

## **Appendix A**

### **Life Care Plan**

**Prepared for:**

**Sandra Kirkline**

DOB: 12/19/42

Date of Injury: 5/28/01

Date Prepared: 12/08/02

Primary Disability: TBI

- Projected Evaluations

Service	Start	Frequency	Purpose	Cost	Recommended By
Neurology	12/02	1x every 5 years X 2	Follow up of brain injury, any change in function	\$268 per visit	Dr. C Davies
Physical Therapy	12/02	2x yearly	For regular evaluation: include a Seating evaluation (1x every 5 years)	\$150 per visit	R. Gordon RN, CLNC, CLCP
Occupational Therapy	12/02	6x yearly x 2 years	Splint evaluation: Include a full evaluation (1x yearly)	\$150 per visit	Mr. David Allen
Speech Therapy	12/02	1x	Evaluation for a communication device; eye-gaze or simple switch	\$275 per visit	Dr. C Davies
Speech Therapy	12/02	1x yearly x2	Bedside swallow evaluation	\$225 per visit	R. Gordon RN, CLNC, CLCP
Neuropsychologist	12/02	1 every 5 years x 2	Evaluation of the long term effects of TBI through a "battery" of tests.	\$1500 per evaluation \$200 per hour	R. Gordon RN, CLNC, CLCP

The battery of tests done by the neurophysiologist can provide a variety of information including:

- Identification of compensatory mechanisms and strategies that help to reduce the handicapping condition
- Identify supports that can help to improve or maintain Sandra's neuropsychological abilities at home
- Assist the family to understand the effects of TBI on Sandra, and strategies to communicate more effectively

Life expectancy, for Sandra to be determined by an economist.

- Projected Therapeutic Modalities

Service	Start	Frequency	Purpose	Cost	Recommended By
Physical Therapy	12/02	4-6 times a year x 2 years	To work with patient and family on exercises and programs that should be implemented during daily routines. To maintain and improve large muscle function.	\$80-100 per visit	R. Gordon RN, CLNC, CLCP
Occupational Therapy	12/02	3x week x1 month 1x monthly x 12 month	Assist patient to improve UE contractures, and stimulation activities. And to teach the family exercises and programs that should be implemented during daily routines	\$80-100 per visit	Mr. David Allen
Speech Therapy	12/02	3-4 per year x 1 year	To work with patient and family on exercises and programs that should be implemented during daily routines. Improve communication, support use of communication device	\$80-100 per visit	R. Gordon RN, CLNC, CLCP
Family counseling	12/02 – through life expectancy	Once a month during the time that Sandra lives with the family. Every six months if in a facility	To provide support and assurance to daughter and family during the stressful changes occurring with the mother.	\$80-\$100/per hour	R.Gordon, RN, CLNC, CLCP

When changes occur in Sandra's physical or mental state the Physical, Occupational and Speech Therapies may need to be reinstated for brief intervals to update family to the current needs.

- Wheelchair Needs

Service	Start	Frequency	Purpose	Cost	Comments	Recommended By
Wheelchair	12/02	Replace Every 5 years	Ability to move in her environment	\$ 1500-\$2000		R. Gordon RN, CLNC, CLCP
Shower chair (reclining w/wheels)	12/02	Replace every 5 yrs	Allow the client to move easily to a shower	\$495	Medical products unlimited	R. Gordon RN, CLNC, CLCP

- Wheelchair Accessories and Maintenance

Service	Start	Frequency	Purpose	Cost	Recommended By
Wheelchair maintenance	12/03- Life expectancy	Yearly and as needed	Keep wheelchair in proper working order	\$ 88 Home Service fee (cost dependent on items needing repair)	R. Gordon RN, CLNC, CLCP
Bolster Pillows (Variety)	12/02- Life expectancy	Replace every 1-2 years  Will need 2 of each due to incontinence	Support back, and legs in bed and while in wheelchair	Leg spacer (10x8x6) \$25.56 Therapy wedge- \$61.30 Bolster Positioning (8x18) \$61.30	R. Gordon RN, CLNC, CLCP
Neck Collar	12/02	Replace every 5 years 2 sets of pads replace every other year	Support neck while out of bed	\$150  \$40-60 per set (\$80-\$120)	R. Gordon RN, CLNC, CLCP
Wheelchair harness	12/02- Life expectancy	Replace yearly Rotate 3 as they get wet due to incontinence	Prevent falls/ slipping out of wheelchair	\$21 each Total cost per year \$63 (Medical supply shop)	R. Gordon, RN, CLNC, CLCP

- Orthopedic Equipment Needs

Service	Start	Frequency	Purpose	Cost	Comments	Recommended By
splints	12/02- Life expectancy	Replacement yearly	Support joints/ prevent contractures	\$39.99	Mohawk Medical Supply	R.Gordon, RN, CLNC, CLCP
Multi-Podus Boots	12/02- Life expectancy	Replacement as needed	Support ankle and foot	\$127.00	Leeders Medical	R.Gordon, RN, CLNC, CLCP

- Aids for Independent Function

Service	Start	Purpose	Cost	Recommended By
Communication device	12/02 Replacement every 5-7 years	Ability to communicate with family and care givers. To be decided with the assistance of speech therapist	\$12000-\$15000 Cost dependent on device	Dr. C Davies

- Medication

Name	Dose	Frequency	Purpose	Cost	Comments	Prescribed By
Keppra (Levetiracetam)	500mg	2x daily	Anti-seizure Dose adjustments made with results of Renal function tests ( as per package insert)	\$796 /1420/ml \$2388 / year	4 month supply Requires blood levels to be drawn 3-4 x a year	Dr C Davies
Dilantin	125 mg/ 5 ml	1x daily	Anti-seizure Dosage to be adjusted and followed with results of Dilantin levels (PDR)	\$90 \$362/ year	3/mo supply Required blood values to be drawn 3-4 x yearly	Dr. C Davies
Zanaflex	2mg	1x daily	Anti-spasticity	\$117 \$468/ year	3 month supply	Dr C Davies
Synthroid	.2mg	1x Daily	Hyperthyroid Follow-up with thyroid function tests	\$60/ 3 months \$238/ yearly	3 months Requires blood values to be drawn 1-2 x yearly	Dr C Davies
Zantac Syrup	150mg/10 ml	(10 ml )2x daily	Gastritis	\$875 / 2 months \$5251/ yearly	2 months	Dr. Spitz

Medications are documented as currently ordered. At the next appointment with the physician, question the need for heparin/aspirin to prevent DVT. These medications may change with aging, and physical need.

- Supply Needs

Item	Start	Frequency	Purpose	Cost	Comments	Recommended By
Incontinent briefs	12/02- Life expectancy	Needed multiple times daily	Incontinence	\$24.88 3/\$74.64	Need approx 3 Replaced yearly	R. Gordon RN, CLNC, CLCP
Depends liners (Boost)	12/02- Life expectancy	To be used nightly ( 2-3 per night)	Increase absorbency during the night	#20/ \$5.	Available by the case	R. Gordon RN, CLNC, CLCP
Body wash Non-soap wash)	12/02- Life expectancy	Daily skin care	Cleaning of sensitive area's, moisturizes, and provides odor control	\$45 per gallon	Peri-wash Cleanser 8 oz spray bottle for daily use	R. Gordon RN, CLNC, CLCP
Duo derm/ Tegaderm 2 x2 ¾ 4 x 4 ¾	12/02- Life expectancy	Protective covering of skin as needed	Protective covering for skin to prevent further breakdown	#10/ box- 20 box/ per case \$125/per case  #10/box- 10box/per case \$205	To be used intermittently for open area's of skin, to promote healing process	R. Gordon RN, CLNC, CLCP
Thicken-up	12/02	Every oral meal 1-2 Tbsp	Thicken fluids to assist in swallowing	8 oz cans (2) \$10.95	Case 12-8oz cans \$53.75	R. Gordon RN, CLNC, CLCP

(supply needs cont.)



(supply needs cont.)

Item	Start	Frequency	Purpose	Cost	Comments	Recommended By
Feeding tube supplies	12/02- Life expectancy	Used twice daily	Supplies to provide nourishment via the tube feeding	Ross gravity feed system \$8 per unit or 30/per case \$130	To be replaced monthly or as needed	R. Gordon RN, CLNC, CLCP
Osmolite Ensure Boost Plus	12/02- Life expectancy	Twice daily 8 Oz	Support nutritional needs via feeding tube	24- 8 oz cans per case \$30-\$40	3 cases per month	R.Gordon, RN, CLNC, CLCP
Abdominal Binder	From Hospitalization until feeding tube removed	Replace every 1-2 years	To protect the feeding tube	\$30. each	Have 2-3 to rotate while washing/wet from incontinence	R.Gordon, RN, CLNC, CLCP
TED stockings	12/02	Replace yearly	To improve circulation of lower extremities	\$8 per pair	2 pairs yearly	R.Gordon, RN, CLNC, CLCP
Alternating pressure mattress system Ivarcare	12/02	Replace every 2 years for mattress	To reduce and alternate pressure to dependent areas while in bed	\$995		R.Gordon, RN, CLNC, CLCP

- Projected Routine Future Medical Care

Service	Start	Frequency	Purpose	Cost	Recommended By
Neurologist	12/02	3x yearly	Follow brain injury	\$98/ visit \$294 yearly	Dr. C Davies
Physiatrist	12/02	2x yearly	Coordinate medical and therapeutic care	\$50 per visit	Dr. C Davies
Primary care	12/02	Every other month	Follow weight, BP, nutritional status, medication needs	\$40 per visit	Dr. Spitz
Orthopedist	12/02	1-2 x yearly	Follow-up of contractures	\$98 per visit	R.Gordon, RN, CLNC, CLCP
Podiatrist	12/02	6-8x/year	Foot and Nail Care	\$32 per visit	R.Gordon, RN, CLNC, CLCP
Case Management	12/02	2x per year 4-8 hours needed	Coordination of future Medical Care	\$100/per hour	R.Gordon, RN, CLNC, CLCP
Gastroenterologist	12/02	1x/year	Follow-up of feeding tube, placement /replacement of tube. Requires an endoscopic evaluation.	\$800-\$1000 outpatient hospital visit	R.Gordon, RN, CLNC, CLCP
Botox injections	12/02	4 x yearly	For the reduction of spasticity of muscles	\$150 per visit for injections additional \$100 physician charge	Dr. C Davies
CBC	12/02	3x/yr	Complete blood count	\$27	Dr. Spitz

(Projected Routine Future Medical Care, continued )

## (Projected Routine Future Medical Care, continued )

Service	Start	Frequency	Purpose	Cost	Recommended By
Comp, Metabolic Panel	12/02	4x/year	Follow-up electrolyte levels in blood	\$37	Dr. Spitz
UA	12/02	2x/year	Evaluate for urinary tract infection	\$12	Dr. Spitz
Keppra Levels (creatinine and clearance)	12/02 and continue while taking this medication	3-4x/year	To determine if the drug levels are within the therapeutic range to prevent further seizure activity	\$52	Dr. Spitz
Dilantin Level	12/02 and continue while taking this medication	3-4 x yearly	To determine if the drug levels are within the therapeutic range to prevent further seizure activity	\$47	Dr. C Davies
EEG	12/02	1 x yearly x 2	Follow seizure activity	\$300	Dr. Spitz
CT Scan of Brain	12/02	1x every 2 years x 2	Follow-up of brain injury	\$900	Dr. Spitz

- Vocational or Educational Plan

There are no vocational possibilities for this patient

- Potential Complications

Possibility	Reason	Recommended By
Respiratory infection	Due to immobility the frequency of respiratory infections increases	R. Gordon RN, CLNC, CLCP
Aspiration	This is a constant consideration during every meal	R. Gordon RN, CLNC, CLCP
Decubitus ulcers	Care must be taken to turn client at least every 2 hours, to prevent break down of skin due to constant pressure	R. Gordon RN, CLNC, CLCP
Falls		R. Gordon RN, CLNC, CLCP
DVT	Possibly due to immobility	R. Gordon RN, CLNC, CLCP
Pulmonary embolism	Possibly due to immobility	R. Gordon RN, CLNC, CLCP
Constipation	Monitor bowel movements. May need stool softeners or enema. Can lead to obstructive bowel disorder	R. Gordon, RN, CLNC, CLCP
Feeding tube is pulled out	Will require hospital visit for replacement with gastroenterologist. Endoscopic procedure to assure correct placement.	R. Gordon, RN, CLNC, CLCP

There are two viable options for Sandra.

### **Option # 1**

Sandra's daughter Adeline is insistent that she would like Sandra to live in their home. This can be accomplished in two ways:

#### **Option 1**

Sandra can live with Adeline and her family. Arrangements can be made to supply assistance 24 hour a day. Sandra can be accompanied to therapy and medical appointments.

Included is the list of needs and services for both option #1, and option 2

#### **Addition to Option #1**

Sandra can live with Adeline and her family. Although during the day time hours Sandra can go to an outpatient TBI day program that can support the OT, PT, and ST. There will be others around her that also have TBI. It could provide mental stimulation during the day. Sandra could be with her family in the evening and weekends.

It is vital to Sandra to allow her to get back to as much functional capacity as possible. Many times it is our nature to protect and provide for our injured loved one. When in reality exposure to others, that are both injured, and experienced health care providers in the area of injury, in this case TBI helps them grow. This exposure can help our family member try something that they didn't think they would be able to accomplish. Many small accomplishments build to larger accomplishments. For the individual with TBI this may take years

It is also vital to account for the severity of Adeline's own medical condition. It is stressful in any ones life to have to care for a sick family member. Added stress will increase the need to have medical assistance in the home whenever Sandra is present. Even if Adeline has agreed to this additional stress in her life, the added stress will have an affect on the Rheumatic disease causing increasing bouts of illness. This in itself will not be good for either individual or the family as a whole.

When the amount of care needed becomes overwhelming, physically, the second option will need to be applied.

- Home furnishings and accessories

Service	Start	Frequency	Purpose	Cost	Recommended By
Hospital adjustable bed	12/02- life expectancy	Replace every 10 years	Ability for adjustment on position and comfort	\$3500	R. Gordon RN, CLNC, CLCP
Hoyer Lift	12/02- life expectancy	Replace every 10 yrs	To move patient from bed to chair Two slings will be needed to alternate when one is wet	\$1500 Sling for lift \$75. each	R. Gordon RN, CLNC, CLCP

- Home care or facility-based care needs

Service	Start	Frequency	Purpose	Cost	Recommended By
LPN	12/02- life expectancy	8hrs daily	Tube feedings twice a day	\$21/hr (include \$5 differential for night shifts)	R. Gordon RN, CLNC, CLCP
Nurse's aide	12/02- life expectancy	2- 8 hour shifts	Daily care of patient turning	\$17/hr	R. Gordon RN, CLNC, CLCP
Home maintenance	12/02- life expectancy	1 x weekly	Cleaning and maintaining environment	\$10.00/hr \$60.00 / week	R. Gordon RN, CLNC, CLCP
Yard Maintenance	12/02- life expectancy	1 x weekly April-Nov Lawn work Dec-March Clearing driveway	Yard cleaning –lawn mowing Plowing driveway as needed	\$15/week 20 wks/\$300 Contract \$300.00	R. Gordon RN, CLNC, CLCP

- Transportation needs

Service	Start	Frequency	Purpose	Cost	Comments	Recommended By
Van Wheelchair accessible	12/02- life expectancy	Replace every 10 years	Ability to go to medical appointments	\$20,000 for conversion of van to lowered floors, lift and tie downs	Costs apply after the initial cost of van	R.Gordon, RN, CLNC, CLCP

- Architectural renovations

Service	Purpose	Cost	Comments	Recommended By
Shower/bathroom (wheelchair accessible)	Move the wheelchair in and out of the shower stall	Additional \$6000- \$14000	Added space needed to manipulate shower chair, hand held shower heads, and railings	R. Gordon RN, CLNC, CLCP
Wheelchair accessible home	Move the wheelchair in and out of rooms and through doorways	\$25000-	Includes wider hallways, doorways, and space to turn wheelchair. Wheelchair accessible counters and ramps	R. Gordon RN, CLNC, CLCP
Storage Room	Storage of large quantities of supplies	\$2000-\$4000	Multiple shelves for boxes of supplies	R. Gordon RN, CLNC, CLCP

Adeline has stated that she and her husband have plans to build a home. The architectural renovations can be implemented within that plan.

### Addition to Option #1

It is a program that would be beneficial for both Sandra and Adeline. During the day Sandra would attend an adult day program for TBI (Pralid), and be home with her family in the evening. This would allow a more natural flow to the home. It would allow the family a daily respite from care. Sandra would still require transportation for this program

- Vocational and Educational Plan

Service	Start	Frequency	Purpose	Cost	Recommended By
Adult day program (Pralid)	12/02	Monday – Friday 8am-4pm	To provide physical, mental, and environmental stimulation. This should include the OT, PT and ST	\$200 per day	R. Gordon RN, CLNC, CLCP



**Option # 2**

Nursing home/Brain injury rehabilitation facility would provide 24 hour care/ support, transportation, and supplies

Service	Start	Frequency	Purpose	Cost	Recommended By
Skilled Nursing Facility	12/02- life expectancy	In-patient care	Care and treatment	Room and board \$10,500/per month	R. Gordon RN, CLNC, CLCP

In a facility Sandra would receive OT, PT, and ST with in the weekly program. She would have 24 hour a day support. And she would be with other adults that need long term care. Many of the skilled nursing facilities now have day programs with in the building to provide stimulation and support for the residents.