

UVA PRIMARY CARE CENTER  
P. O. Box 800394  
CHARLOTTESVILLE, VA 22908

MRN: [REDACTED]  
DOB: [REDACTED], Sex: [REDACTED]  
Enc. Date:01/30/14

Patient Instructions signed by Deborah Spencer Eggleston, RN at 01/30/14 1236

Author:	Deborah Spencer Eggleston, RN	Service:	(none)	Author Type:	Registered Nurse
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Related Notes:	Original Note by Deborah Spencer Eggleston, RN filed at 01/30/14 1236				

Contact Debbie Eggleston, ALS Nurse Coordinator, for questions/concerns.

Phone: 434 243 5932 or email at dse3c@virginia.edu

After hours or on weekends, you can page the Neurologist on call by calling 434 924 0000.

Recommendations/summary from your team:

**Physical Therapy:**

- We strongly recommend that you do not get up by yourself. Always have someone with you when you are in standing. Consider having a bell nearby to notify your family when you want to get up so that they can be with you. We do not want you to fall!
- Try using the rollator with the brakes on to see if it slows it down enough for you to feel like you can use it safely.

**Occupational Therapy:**

- Have your husband help you stretch your shoulders each day while you are getting dressed.
- Stretch your hands each day using one of the stretches that I showed you. If your fingers become stiff and you're having difficulty straightening them, call or e-mail me and we will work on getting you hand/finger splints.
- Consider taking the bucket out of your bedside/portable commode and place the frame over the top of the toilet that you most use during the day to make getting on and off of the toilet easier for you.

**Nutrition:**

Aim for 4 cans Osmolite 1.5 / day via PEG tube

Eat for pleasure. If find you are eating only small bites and feeling weaker you may then need to increase to a 5 can goal / day via PEG tube.

Continue 1 cup water with each can of Osmolite 1.5.

Eat slowly and carefully for pleasure. Some days you may feel up to eating more than other days and this is okay.

Laura Knotts, RD

Llk6b@virginia.edu. Please feel free to email me with nutrition questions or concerns

**Speech Therapy:**

- I will contact [REDACTED] Rehab Center about a communication evaluation with a Speech-Language Pathologist. If you don't hear from either [REDACTED] RC or me within 2 weeks, please call me (Renee) at 434-760-4729.
- Swallowing: Only eat/drink for pleasure. If you are experiencing coughing or throat clearing during meals that could mean that food/liquid is going down the wrong pipe. Be very careful during meals.

**Respiratory Therapy: you will receive a bipap and suction from Med Inc, if you do not hear from them call Debbie or Patricia or Med Inc at 964-6688**

**MD:**

- Contact your Primary Care Physician about your urinary frequency.
- I do think the BiPAP is a good idea and hope that your sleep will improve.
- I don't think the trazadone will help you staying asleep, especially if you are concerned about being too sleepy. Instead take Elavil (amitriptyline `10 mg at bedtime). It will help get you to sleep as well as dry out your mouth and hopefully help with drooling. The prescription was sent to the Walmart in [REDACTED]. Take one tablet for a week and let us know how it works. We can increase the dose thereafter.

If you are expecting equipment to be delivered (or an appointment to be made), please call us in a week if you don't hear from anyone about it.

**Return to clinic in : 4 months**