**Group-visit documentation form**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**For the patient**

Do you struggle with any of the following associated with high blood pressure or arthritis? If so, please check and/or fill out the appropriate answers:

|  |  |
| --- | --- |
| *High blood pressure*  | *Arthritis* |
| [ ] Headaches[ ] Bloody nose[ ] Fatigue[ ] Dizziness[ ] Chest pain[ ] Shortness of breath or breathing problems[ ] Swelling in your legs | [ ] Falls[ ] Problems getting up/out of a chair[ ] Problems walking[ ] Problems walking without use of a walker or cane[ ] Pain in your shoulders[ ] Pain in your hips[ ] Pain in your knees[ ] Pain in your hands[ ] Pain in other joints: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Is there anything else you need the doctor to know?

|  |
| --- |
|  |
|  |

For the doctor

**BP:** \_\_\_\_\_\_\_\_\_\_  **HR:** \_\_\_\_\_\_\_\_\_\_

**Heart:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Lungs:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Edema:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ambulation:** [ ] normal [ ] hesitant [ ] wobbling [ ] needs device [ ] needs assist

**Sitting to standing:**  [ ] normal (no arms) [ ] slow without use of arms/with use of arms/with devices

**Get up and go:**  [ ] < 20 seconds [ ] 20-29 seconds [ ] > 30 seconds

**Overall fall risk:** [ ] none [ ] small [ ] moderate [ ] significant

**ROM of knees:**  [ ] normal [ ] limited [ ] markedly limited

 **hips:**  [ ] normal [ ] limited [ ] markedly limited

**Hands:**  [ ] Heberden’s nodes [ ] ulnar deviation [ ] bony enlargement

Developed by Douglas Dreffer, MD, Hillsboro Family Health Center, Hillsboro, N.H. Copyright © 2004 American Academy of Family Physicians. Physicians may photocopy or adapt for use in their own practices; all other rights reserved. “Group Visits Hit the Road.” Dreffer D. *Family Practice Management*. September 2004:39-42, http://www.aafp.org/fpm/20040900/39grou.html.