LOSARTAN POT TAB 50MG OR
	MAGNESIUM CITRATE OR
	METFORMIN TAB 500MG OR
	MULTIVITAMIN TAB ADLT 50...
	NEFAZODONE TAB 150MG OR
	OMEPRAZOLE CAP 40MG OR
	SILDENAFIL TAB 25MG OR
	SIMETHICONE CHW 80MG OR
	TADALAFIL TAB 5MG OR
	TIZANIDINE TAB 2MG OR
	VALIUM TAB 2MG OR
	VITAMIN B TAB COMPLEX OR
	VITAMIN C TAB 500MG OR
	VITAMIN D3 TAB 1000UNIT OR
	ZINC TAB 50MG OR

Project ECHO: Sunflower Health Plan Case Presentation

Lab Summary (Test, result, date, etc.)	Toxicology Summary (Test, result, date, etc.)
Substance Use History (Substance, age of first use, age where use became problematic, longest period of sobriety, how sobriety was achieved, method of use)	
<p>Member has been a smoker. Has not reported alcohol overuse or illicit drug use. He no longer smokes. Valium has helped.</p>	
Psychiatric History (Age of first mental health contact, past diagnosis, self-harming behavior, suicide attempts, etc.)	
<p>Has been in-patient in several psych hospitals</p>	
Treatment Summary (Form of treatment, engagement in treatment, date entered, voluntary, etc.)	
<p>Nefazadone has been a “life saver” for him. Has long-time psychiatrist, whom he trusts. Currently engaged in Eye Movement Desensitization and Reprocessing (EMDR) Therapy Adheres to current medication regimen</p>	
Barriers to Treatment	
<p>Mania – Dissociation from emotions. Member does not get “mental images” – like aphantasia – his brain translates everything to words.</p>	