

Case Study Example: Mabel Moderate

Background: Mabel is an 83 year old female with age related macular degeneration (AMD). She was diagnosed with the dry form of AMD in both eyes three years ago. She continues to experience dry AMD in her right eye, however six months ago she experienced a sudden decrease in the vision of her left eye. Her ophthalmologist noted vascular changes in her left eye leading to a diagnosis of wet AMD in that eye. She began receiving anti-VEGF injections in her left eye and notice a slight improvement of her vision. Her current Snellen visual acuity is 20/160 in her right eye and 20/250 in her left eye. Mabel has central scotomas with fovea impact in both eyes. Her left eye is dominant and she has a partially established preferred retinal locus (PRL) superior the scotoma. She is able to locate the PRL, but demonstrates difficulty maintaining fixation and using the PRL for tracking and gaze shift. In her right, non-dominant eye she has greater use of her fovea but demonstrates difficulty with consistent access to this vision. Mabel also has moderately impaired contrast sensitivity and glare sensitivity.

Mabel has very few health concerns other than her vision. She reports mild arthritis in her knees and back when the weather is “acting up”. She takes medication for arthritis, hypertension, osteoporosis, and to lower cholesterol levels.

Mabel lives in her own home. Until last month, she shared her home with Wally, her husband of 60 years. Wally died suddenly of a heart attack and Mabel reports that her “independence died with him” as he took care of all the tasks that she “couldn’t see to do”. She has outlived her son and has only one relative in the area, a niece that lives 80 miles away and has been battling breast cancer. Her niece visits every two weeks, but Mabel is concerned about imposing on her. Mabel very much wants to continue to live in her own home, she has so many memories of her life with Wally there and feels she will lose him and her identity completely if she has to give that up.

Revised- Self-Report Assessment of Functional Visual Performance

Name: Mabel Moderate Therapist: _____ Date: _____

Use an interview format; ask the client to rate ability to perform each task using the rating scale. Circle the number that best fits the client’s ability.

Not Applicable: Does not or no longer performs this task for various reasons.

0-- Unable: dependent on others to perform task; would perform task if able

1 – Great Difficulty: May perform some aspect of the task but requires assistance for 50-75% of task; and/or cannot perform in safe and efficient manner.

2 – Moderate Difficulty: Performs task with difficulty even under optimal conditions; and/or difficulty performing task in a timely manner; and/or safety and efficiency questionable; and/or makes errors; and/or assistance required for 25-50% of task.

3 – Minimal Difficulty: Performs with some difficulty and/or can only perform under optimal conditions; may require assistance for 25% or less of the task.

4 – Independent: Experiences no difficulty performing task safely, accurately and efficiently.

Item	TASK DESCRIPTION	Rating
Health Management and Personal Grooming		
Health Management		
1	Medication set up: identifies medications, expiration dates and measures accurate dosage (liquid, pills, drops, drawing from a syringe, etc.)	0 1 2 3 4 NA
2	Taking medication: opens bottles/packages; administers medication properly; recovers dropped medication.	0 1 2 3 4 NA
3	Obtaining supplies/food: shopping-locates item and price (visually identifying item or seeking appropriate assistance).	0 1 2 3 4 NA
<p>Comments: Medications: Takes 4 prescription medications daily: two HTN medications (AM/PM), high cholesterol (PM), in addition to over the counter: PreserVision (AM/PM), multivitamin (AM), calcium (AM/PM), Omega 3 (AM/Noon/PM), NSAID (AM/PM), Ranitidine (AM/PM), Magnesium (AM), and drops for dry eye (AM/PM). Weekly oral medication for OS (AM). She also has several PRN medications. Wally used to dispense medications. Now uses pillbox, but is uncomfortable with her accuracy. Difficulties: reading labels, distinguishing pills. Neighbor has volunteered to fill a pill box weekly; however, she does let her neighbor check the pill box she has filled by herself. Mabel does not like this solution, feels it imposes on her neighbor. Stores medications in kitchen cupboard. Fills & stores pill box on kitchen table (natural light from window + glare, low lumen overhead light). Flooring = patterned linoleum, unable to consistently locate dropped pills.</p> <p>Shopping: Difficulty reading labels, ingredients & expiration dates; all things she likes to check before making a purchase. She has returned from shopping recently with several items she didn’t want & recently paid \$4.35 for bacon that was past its expiration date & rancid. Does not like asking neighbor that provides a ride to the grocery to assist with locating & reading items.</p> <p>Note: has a 2x magnifier with an LED light that her husband bought for her. Is able to use for some things, but not helpful with smaller details. Feels cannot see/read details with accuracy.</p>		
Personal Grooming		

4	Dressing: locate, select, match clothing by color: match outfits appropriately	0	1	2	3	4	NA
5	Hair care: combs, brushes, styles and washes hair	0	1	2	3	4	NA
6	Nail care: trims/files fingernails and toenails	0	1	2	3	4	NA
7	Oral Care: accurately applies toothpaste, denture cream, thoroughly cleans	0	1	2	3	4	NA
Comments: <i>Some difficulty with clothing colors, especially the darks. Uses overhead room light & bedside light to illuminate closet. Uses strategies to complete grooming: magnifying make-up mirror, increased bathroom lighting and consistent organization of items on counter & in medicine cabinet. Hairdresser monthly. Podiatrist quarterly for toes. Manicurist as necessary for nails. Dentures – no concerns. Concern with transportation for appointments; currently neighbor & niece assist & but feels is overburdening her them with all her needs.</i>							
Meal Preparation and Clothing Care							
8	Meal Preparation-chop, slice, cut, peel foods into properly sized pieces; peel completely; use knives/peelers safely	0	1	2	3	4	NA
9	Meal Preparation-pour/measure ingredients: select correct measuring utensil; fill accurately with minimal spillage	0	1	2	3	4	NA
10	Meal Preparation-microwave: accurately locates/selects settings	0	1	2	3	4	NA
11	Meal Preparation-stove burners: accurately sets temperature, identifies when burners are on/off, and monitors food when cooking	0	1	2	3	4	NA
12	Meal Preparation-oven accurately sets temperature, identifies when oven is on/off and monitors food when cooking	0	1	2	3	4	NA
13	Laundering: accurately sets washing machine/dryer dials; measures dry and liquid soap; identifies and treats stains.	0	1	2	3	4	NA
Comments: <i>Was avid life-long cook. Can no longer use all her cookbooks & recipes, but wants to. Very familiar with kitchen & is comfortable with completing most aspects of meal preparation. Kitchen has new overhead fluorescent lighting & good under counter task lighting. Some concerns with measuring ingredients when baking, used to just 'eyeball it' but can't do that anymore! No concerns with using stove top & is very cautious when using. Has difficulty setting temperature on oven & time on microwave (both low contrast). Wally used to set for her. Is known for her fruit pies, but now feels she must retire from baking b/c set oven last week at 450 vs. 350 & burnt 3 pies made for church luncheon.</i> <i>Low contrast controls on dishwasher & laundry = difficult to see; however able to use b/c uses same settings almost every time. No concerns with measuring detergents. Not consistent on ability to see/treat stains on clothing. Washer & dryer located in basement: steep steps (with handrail on both sides), low lighting oversteps & laundry appliances.</i>							
Financial Management							
14	Manage records: makes legible entries into financial records; organized method to retrieve bills statements	0	1	2	3	4	NA
15	Accurately read bills/financial statements: locates and accurately identifies company, amount due, and qualifying statements within time period client considers reasonable	0	1	2	3	4	NA
16	Write check/money order: completes entire form legibly enough for stranger to read; accurate, legible, entry into register; speed sufficient to complete task in community	0	1	2	3	4	NA
Comments: <i>Expresses extreme concern & anxiety. Wally did all finances, but kept her informed so she knows when bills need to be paid & what income to expect. Difficulty reading bills, especially statements. Is able to make out checks, but is very uncomfortable and concerned about both accuracy and maintaining the register. Niece has offered to assist, but again does not want to burden her. Keeps up highly organized filing system created by late husband, able to easily file & retrieve information. Has office in spare bedroom. Moderate lighting from task lamp – check intensity, color temp & reach for accessing files.</i>							
Using the Telephone							
17	Physically operate telephone: accurately inputs numbers- typing in or using speed dial; retrieves messages; locates/opens desired apps; successfully charges device	0	1	2	3	4	NA
18	Retrieve telephone numbers: accurately uses personal address book/phone memory function to recall familiar numbers; telephone directory/directory assistance for unfamiliar numbers.	0	1	2	3	4	NA
Comments: <i>Landline: large-button phone with good key backlighting & answering machine. Has a battery back-up so (usually) usable when power is out. Able to operate without difficulty. Wally always used to dial the telephone for her, so she is not yet comfortable accurately accessing the keypad & often is not able to dial the number before she loses the dial tone. Niece wants her to get a cell phone for emergencies, but she does not think she would be able to use a 'fancy' one like her niece has. Would like to explore cell phone options & learn how to use one.</i> <i>Cannot see to use the phone book. Tried using her magnifier, but it doesn't help. Has a handwritten page with important numbers in large print. Able to read back, but not with 100% accuracy.</i>							
Reading							
19	TV guide on TV: able to obtain desired information and to select desired choice	0	1	2	3	4	NA
20	Books: able to obtain desired information/enjoyment from activity	0	1	2	3	4	NA
21	Labels/instructions: able to obtain desired information	0	1	2	3	4	NA
22	Credit/debit cards: accurately reports card number, expiration date and security code.	0	1	2	3	4	NA

Comments: Reports all reading is difficult. Was an avid reader, belonging to 2 book clubs and a Bible study. The book clubs were given up when she was dx with AMD, continued Bible study with Wally's assist. Fears will now have to give this up as well. When she could no longer read the newspaper (esp. obits & society page) Wally would read this to her, as well as Readers Digest & Guideposts (has subscriptions). She misses the intellectual stimulation & feels she will have to give all of this up as well b/c the magnifier Wally bought for her just doesn't allow her to read. She is very anxious about all reading activities, as she feels this is imperative to remaining independent & in her home. TV: watches only certain channels. Does not use the guide b/c cannot see. Labels/instructions: can see some larger type and can access some with the magnifier. Can't access small print & demonstrates difficulty with low contrast if light is not adequate. Credit/Debit cards: cannot read information from card. Has a separate page in the financial files with necessary information from all credit cards & accounts written in large, bold print by her late husband. Would benefit from this information in a printed format using large, bold font for consistency & extra spacing for accuracy in discerning numbers.

Writing						
23	Legible personal list/short note: client can read back later and/or another person can read	0	1	2	3	4 NA
24	Legibly address envelope: accurately position address; stay on line; writing legible to unfamiliar reader.	0	1	2	3	4 NA
25	Legible signature: positions signature accurately; stay on line; signature is legally acceptable; completes task in home/ community.	0	1	2	3	4 NA

Comments: "My writing is a mess. I can't see what I'm doing and I can't stay on a line". Tendency to drift upward on a line & crowd letters. If lifts pen tip off page cannot find where left off & will overwrite. Does write large, but does consistently print. Does not have bold tip pens. No longer does much written correspondence, but does send out a lot of birthday, anniversary & holiday cards. Wally used to address the envelopes & write something inside, she would sign her name. She would like to continue this correspondence so her friends won't worry about her. She likes to receive mail back as well & has her niece read it to her when she visits. Able to read back a grocery list with moderate accuracy & considerable effort. Not able to consistently read notes written to herself days or weeks prior; relies on notes to jog her memory vs. fully reading them. Not able to legibly address envelope. Needs assistance finding where to sign unless the area is well marked in bold, high contrast font. Signature is shaky, but acceptable. **needs bold tip writing utensils**

Functional Mobility						
26	Ascend/descend stairs: safely navigates using safety features- rails, good lighting-in familiar environments	0	1	2	3	4 NA
27	Adjusts to changes in walking surface: negotiates curbs, ramps, transitions between surfaces without stopping, hesitation, probing with cane or asking for assistance	0	1	2	3	4 NA
28	Avoids collisions/tripping: safely identifies/walks around objects and obstacles in familiar environments	0	1	2	3	4 NA
29	Locates and reads signs: including street signs, names of stores, signs in store windows, etc.	0	1	2	3	4 NA

Comments: Knows house well & is able to navigate without hesitation. Good balance, no need for external support indoors at home. Uses cane (Wally's from after his hip surgery) when outside & in community. Walks down (slightly) sloped, paved driveway to mail box, cautious but no loss of balance or hesitancy when crossing sidewalk or moving across threshold to (paved) road. Is not comfortable walking on unfamiliar uneven surfaces (grass, gravel, etc.) without someone else with her. Goes on walks around neighborhood (on sidewalk) several times a week with neighbor when the weather is good (used to do this with Wally). Does have some hesitancy with a few areas where the sidewalk is cracked & uneven from tree roots, but she is familiar with these places so feels able to navigate safely. Able to navigate entry & basement stairs of house without difficulty. Uses handrails & turns on any available lights. Able to identify a sign in the distance, but cannot read. Sometimes can tell what they are by the shape or color. Is bothered by inability to see sale & discount signs when grocery shopping.

Personal Preference Activities						
30	Shaving: accurately shaves face, underarms, legs; trims beard/mustache; grooms eyebrows	0	1	2	3	4 NA
31	Leisure activities completes with sufficient speed, accuracy, effort that the activity is enjoyable	0	1	2	3	4 NA
32	Operate leisure devices: accurately locates/selects settings: radio/ipod/TV/remote controls; changes batteries for devices	0	1	2	3	4 NA
33	Read Timepiece: accurately reads at least one portable or stationary timepiece in home and community environments.	0	1	2	3	4 NA

Comments: "I used to sew all my own clothes & was handy with a needle & thread." Would make stuffed toys & clothing for dolls for the church Christmas baskets to the needy. Now laments not being able to thread a needle, sew on a button or fix a tear. Notes she still has stores of material in her sewing room that has been gathering dust. Rides with neighbor to church every week, but is not comfortable to ask her for transportation to other church functions that she frequently participated in when her husband was alive. Misses "helping out at church & in the community". Her late husband always managed the TV remote, she is not yet comfortable using it & rarely changes the channels. Unable to see the numbers & often "fumbles around". Has 3-4 favorite channels, would benefit from setting up the favorites key to be able to quickly scroll through only these channels. Has no idea how to change the batteries (also needs to learn to access/change battery backup in landline phone).

*Likes to listen to several radio programs. Leaves radio set on specific station but does not know how to return if the dial is moved.
Has large screen bedside clock, but is not able to set.
Never bothered with a watch when Wally was around, "he always knew what time it was". When out with friends she is now embarrassed to ask what time it is.*

Possible points (Number of items out of 33 that were assessed/used: 32 x 4 = 128 **Adjusted Total**

Client's total score = 79. Divide by adjusted total 62 = SRAFP 62 %

Subtract SRAFP 62 % from 100 = G code 38 % of impairment

G code modifiers: CH-0%, CI 1-19% CJ 20-39%, CK-40-59% CL 60-79% CM 80-99% CN 100%