

***Harnessing Technology to Advance Wellness and
Improve our Outcomes:***

***The College for Behavioral Health Leadership's -
Healthy Behaviors E-Guide***

Allen S. Daniels, Ed.D.

April, 2016

A Brief History of the American Health Care System's Approach to Wellness



MEDICINE
ORIGINAL TONIC
No. 28
ELIXIR OF
Champions
GOOD FOR WHAT AILS YOU
143 KNOWN CURES

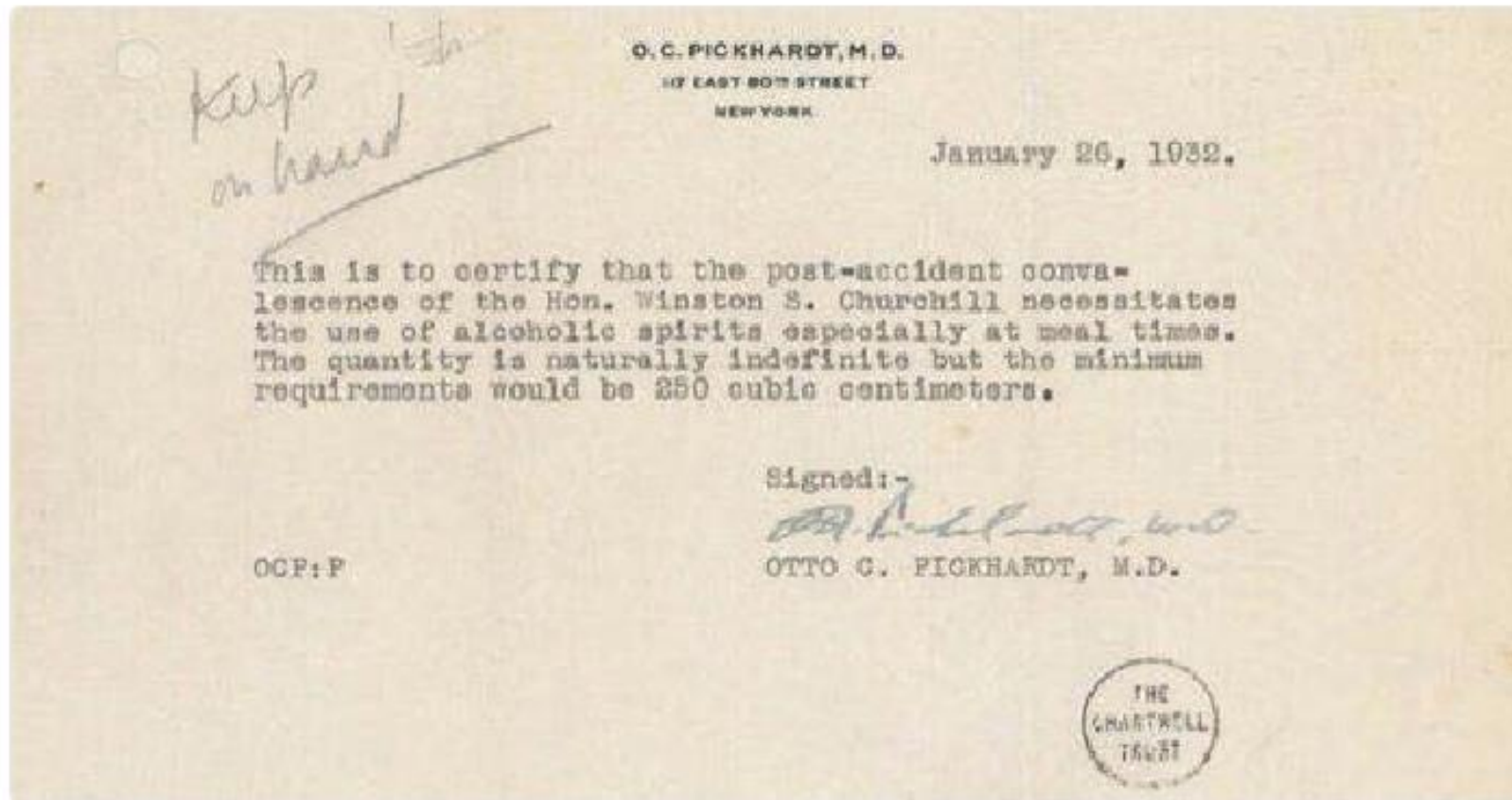
RUSH'S Bitters
RUSH'S SARSAPARILLA AND IRON.
FARINESTOCK, N.Y.

DR. A.C. DANIELS LINIMENT OSTER COCUS
CONTENTS 6 FLUID OUNCES
DR. A.C. DANIELS
PRICE 50 CENTS
DR. A.C. DANIELS, INC.
BOSTON, MASS. U.S.A. & KNOXVIL, TENN. U.S.A. & CANADA

SLOAN'S LINIMENT
Distributed by
STANDARD LABORATORIES, INC.
New York Los Angeles St. Louis
MADE IN U.S.A.
6 FL. OZS. (177cc)

DR. A.C. DANIELS LINIMENT OSTER COCUS
CONTENTS 6 FLUID OUNCES
DR. A.C. DANIELS
A SORE CORD AND MUSCLE OIL
PRICE 50 CENTS
DR. A.C. DANIELS, INC.
BOSTON, MASS. U.S.A. - KNOXVIL, TENN. U.S.A. & CANADA

A note from Winston Churchill's doctor for alcohol during his trip to America during prohibition, 1932.



According to repeated nationwide surveys,

More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!

You'll enjoy Camels for the same reasons so many doctors enjoy them. Camels have cool, cool *mildness*, pack after pack, and a *flavor* unmatched by any other cigarette. Make this sensible test: Smoke only Camels for 30 days and see how well Camels please your taste, how well they suit your throat as your steady smoke. You'll see how enjoyable a cigarette can be!

THE DOCTORS' CHOICE IS AMERICA'S CHOICE!



MAUREEN O'HARA says: "I pick Camels. They agree with my throat and taste wonderful!"



DICK POWELL says: "I get more pleasure from Camels than from any other brand!"



RALPH BELLAMY reports: "Camels suit my nose and throat. I've smoked 'em for years!"



For 30 days, test Camels in your "T-Zone" (T for Throat, T for Taste).



Recently, 3,000 doctors reviewed the product, and 73% of them would recommend a low-calorie supplement to their healthy patients. With only 4 calories, 5 Hour Energy is a great way to find a boost without repercussions. Is it right for you? Ask your doctor. They already asked 3,000.

Healthy Behavior Change



the E-Guide Road Map

It Begins with You



health literacy
is the first step

get
engaged and activated

explore
motivation and readiness

recovery & resilience
is shared

It Takes a Village



look at
the social determinants of health

acknowledge the
role of
peers, family & community

think **workplace**
about

Supporting Technologies



E-health and Health Metrics
have a growing
role in support

we all need
systems that are
trauma informed

put it all together
and combine
concepts to
explore the base
of
healthy behavior change



Check it Out!
change4health.org

It Begins with You



[Home](#) [It Begins with You](#) [It Takes A Village](#) [Technologies](#) [Sitemap](#)

It Begins With You



This is the hub for the content for Health Literacy and Activation: It Begins with You. It includes:


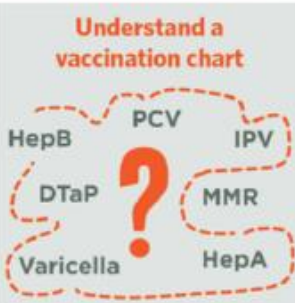



It Begins with You
Health Literacy

3 Types of Health Literacy

General Health Literacy

-----> **More than 1 in 2 adults can't:** <-----

<p>Use a BMI graph to find their healthy weight</p>  <p>22 23 24 25 26 27 28 29 30 119 124 129 134 138 143 148</p> <p>58 59 60 61 62 63 64</p>	<p>Understand a vaccination chart</p>  <p>HepB PCV IPV DTaP MMR Varicella HepA</p>	<p>Read a drug label</p>  <p>RX ?</p>
--	---	---

Insurance Health Literacy



Behavioral Health Literacy



It Begins with You

Patient Engagement



PATIENT AND
FAMILY PREPARATION



CLINICIAN
AND LEADERSHIP
PREPARATION



CARE AND
SYSTEM REDESIGN



ORGANIZATIONAL
PARTNERSHIP



MEASUREMENT
AND RESEARCH



TRANSPARENCY
AND ACCOUNTABILITY



LEGISLATION
AND REGULATION



PARTNERSHIP IN
PUBLIC POLICY

MAKING
PATIENTS AND
THEIR FAMILIES A
PRIORITY

Engagement and Activation



It Begins With You

Motivation and Readiness



Motivation

Readiness for Change

Motivational interviewing: an example

Imagine you are about to sit down with a patient who smokes and suffers from chronic conditions such as hypertension or diabetes. How would you approach the conversation?

- 1 Express empathy**
"So what I hear you saying is that you are tired of being lectured about smoking. Tell me more about why you feel this way."
- 2 Develop discrepancy**
"What are your goals for the future? How do you see smoking fitting in with your aspirations?"
- 3 Avoid arguments**
"The single best thing you can do for your health is to quit smoking, and I'm here to help

you when you're ready."

- 4 Roll along when resistance comes**
"It sounds like you have thought of a lot of possible stumbling blocks to cutting back your smoking. What could be some of the possible solutions?"
- 5 Support self-reliance**
"I'm really impressed that you are thinking about cutting back on smoking. I want you to know that I believe you can do it. Let's plan to meet in a month to see how things are going."

It Begins with You

Recovery & Resilience

Recovery and Resilience

Five Stages in the Recovery Process

Impact of Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
The person is overwhelmed by the disabling power of the illness. The role of services is to decrease the emotional distress by reducing the symptoms.	The person has given into the disabling power of the illness. The role of services is to instill hope, a sense of possibility, and to rebuild a positive self-image.	The person is questioning the disabling power of the illness. The role of services is to empower the person to participate in his/her recovery by beginning to take small steps.	The person is challenging the disabling power of the illness. The role of services is to help the person identify his/her strengths and needs in terms of skills, resources and supports.	The person is moving beyond the disabling power of the illness. The role of services is to help the person use his/her strengths and to get the necessary skills, resources and supports.

Protective Factors	Risk Factors
Individual Factors	
<ul style="list-style-type: none"> • A feeling of control over one's life • A sense of cohesion with others • Close relationships with competent adults • Connections to prosocial organizations • Tolerance for delayed gratification • A sense of humor 	<ul style="list-style-type: none"> • Little sense of control over one's life • Poor self-control • Negative emotionality • A need for immediate gratification
Family Factors	
<ul style="list-style-type: none"> • Good parenting skills • Trusting relationships • Well-defined family roles and responsibilities • Opportunities to learn to deal with criticism, rejection and silence 	<ul style="list-style-type: none"> • Parental and sibling drug use • Poor child rearing and socialization practices • Ineffective parental supervision • Family conflict and marital discord • Domestic violence, abuse and neglect
Community Factors	
<ul style="list-style-type: none"> • Participation in school, work and community with a sense of belonging and contributing • A social network of peers • An opportunity to learn to handle challenges 	<ul style="list-style-type: none"> • Limited resources • Low socioeconomic status • Communities that lack the ability or resources to reach out to those in need of assistance

It Takes a Village



Workplace

Social
Determinants
of Health

Peer, Family
and
Community

Village



Peers, Family, and Community Supports



It Takes A Village

Peer Family and Community Supports

Peers



CHW

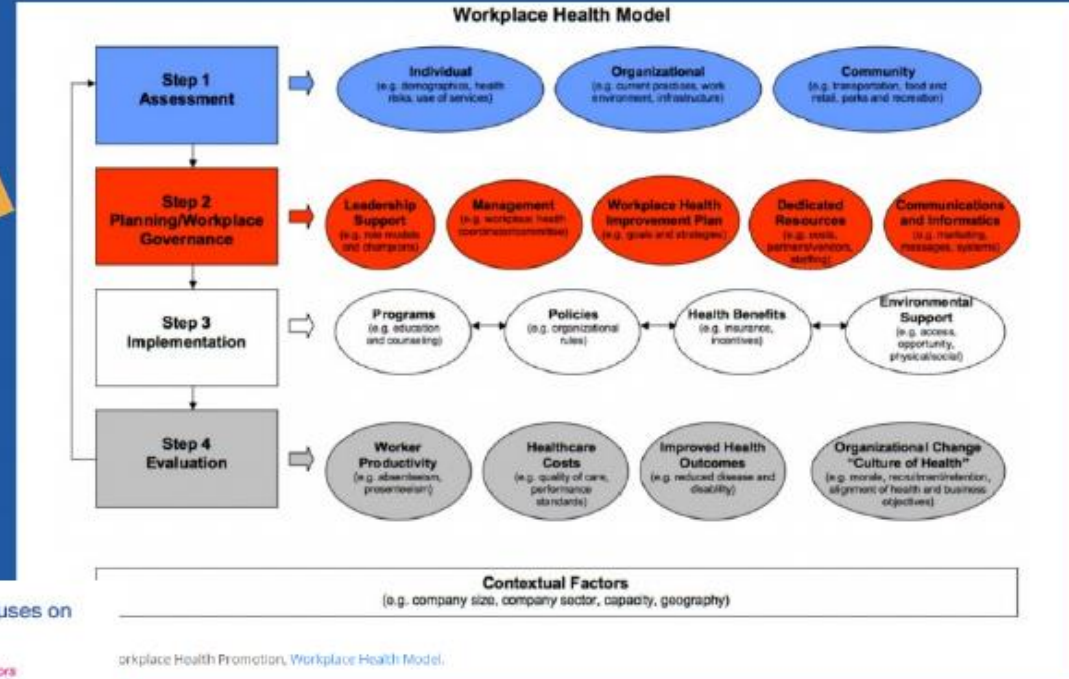


Funding



It Takes a Village
Workplace Health

Workplace Health



GE's Health by Numbers program focuses on controllable health factors

NBSGH Purchaser's Guide conditions/factors addressed: Obesity, Diabetes, Healthy Diet, Tobacco Use, Heart Disease, Stress

GE's program: Health by Numbers 0 5 10 25

• Targets the most critical and controllable factors that affect a person's overall health and well-being.



• Engage employees to achieve and maintain optimal health

Workplace Health Promotion, Workplace Health Model.

0 → 5 → 10 → 25
Health by the Numbers



Let's take a dip into consumer E-Health & Health Metrics



Consumer E- Health and Health Metrics



Office of the National Coordinator for Health Information Technology (ONC)



A New Generation of Health Metrics

Tomorrow's Metrics

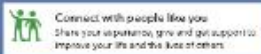
- Health Outcomes
 - Morbidity
 - Mortality
 - Quality of Life
- Health Determinants
 - Poverty Levels
 - High School Graduation Rates
 - Availability of Healthy Food



"Value is the health outcomes achieved that matter to patients..."
Michael Porter

ONC Framework- 5 Components of E-Health

- Peer-to-peer online support groups/health-related virtual communities
- Self-management/self-monitoring
- Decision aids that facilitate personal decision-making
- Personal health records
- Internet use to acquire health information



A New Generation of Health Metrics

Yesterday's Metrics
-What did I do?
-How well did I do it?



ONC Framework- 5 Components of E-Health

- Peer-to-peer online support groups/health-related virtual communities
- Self-management/self-monitoring
- Decision aids that facilitate personal decision-making
- Personal health records
- Internet use to acquire health information



Connect with people like you
Share your experience, give and get support to
improve your life and the lives of others

A New Generation of Health Metrics

Tomorrow's Metrics

- Health Outcomes
 - Morbidity
 - Mortality
 - Quality of Life

- Health Determinants
 - Poverty Levels
 - High School Graduation Rates
 - Availability of Healthy Food



“Value is defined as the health outcomes achieved that matter to patients...”

Michael Porter

E-Health Tools → Wearables

- Activity Levels
- Calories Burned
- Sleep Patterns
- Heart Rate



Frameworks

A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles, identified by SAMHSA, may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

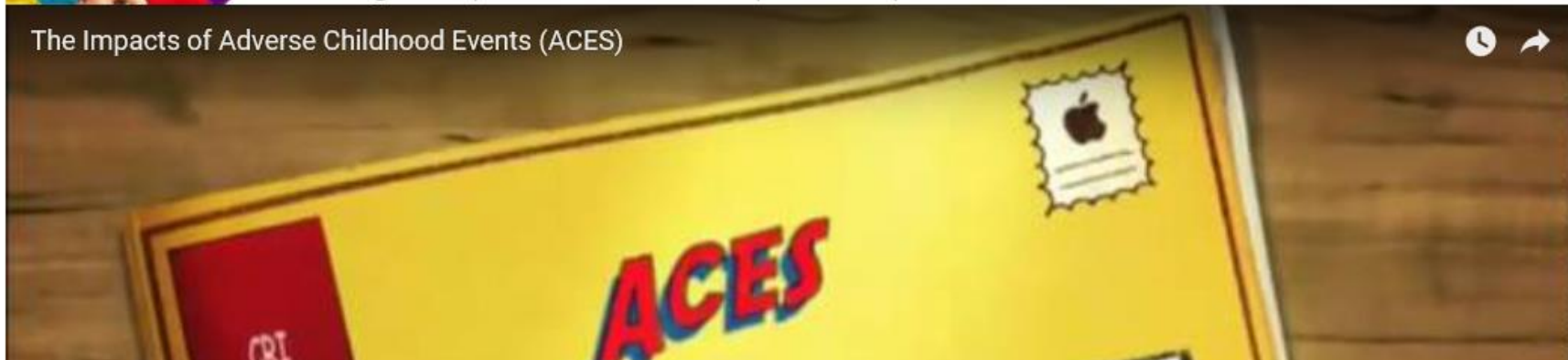


Adverse Childhood Experiences



One of the largest investigations examines the connections between childhood maltreatment or traumatic experience and the impacts on health and wellness later in life.

The following video captures the essence of this important concept and the related work:



Person-Centered Models of Integrated Healthcare
that Harness Technology to Support Recovery and
Promote Resiliency



Electronic Health Records and Behavioral Health

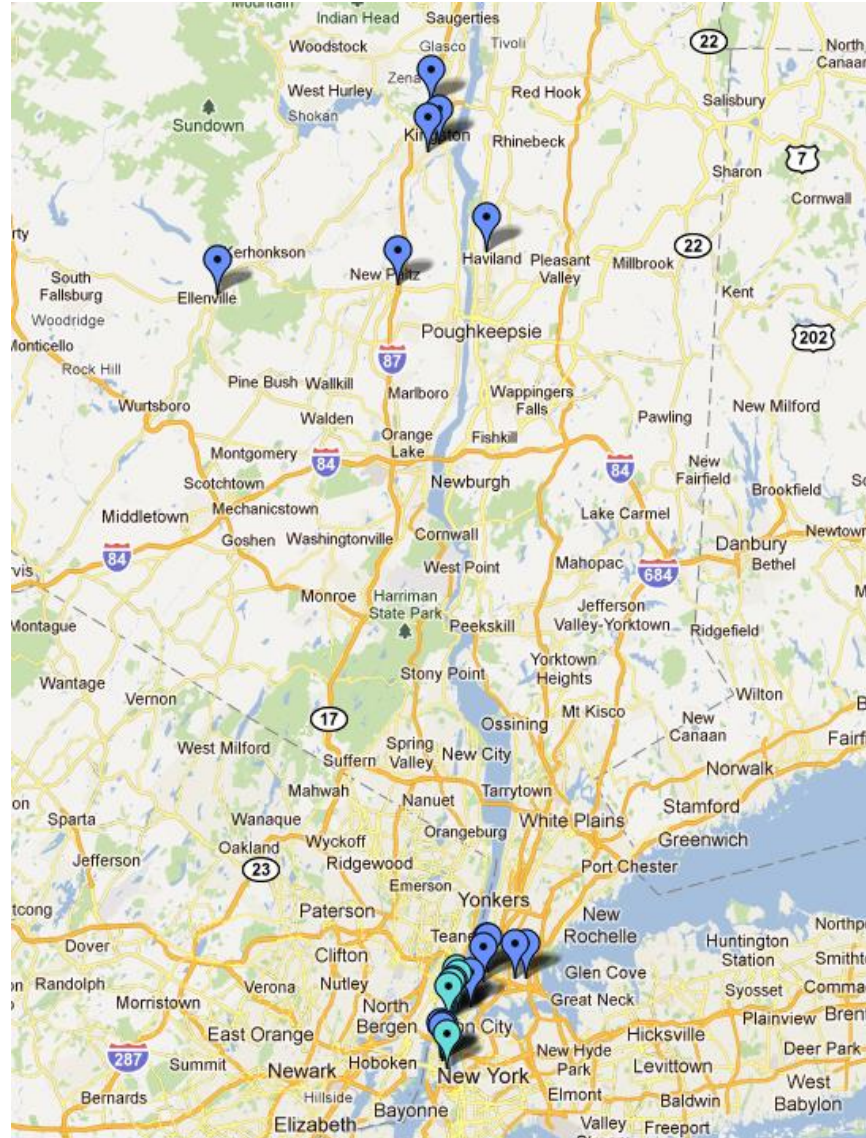
Virna Little PsyD, LCSW-r, MBA, SAP , CCM

The Institute for Family Health

- Large FQHC network
- Primary care, behavioral health , dental and community programs
- 100,000 patients with over 500,000 visits
- Rural and urban centers



Our Service Area



Behavioral Health and EMR

- EMR implementation in 2002
- All behavioral health and community programs on EMR since implementation

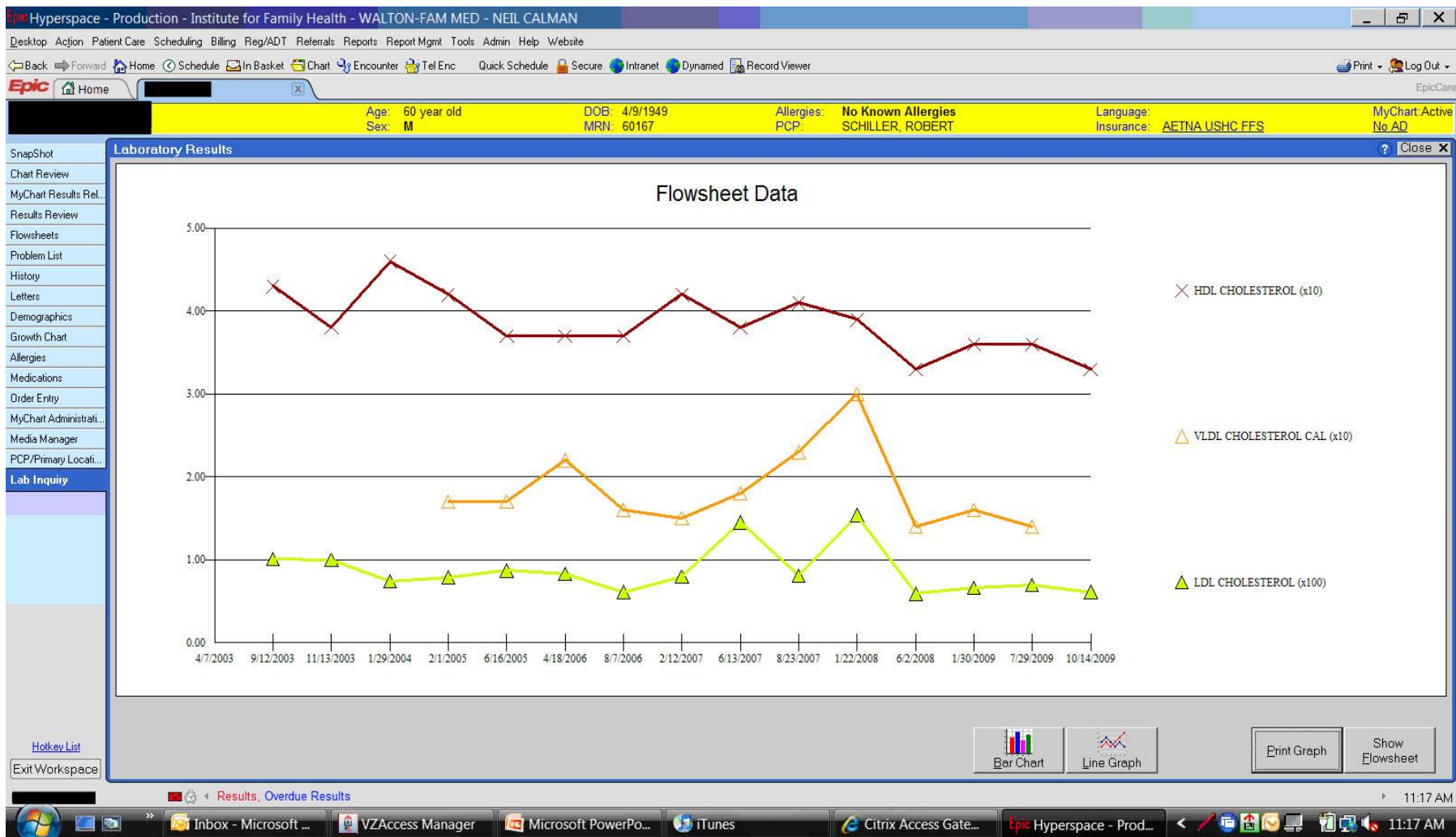


Collaborative Documentation

- Helping consumers embrace use of computer and technology in session
- Changing room set up
- Using tools and graphs in session
- Quoting patients



Review progress with patients



Shared Care Plan

Goals ↑ ↓

Care Plan Status: New Review Discharge Transfer

Care Plan Goals

Type	Goal	Discussed	Objective	Status	Target Date	Person Responsible	Intervention
Medical	Attend 100% of PCP Appointments	Yes	Call Access-a-Ride 24 hours before...	New	5/26/12	Patient	Patient and writer will complete Access...
			Keep a calendar of appointments	New			
Social ...	Obtain air conditioning before June	No	Apply for HEAP	New	4/1/12	Patient and CM	CM and patient will compelte HEAP Ap...

⏪ Restore ✓ Close F9 ↑ Previous F7 ↓ Next F8

Problem List click to open

Safety Planning

Unprioritized

▶ Inability to set boundaries with family members	Edit Notes	Unprioritized	11/16/2011 Diluzio, Rebec...
Overview Baseline: A Patient reports stress caused by inability to say "no" as 5 on a scale from 1 to 5 Short term Goals: A Patient to create a list ...			
▶ Substance abuse	Edit Notes	Unprioritized	11/16/2011 Diluzio, Rebec...
Overview Patient reports smoking cigarettes and using marijuana that has affected social functioning as well Baseline Symptoms/Behavior: A Patient			
▶ Lack of Heat and Hot Water	Edit Notes	Unprioritized	12/16/2011 Diluzio, Rebec...
Overview Goal: Patient will have heat and hot water in his current apartment Objective 1: Patient will call landlord to discuss ddf			
▶ Depression	Create Notes	Unprioritized	10/2/2012 Diluzio, Rebecca
▼ Suicidal ideation	Create Notes	Unprioritized	3/21/2013 Ztest, Becky C...

Details Code: V62.84 Noted: 3/21/2013 [Change Dx](#) [Resolve](#)

[Create Overview](#)

[Add Safety Plan Note](#)

- [Ifh Safety Plan](#)
- [Ifh Ps Suicide Severity](#)

[Related Goals](#)

Search for new item [Add](#) Unrelated Goals [Modify Related Goals](#) [Options](#)

None for this problem

[Relevant Medications and Unsigned Orders \(Past 5 years\)](#)

Search for new order [New Order](#) [Options](#)

None

[Click here to select a pharmacy](#)

[Mark as Reviewed](#) Never Reviewed

[Close](#) F9 [Previous](#) F7 [Next](#) F8

Technology Creates New Opportunities

- Patient engagement
- Care Networks
- Continuity
- Longitudinal Care Planning

It Takes a Village.....

- Community or physician portal
- Ability to improve intake and expedite referral services
- Ability to get information on patients
- In an emergency
- Longitudinal care planning
- Continuity
- Real time provider communication
- Agencies no longer keeping health records



DIRECT SCHEDULING

Zztest, Zoe

Age: 59 year old DOB: 2/14/1952
Sex: F MRN: 1078018

Allergies: Penicillins
PCP: ZZTEST, MD

INS: SLIDING FEE MyChart: Inactive
Alert: HM Overdue or Due Soon

Clinical Review

- SnapShot
- Chart Review
- Results Review
- Flowsheets
- Allergies
- Problem List
- Medications
- Histories
- Growth Charts
- Upload Document

Patient Profile

Demographics

Referrals

- Referral by Member
- Referral by Provider

Scheduling

- Quick Appt**
- Upcoming
- Appointments

Logged in as:
LINK, DANREF

Make Appointment

View More Times

Select the appointment's start time from below to schedule the appointment.

Search Results - ACCESS FOLLOW-UP for Zztest,Zoe

Mon 12/26/2011 - WEISS, PHILIP in KINGSTON-FM - (30 min)

AM	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15
AM	10:30	10:45	11:00	11:15	11:30					

Mon 12/26/2011 - GESSNER, WILLIAM in KINGSTON-FM - (30 min)

AM	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15
AM	11:15	11:30	11:45							
PM	12:00	12:15	12:30							

Age: 58 year old DOB: 1/27/1954 Allergies: No Active Allergies INS: CAP GRANT MyChart: Active
Sex: M MRN: 1251120 PCP: LURIO, JOSEPH Alert:

Patient Snapshot

Patient Care Coordination Note

Lurio, Joseph Thu Feb 2, 2012 3:47 PM

Mr ZZTest is scheduled to see HIV specialist Monday Feb 6 at 9AM and then report to DSS for face to face that afternoon at 1:30 PM

Ambulette arranged by worker to pick patient up at home at 7:30 am.

Demographics

Adam Zztest

58 year old male

16 e 16th
NEW YORK NY 10003
212-206-5223 (H)
347-123-4567 (M)

Comm Pref:

Allergies

No Active Allergies

Last Reviewed by Zztest, Md on 1/19/2011 at 12:00 PM

Medications

- Zolpidem Tartrate 10 MG OR TABS
- PLAN B 0.75 MG OR TABS
- DIOVAN 160 MG OR TABS
- CHLORTHALIDONE 25 MG OR TABS
- IBU 600 MG OR TABS
- CARIMUNE NF 6 GM IV SOLR
- CLOZARIL 25 MG OR TABS
- CLOZARIL 25 MG OR TABS
- LIPITOR 20 MG OR TABS
- TAMIFLU 75 MG OR CAPS
- METFORMIN HCL 500 MG OR TABS
- LIPITOR 10 MG OR TABS
- DEXTROSE 5 % IV SOLN
- LIPITOR 40 MG OR TABS
- ASPIRIN 325 MG OR TBEC

Problem List

Chronic

- HEART MURMUR
- URINARY FREQUENCY
- DIABETES MELLITUS TYPE II UNCONTR UNCOMPL
- ABUSE NOS
- RHEUMATOID ARTHRITIS
- INSOMNIA NOS
- HYPERLIPIDEMIA NEC/NOS
- HYPERTENSION NOS

Snapshot Snapshot Care Plan Report: Snapshot

Demographics		Documents Filed to Patient	
Dan H Zz Test Bowser III	1223	Power of Attorney	Not on File
4 year old male	NEW YORK NY 10003	Living Will	Filed - date not specified
	United States	Code Status	Not on File
	000.000.0000 (A)	MyHealth Status	Code Exp

Problem List		Allergies	
ROUTINE MEDICAL EXAM-ADULT	Chronic	No Known Allergies	
HYPERTENSION NOS			
DIABETES MELLITUS TYPE II UNCONTR UNCOMPL			
ESOPHAGEAL REFLUX			
UNSOCIAL AGGRESS-UNSPEC			
Routine infant or child health check			
Asthma			
R/O Depression, major, single episode, severe			
Screening for depression			
Suicidal ideation			

Health Maintenance		Medications	
Hep B (#1)	1/1/2010	Amoxicillin Besylate (NORVASC) 10 MG OR TABS	
Diabetes Screening	1/1/2010	Tramadol HCl 50 MG OR TABS	
Urinalysis	1/1/2010	Amoxicillin Besylate (NORVASC) 10 MG OR TABS	
Lipid Panel	1/1/2010	Azithromycin 250 MG OR TABS	
Compass Psychosocial Screen	1/1/2010	Aspirin 325 MG OR TBEC	
Ipv (#1)	3/1/2010	Aspirin 325 MG OR TBEC	
Pneumococcal (Pcv) (#1)	3/1/2010	Atorvastatin Calcium (LIPITOR) 10 MG OR TABS	
Hepatitis A (#1)	1/1/2011	Aspirin 325 MG OR TBEC	
Gc/chlamydia	11/3/2011	Aspirin 325 MG OR TBEC	
Dtan (#2)	8/5/2013	ASPIRIN 81 MG OR TBEC	
		METFORMIN HCL 500 MG OR TABS	

Immunizations/Injections		Significant History/Details	
DTaP- Diphtheria tetanus toxoids and acellular pertussis vaccine	7/8/2013	Smoking: Former Smoker (Quit Date:01/01/2008), 1 ppd, 10 pack-years	
Haemophilus Influenzae Type B Vaccine,prp-omp Conjugate	7/3/2012	Smokeless Tobacco: Unknown	
Measles,mumps,rubella,varicella(mmrV)	7/3/2012		

Zz Test Bowser, Dan H III

Epic

Zz Test Bowser, Dan H III, 4 year ...

Care Team:
 1/1/2010 PCP: Pandya, Amy
 Male Case Manager: Cooley, Re...
 My Sticky Note: Allergies No Known All... Health Mainte... FYI
 Language: None NO HIE
 Mychart: No proxy exists AD
 Insurance: SELF PAYN...

Number	Name	Type of Loc	Address
2548	NXU HEMATOLOGY ROBERT UDESKY	Place of Service	145 EAST 32ND STREET, #303 NEW YORK NY 10016
7161	PHYSICAL THERAPY SPORTS PHYSICAL THERAPY OF NEW YORK	Place of Service	1250 WATERS PLACE 12TH FLOOR BRONX NY 10461
5992	TERMINATION SVC PLANNED PARENTHOOD SOUTH BRONX	Place of Service	344 EAST 149TH STREET BRONX NY 10451
1588	ABR (AUDITORY BRAIN RESPONSE)	Place of Service	1000 TENTH AVENUE-1ST FLOOR ROOSEVELT HOSPITAL NEW YORK NY 10019
2002	ACCESS HEALTH SYSTEM	Place of Service	776A WATERVILET-SHAKER ROAD LATHAM NY 12110
6651	ACUPUNCTURE STONE RIDGE ACCUPUNCTURE	Place of Service	3457 U.S. 209 STONE RIDGE NY 12484
5950	ACT BRONX PSYCHIATRIC CENTER	Place of Service	3050 WHITE PLAINS ROAD, 2ND FLOOR BRONX NY 10467
5906	ACT BRONX-LEBANON HOSPITAL	Place of Service	1276 FULTON AVENUE, 4TH FLOOR BRONX NY 10456
5889	ACT CENTER FOR URBAN COMMUNITY SERVICES	Place of Service	665 PARKWAY NORTH BRONX NY 10467
5915	ACT JACOBI MEDICAL CENTER	Place of Service	1400 PELHAM PARKWAY, BUILDING #4 8TH FLOOR BRONX NY 10461
5916	ACT NORTH CENTRAL BRONX HOSPITAL	Place of Service	1400 PELHAM PARKWAY SO BUILDING, #4 8TH FLOOR BRONX NY 10461
6060	ACT PSCH, INC.	Place of Service	987-989 PROSPECT AVENUE, 1ST FLOOR BRONX NY 10459
5947	ACT ST. BARNABAS FORDHAM-TREMONT COMMUNITY MENTAL HEALTH CENTER	Place of Service	260 EAST 188TH STREET, 4TH FLOOR BRONX NY 10458
6054	ACT THE BRIDGE	Place of Service	866 EAST 165TH STREET, LOWER LEVEL BRONX NY 10459
5960	ACT VISITING NURSE SERVICES	Place of Service	355 EAST 149TH STREET, 4TH FLOOR BRONX NY 10455
367	ACUPUNCTURE	Place of Service	64 FULTON STREET NEW YORK NY 10038
1699	ACUPUNCTURE	Place of Service	PACIFIC COLLEGE OF ORIENTAL MEDICINE CENTER 915 BROADWAY 3RD FL
4208	ACUPUNCTURE ANNIE HU, MD	Place of Service	175 JERICHO TURNPIKE SUITE 302 SYOSSET NY 11791
6553	ACUPUNCTURE BRONX COMMUNITY WELLNESS CENTER	Place of Service	2510 WESTCHESTER AVE #110 BRONX NY 10461
5360	ACUPUNCTURE CITY ACUPUNCTURE	Place of Service	139 FULTON STREET NEW YORK NY 10038
6199	ACUPUNCTURE KATHERINE ROSKO, LAC	Place of Service	276 TINKER ST WOODSTOCK NY 12498
3893	ACUPUNCTURE KATIE FINLEY	Place of Service	449 MAIN STREET ROSENDALE NY 12472
5075	ACUPUNCTURE KINGSTON COMMUNITY ACUPUNCTURE	Place of Service	284 WALL STREET, 3RD FLOOR KINGSTON NY 12401
4670	ACUPUNCTURE NATURAL QI ACUPUNCTURE	Place of Service	80 EAST 11TH STREET NEW YORK NY 10003
5113	ACUPUNCTURE NEW VISION ACUPUNCTURE & HERB	Place of Service	273 ROUTE 32 CENTRAL VALLEY NY 10917
5507	ACUPUNCTURE OMNI WELLNESS NYC	Place of Service	928 BROADWAY STE 1200 NEW YORK NY 10010
6209	ACUPUNCTURE PORT EWEN ACUPUNCTURE CENTER	Place of Service	232 BROADWAY PORT EWEN NY 12466

27 records loaded, more records to load.

Accept Cancel

- Snapshot
- Chart Review
- Results Review
- Flowsheets
- Letters
- Demographics
- Growth Chart
- MyChart Admi...
- Media Manager
- HealthIX
- FYI
- More Activities

- Pneumococcal (Pcv) (#1) 3/1/2010
- Hepatitis A (#1) 1/1/2011
- GonChlamydia 11/3/2011
- Dtap (#2) 8/5/2013

Significant History/Details

Smoking: Former Smoker (Quit Date:01/01/2008), 1 ppd, 10 pack-years

Smokeless Tobacco: Unknown

Alcohol: 6.0 oz alcohol/week

Chart Review

InstituteLink Home In Basket Pt Lists Clinicals Patient Utils Secure Log Out **Epic** [Close patient record](#)

Zztest, Zoe Age: 59 year old DOB: 2/14/1952 Allergies: Penicillins INS: SLIDING FEE MyChart: Inactive
 Sex: F MRN: 1078018 PCP: ZZTEST, MD Alert: HM Overdue or Due Soon

Clinical Review Chart Review - Loaded:30, Filtered count:30 [Last refresh: 11:17:15 AM]

Encounters Laboratory Imaging Procedures ECG Other Orders Medications Letters Notes Misc Reports Episodes Media Encounters

Start Review Refresh Filters Text Search Default filter Encounter Flowsheets

Applied Filters: Default filter (Load 30 more) (Load all)

<input type="checkbox"/>	Date ▼	Type	Department	Specialty	Provider	Description
<input type="checkbox"/>	11/16/2011	Community Orders	ELD		Epiccare Link, Physician, MD	Routine General Medical Examination At A Health Care Facility
<input type="checkbox"/>	10/19/2010	Nurse Only	NGIM	IM	Red, Pat	Vaccine for Influenza (Primary Dx)
<input type="checkbox"/>	10/06/2010	Community Orders	ELD			Diabetes Mellitus Type II-Uncompl
<input type="checkbox"/>	07/22/2009	Social Work	P-SW	PSYCHOSOCIAL	Meyer, Emma	Erroneous Encounter--Disregard (Primary Dx)
<input type="checkbox"/>	06/29/2009	Orders Only	KFM	FP	Roth, Robert	Angina Pectoris NEC/NOS (Primary Dx)
<input type="checkbox"/>	05/26/2009	Office Visit	AAFM	FP	Zztest, Md	
<input type="checkbox"/>	05/26/2009	Office Visit	E13-FM	FP	Zztest, Md	Hypertension NOS (Primary Dx)
<input type="checkbox"/>	05/26/2009	Office Visit	E13-FM	FP	Zztest, Md	
<input type="checkbox"/>	05/26/2009	Office Visit	SH-FM	FP	Zztest, Md	
<input type="checkbox"/>	05/22/2009	Office Visit	AAFM	FP	Zztest, Md	Erroneous Encounter--Disregard (Primary Dx)
<input type="checkbox"/>	05/22/2009	Orders Only	KFM	FP	Patel, Vijay R	Benign Hypertension
<input type="checkbox"/>	05/22/2009	Telephone	KFM	FP	Patel, Vijay R	Benign Hypertension (Primary Dx)
<input type="checkbox"/>	04/29/2009	Orders Only	SH-FM	FP	Zztest, Md	Hyperlipidemia NEC/NOS (Primary Dx); Chronic Depressive Person
<input type="checkbox"/>	04/29/2009	Office Visit	AAFM	FP	Zztest, Md	

Logged in as: LINK, DANREF

MEDICATIONS (Current/Past)

Zztest, Zoe

Age: 59 year old DOB: 2/14/1952 Allergies: **Penicillins** INS: SLIDING FEE MyChart: Inactive
 Sex: F MRN: 1078018 PCP: ZZTEST, MD Alert: **HM Overdue or Due Soon**

- Clinical Review
- SnapShot
- Chart Review
- Results Review
- Flowsheets
- Allergies
- Problem List

Medications

Current | History

Refresh Legend

Prescription History : All medications loaded.

	Medication	Sig	Disp	Refills	Start Date	End Date	DAW	Comment	D/C Reason	Route
<input type="checkbox"/>	NITROGLYCERIN 0.4 MG SL SUBL	One tab under tongue, may repeat every 5 min to max of 3 tabs	25 x4	2	6/29/2009					Sublingual
<input type="checkbox"/>	TUBERCULIN PPD 5 UNIT/0.1ML ID SOLN	0.1 ML ID X 1 DOSE	0.1ml	0	9/19/2008	9/20/2008				Intradermal
<input type="checkbox"/>	HYDROCHLOROTHIAZIDE 25 MG OR TABS	ONE -half TAB PO QD	30	5	6/24/2005					Oral
<input type="checkbox"/>	ASPIRIN 81 MG OR TBEC	1 TABLET DAILY	30	0	6/24/2005					Oral
<input checked="" type="checkbox"/>	FLUOXETINE HCL 20 MG OR CAPS	1 CAPSULE EVERY MORNING	30	0	2/24/2005	10/23/2008				Oral
<input type="checkbox"/>	LIPITOR 10 MG OR TABS	1 TABLET DAILY	30	0	6/25/2004					Oral
<input type="checkbox"/>	GLUCOPHAGE 500 MG OR TABS	1 TAB PO BID WITH MEALS	60	6	5/9/2004	10/6/2004				Oral

Logged in as:
LINK, DANREF

Document Upload

Zztest, Zoe

Age: 59 year old DOB: 2/14/1952
Sex: F MRN: 1078018

Allergies: **Penicillins**
PCP: ZZTEST, MD

INS: SLIDING FEE MyChart: Inactive
Alert: **HM Overdue or Due Soon**

Clinical Review

- SnapShot
- Chart Review
- Results Review
- Flowsheets
- Allergies
- Problem List
- Medications
- Histories
- Growth Charts

Upload Document

Patient Profile

Demographics

Referrals

- Referral by Member
- Referral by Provider

Scheduling

- Quick Appt
- Upcoming
- Appointments

Logged in as:

LINK, DANREF

Upload a Document

Select a document to upload, enter a description, and click **Upload**. The document will through a verification process before it is attached to the patient record. If you want to upload the document to another patient, click the **Change Patient** button.

Upload a Document

Patient: Zztest, Zoe

Description:

Message for reviewer:

Priority

- High
- Routine
- Low

Document:

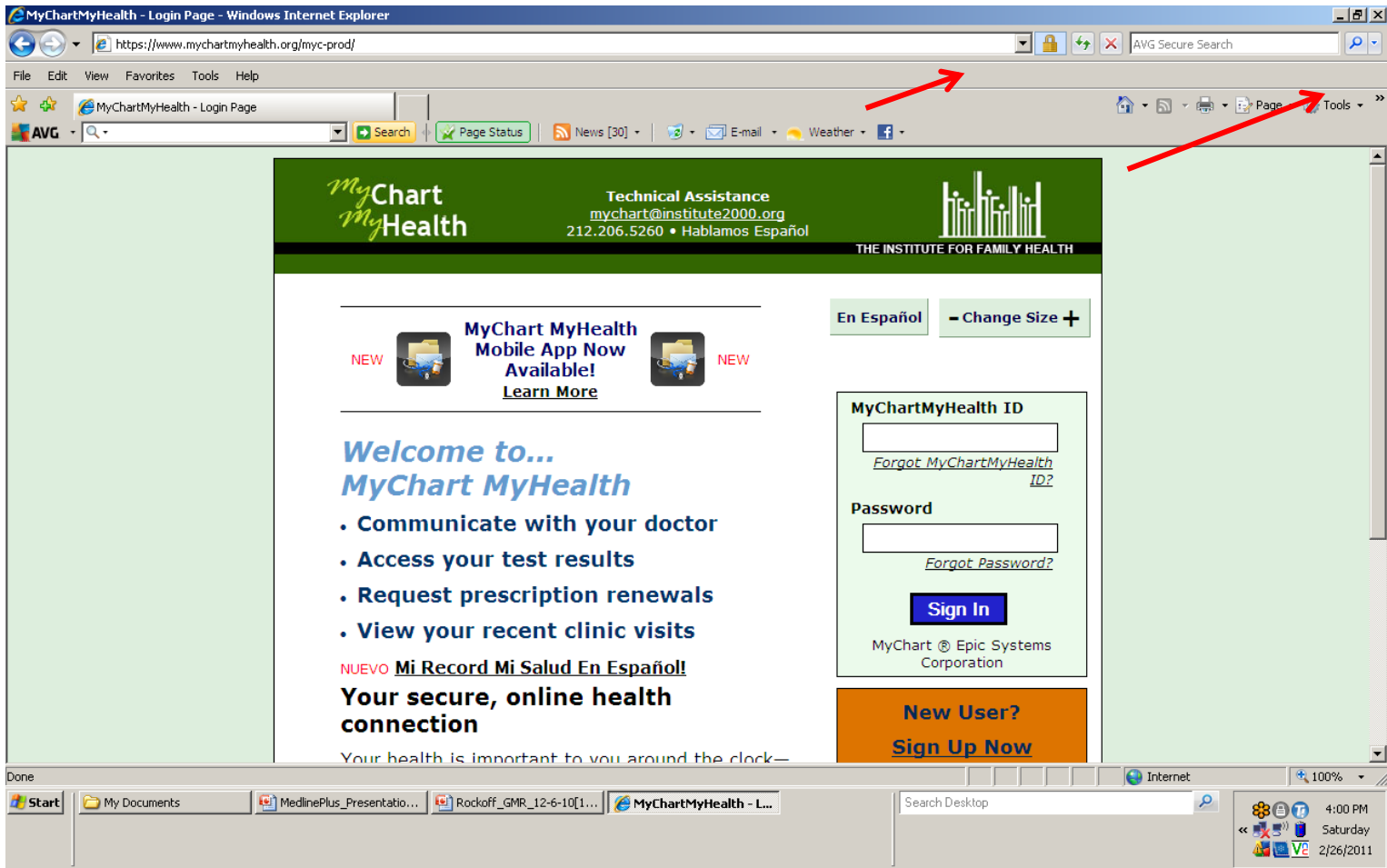
Maximum file size: 10.0 MB

Allowed file types: JPEG, BMP, PDF, DOC, TIFF, JPG, TXT, TIF

Required Item

Patient Portal Classes





My Visit at the Institute for Family Health

Brook Zzacme
6/21/2010 Office Visit

Description: 60 year old male
Provider: SARAH NOSAL,MD
Department: Urban-Fam Med

My Regular Medical Provider

Your primary care clinician is listed as ANDREW GABLER,MD. If you have any questions after today's visit, please call 718-293-3900.

My Reason(s) for Today's Visit

Diabetes

Refill Follow-up

My Vital Signs

Blood Pressure	Pulse	Temperature	Height	Weight	BMI
150/79	76	98.6 °F	5' 2"	254 lb	46.45 (kg/m sq)

My Problems At This Visit and Problems Related to My Medications

DIABETES MELLITUS TYPE II UNCONTR UNCOMPL [250.02]

HYPERLIPIDEMIA NEC/NOS [272.4]

HYPER

EXTRIN

HYPOT

My Medications

Start Taking

SYNTH

METFO

METOP

LISINO

Stop Taking

METOP

This Is a Follow-up

SYNTH

METFO

METOP

LISINO

We Performed the Following

NCQA PROVIDER ASSESSMENT COMPLETED [99999.515 CPT(R)]

TSH, HIGH SENSITIVITY (SERUM) [84443 CPT(R)]

ALT (SGPT) [84460 CPT(R)]

CREATININE (BLOOD) [82565 CPT(R)]

LIPID PANEL [80061 CPT(R)]

HGA1C (HGB GLYCOSYLATED) [83036 CPT(R)]

RANDOM GLUCOSE IN HOUSE [82947 CPT(R)]

My Goals And Plans

You have a diagnosis of DIABETES. Here are your personal treatment goals:

HgbA1C (average sugar level): Your goal is less than 7 %

- Your last results are:

Lab Results Component	Value	Date
HGBA1C	8.3*	6/21/2010

LDL (bad cholesterol): Your goal is less than 70

**You have a diagnosis of DIABETES.
Here are your personal treatment goals:**

High A1C (average sugar level). Your goal is less than 7%.

- Change Size +


Home

Log Out

Welcome,
Michelle
Zztest!



Schedule an Appointment


[Step 1 of 5] Choose A Reason for Appointment 

Please choose a reason for visit and click **Continue**.

New Health Problem

Continue >

Cancel

If you do not see an appropriate reason for your appointment, or if you need help scheduling an appointment, you may [click here](#) to send a request, or call your health center directly. Requests will be responded to within 2 business days. 

New Health Problem	For new onset of symptoms.	15 minutes
Follow-Up Visit	For ongoing medical condition for which you have previously been seen by your provider.	15 minutes
GYN/PAP	To request gynecological or annual woman's health assessments. Not intended for obstetrics.	15 minutes
Preventive Care	For ongoing health maintenance such as immunizations. Not intended for annual physical.	15 minutes

My Medical Record

Message Center

Appointments

Schedule an appointment

Cancel an appointment

Future appointments

Past appointments

My Referrals

Billing & Insurance

Address & Settings

Customer Service

Medline Plus

Find information on:

“Care Everywhere”

- National and International
- Shared records for those with the same electronic records
- Helpful for patients traveling or relocating, patients who are transient
- Mental health information included

Test, Betty Age: 24 year old DOB: 4/4/1988 Allergies: **Not on File**
 Sex: F MRN: 1324011 PCP: COMMUNITY, PCP

6/7/2012 visit with Zztest, Md for FOLLOW UP (PCP)

Images Questionnaires Admin Benefits Inquiry References Scans Open Orders Care Teams Print AYS Preview

- Flowsheets
- Results Review
- Allergies
- History
- Problem List
- Demographics
- Letters
- Identity Manager
- MyChart Results R...
- Growth Chart
- Medications
- Order Entry
- MyChart Administra...
- Media Manager
- Forms
- Immunizations
- Enter/Edit Results
- Visit Navigator

- Charting
- Care Everywhere
 - Chief Complaint
 - Vitals
 - BestPractice**
 - SmartSets
 - Nursing Notes
 - Mental Health
 - Problem List
 - Goals
 - Progress Notes
 - History
 - Diagnoses
 - Orders
 - Pt. Instructions
 - LOS & Follow-up
 - Close Encounter

Care Everywhere Outside Records (View Only)

This patient has no Care Everywhere information.
[Request Outside Record](#)

Chief Complaint

None

Vitals

[+ New Set of Vitals](#)

None Taken

Other Vitals	
OB/Gyn Status	Never r
Reviewed:	
Tobacco	
Smoking Status:	Never A
Packs/day:	0
Years:	0
Smokeless Status:	Unknow
Reviewed:	Never r

BestPractice Advisories

- Please offer Gardasil Vaccine ----[Click Here for Prescribing Info](#)**

Open SmartSet: HPV VACCINE (GARDASIL) [preview](#)
- Please perform patient's annual PHQ2 assessment.**
- Adult Underweight - If patient is 18-64 with BMI under 18.5 or patient is 65 or older with BMI under 22, Complete Adult**

Open SmartSet: ADULT UNDERWEIGHT (Diagnosis and Plan must be documented to turn off BPA) [preview](#)

[Refresh](#) Last refreshed on 6/7/2012 at 9:46 AM

Patient Query

Mount Sinai - Test

Test, Betty

99 ST
1
NEW YORK, NY 10020

Sex: Female
Home: 212-777-8888
SSN: [REDACTED]

DOB: 4/4/1988
Work:

Age: 24 years
Cell:

Local Patient Demographics

Test, Betty

99 ST
New York, NY 10020

Sex: Female
Home: 212-777-8888
SSN: 121-12-1121

DOB: 4/4/1988
Work:

Age: 24 years
Cell:

Is this the correct patient?

Yes

No

Questions ???

Vlittle@institute.org

