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| **S1 Table. Characteristics, health priorities (health outcome goals and healthcare preferences) of patients selected for the facilitated discussion sessions\*** |
| **No.** | **Characteristics, Conditions; Active problems; Medicationsa** | **Health Outcome Goalsb** | **Healthcare Preferencesb** | **Specific Askc** |
|  |  |  | **Helpful and doable care** | **Bothersome, unhelpful, or unwanted care** |  |
| 1 | 70+ y.o. F; independent with ADL Chronic conditions: asthma; sleep apnea on CPAP; arthritis (knees, hands); carpal tunnel syndrome, asthma, hypertension, hyperlipidemia,depression, hypothyroidism,obesity, CVA, Active problem list: 35 problems13 prescription medications: Albuterol; aspirin; clopidogrel; Zyrtec, Losartan, Lovastatin; Metoprolol, Levothyroxine, Voltaren gel, Ventolin, MeclizineNiacin; ProAir; Vitamin D | Continue to:- do yoga at the senior center each weekBe able to: walk around park each weekArthritis pain is barrier  | The hand dip I use the tension ball each dayI am taking three Tylenol Arthritis each night | It bothers me that I can’t get what I want [NSAID} to help the pain in my handsI don’t know if I want a knee replacementI am not going to wear compression stockings | The arthritis pain in my hands**, so that I can** keep going to the senior center and participating in classes.  |
| 2  | 90+ yo F; gets help with ADLsChronic conditions: Atrial fibrillation, arthritis, hypertension, depression, hypothyroidism,Active problem list: 7 problems7 prescription medications: digitalis, furosemide, hydrochlorthiazide,EscitalopramVitamins D levothyroxine,warfarin | Be able to: -attend meals in the dining room at her building daily- weekly trips to do her shopping with her aideBalance; back and knee pain; fear of falling and bleeding and bruising are barriers  | Tylenol helps with arthritis but “I’m not sure how much I can take.”Hearing aids and scooter are helpful in getting outside apartment Willing to have INR draws (at retirement community)  | Fearful of trying new medications for arthritis pain “my oxycodone and Celebrex made me dizzyNot able to do seated exercise classes because of knee painBleeding and bruising with warfarin is making her fearful of physical activity | I need help with my balance and the pain in my back and legs **so that I can** walk to the dining room and visit my friends |
| 3 | 70+ y.o. F; walks with caneChronic conditions: Anxiety; CAD; depression; GERD; hyperglycemia; spinal stenosis; supraventricular tachycardiaActive problem list: 236 prescription medications: Aspirin; atenolol; Atorvastatin; Gabapentin; Nitrostat; Sertraline | Be able to:-go to grocery store weekly.Leg pain a barrier | Trying gabapentin for painWilling to use cane Physical therapyWants to go back on statin | Lipitor may be causing painFearful of new medications-experiences many adverse effectsDoes not want surgeryEpidural and sacroiliac injections did not help | NA |
| 4 | 80+ y.o. F; independent with ADLsChronic conditions: Anxiety; arthritis; DVT; GERD; hypertension; hip fracture; irritable bowel syndrome.Active problem list: 60 problems3 prescription medications: Amlodipine; Vitamin B12; Vitamin D  | Continue to:- go to restaurant daily to socialize and have lunchBe able to:- be a greeter at her club IBS and PT are barriers | Willing to try restaurants with healthier food choices Pleased with physical therapy, PCP and GI clinicians | Experiencing dizziness, uncertain if due to medicationsNot ready for assisted living | NA |
| 5 | 70+ y.o. M; uses cane occasionallyChronic conditions: Atrial fibrillation; BPH; CAD; CKD Stage 3; congestive heart failure; depression; DM Type 2; diabetic neuropathy; hypertension; hyperlipidemia; insomnia; obesity; hyperparathyroidism; Vitamin D deficiencyActive problem list: 3912 prescription medications: Allopurinol; aspirin; buspirone; calcitriol; carvedilol; colchicine; coumadin; ferrous sulfate; furosemide; mirtazapine; nateglinide; pravachol | Continue to:- go to flea markets on weekends.  -do service projects in the communitydyspnea and fatigue are barriers | Gout medications shorten duration of attacksExercises given by chiropractor for back painINR draws every 3-4 weeks  Cardiologist and frequent visits with PCP | Does not wish to make other dietary changesNot willing to check blood sugar more often, only does it “when my wife makes me”  | NA |
| 6 | 80+ y.o. F; lives alone; uses cane or walkerChronic conditions: Arthritis; CVA; CKD stage 3; depression; DM Type 2; gout; hypertension; hyperlipidemia; hypothyroidism; peripheral neuropathy; urinary incontinenceActive problem list: 34 problems10 prescription medications: Amlodipine; clopidogrel; levothyroxine; Linzess; lisinopril; Lyrica; Morphine ER; omeprazole; Pristiq; Vitamin D | Be able to:-walk her dog around the property twice daily-have dinner with her daughter weekly | Ask her son install hand rail Neck exercises daily Prepour medications | Would like to decrease blood pressure medications if possibleConstipation a problem | I want to be less dizzy and unsteady in the morning **so that I can** keep going for walks to see my neighbors and take care of my dog |
| 7 | 80+ y.o. M; ambulates with rolling walkerChronic conditions: Atrial fibrillation; BPH; DM Type 2; chronic diarrhea; GERD; hyperlipidemia; hypothyroidism; hypotension; PVD; Vitamin B12 deficiency; Vitamin D deficiencyActive problem list: 17 problems16 prescription medications: Amiodarone; Atorvastatin; digitalis; fludrocortisone; gemfibrozil; hydrocodone; ferrous sulfate; levothyroxine; magnesium; midodrine; Omeprazole; sitagliptin; Pradaxa; Tamsulosin; Vitamin B12; Vitamin D | Be able to:-Go to lunch on with wife- visit with grandchildren once per month- do cooking projects with wife weeklyBack pain and dizziness are barriers  | Referral to pain clinic Have wife manage medications;written log with check boxes for medicationsUse electric lift chair, rolling walker PCP and cardiology | Hydrocodone-acetaminophen not helping pain Uncertain if medication is contributing to joint painDeclines doing blood sugar checks | NA |
| 8 | 70+ y.o. M; independent with ADLs Chronic conditions: Atrial fibrillation; congestive heart failure; depression; hyperlipidemia; hypertension; morbid obesity; nephrolithiasis; sleep apnea on CPAPActive problem list: 16 problems7 prescription medications: Atorvastatin; Citalopram; Jantoven; Lisinopril; diltiazem XL; trazodone; warfarin | Continue to: Be able to:- walk and climb stairs more easily - be more active with wife.  Fatigue, back pain, pannus are barriers | Blood pressure medications and vitamins are helpful and “they are not that bad.” Willing to stay on warfarin and have INR monitored“Heart operation” helped with fatigue and SOBCataract surgeries were helpful.PCP and cardiologist | Not willing to take medications for back pain (including Tylenol), afraid of addiction and “losing my marbles.” | NA |
| 9 | 70+ y.o F; independent in ADLsChronic conditions: atrial fibrillation; anxiety; hyperlipidemia; hypertension; hyperglycemia; overweightActive problem list: 13 problems10 prescription medications: Aspirin; calcium; glucosamine; lorazepam; lovastatin; metoprolol; rosuvastatin; verapamil; Vitamin B 12; Vitamin D | Be able to:-go out to dinner with her husband twice per weekback and right knee pain are barriers | Will consider knee surgery if recommendedManages own medicationsExercises art gymPCP and cardiologist | Intermittent dizziness- uncertain if medications are contributingIncreased muscle pain uncertain if medications are contributing | NA |
| 10 | 70+ y.o. F; assists husband with ADLsChronic conditions: Arthritis; hypertension; cataract; depression; GERD; obesity; restless leg syndrome; sleep apnea on CPAP; urge incontinenceActive problem list: 34 problems10 prescription medications: Advair; diltiazem; escitalopram; ferrous sulfate; hydrochlorothizide; omeprazole; pramipexole; valsartan; vitamin B12; vitamin D | Be able to:- walk around the neighborhood each week-work in her yard each weekLack of motivation and knee pain are barriers | Escitalopram “feels it’s working”Elevates legsVisits to PCP; Cardiologist; Orthopedist | Afraid to have Arthroscopy of L kneeDieting to lose weight too hard | NA |
| 11 | 90+ y.o F; partially dependent with all ADLsChronic conditions: GERD, CKD Stage 3, CAD, depression, arthritis, hypertension, hyperlipidemia, macular degeneration, urinary incontinence20 problems in active problem list.10 prescription medications: Ranitidine, aspirin, Cartia, Gabapentin, Lorazepam, Lumigan eye drops, Lutein, Magnesium, Calcium &Vitamin D, Pantoprazole, Tylenol | Continue to:- go out weekly to get my hair done-go to church each weekBe able to:- help my daughter with housework and putting dishes awayDifficulty walking and imbalance are barriers  | Injection in my eye for the macular degenerationPedialyte to help with my electrolyte imbalanceGabapentin helps so much, my leg used to jump and I would get an electric shock pain | Tramadol knocks me outLorazepam is not helpful, Not have to depend on depends | I want to walk better and have better balance **so that I can** help my daughter more with housework |
| 12 | 80+ y.o. F; lives in own homeChronic conditions: Arthritis; CKD stage 4; DM; history of malignant melanoma; gout; hypertension; obesityActive problem list: 10 problems7 prescription medications: Allopurinol; calcitriol; Claritin; hydrochlorothiazide; lisinopril; metoprolol; vitamin D | Continue to:-work in her garden each day- drive to babysit grandchildren each week | Renal dietIncrease in blood pressure medications Limit use of NSAIDs | Interferon caused depression “I refused to go back on it, I don’t want to live that wayRecommended foot surgery; concerned about decreased postoperative mobility  | NA |
| 13 | 80 y.o. M; independent in ADLs Chronic conditions: Arthritis; CKD stage 3; hypertension; bladder cancer; colon cancer; hyperlipidemia; obesity; legally blind; Vitamin D deficiencyActive problem list: 16 problems11 prescription medications: amlodipine; aspirin; atorvastatin; lisinopril; doxazosin; vitamin D; ICaps AREDS; latanoprost; hydrochlorothiazide; metoprolol; ProAir inhalant | Continue to:- go out to breakfast each dayNo barriersBe able to:- fish each week Lymphedema care a barrier | Cane has stopped me from some fallsDenies dizziness or GI problems from 3 blood pressure medications | Declined cataract removal | NA |
| 14 | 70+ y.o. M; partially dependent in ADLsChronic conditions: Arthritis; adhesive capsulitis shoulder; aortic stenosis; CKD stage 2; constipation; DM type 2; anxiety; hypertension; hyperlipidemia; inguinal hernia; sleep apnea; nephrolithiasis; peroneal muscle atrophy; GERD; urinary retentionActive problem list: 24 problems8 prescription medications: Aspirin; CoQ10; famotidine; metformin; metoprolol; Miralax; simvastatin; trazadone | Continue to:-get out each day with his friends to have coffee and to play cards-go to the gym each day-volunteer at the hospital once per week | Reduction in simvastatin to 3 times per week is helping, decreased muscle painTrazodone is helping with sleepCPAP is “a pain” but it helps | Tamsulosin did not help | NA |
| 15 | 80+ y.o M; independent in ADLsChronic conditions: Aortic stenosis; abdominal aortic aneurysm; DM 34 active problems listed in EHR 7 prescription medications: Amlodipine; aspirin; Atorvastatin; Flomax; Isosorbide; Ranolazine; Insulin | Be able to:- go to the casino each week- take the bus to visit family- drive to the grocery store each weekLightheadedness is barrier  | Personal emergency response systemSelf-administer insulin | Blood sugar testing 6-7 times per day due fear of passing outInsulin administration four times per dayAortic valve replacement, “I don’t know if this will be helpful or not” | Be less lightheaded and short of breath **so that I can** go to the casino and grocery shop |
| 16 | 70+ y.o. F; independent with ADLsChronic conditions: Anemia; anxiety; atrial fibrillation; GERD; hypertension; multiple myeloma; overweightActive problem list: 14 problems8 prescription medications: amiodarone; calcitriol; doxazosin; losartan; metoprolol; revlimid; warfarin | Continue to do: -Yoga 3-5 times per week- outdoor activities Bone pain a barrier | Immunomodulator for cancer treatmentBlood work monthlyOccasional opioid helps pain | Exercises that bother her joints | NA |
| 17 | 80+ y.o. F; independent with ADLsChronic conditions: Atrial fibrillation; arthritis; constipation; congestive heart failure; diverticulitis; hyperlipidemia; hypertension; degenerative disc disease; pulmonary hypertension; urinary incontinence; Vitamin D deficiencyActive problem list: 18 problems7 prescription medications: Aspirin; folic acid; hydrochlorothiazide; metoprolol; olmesartan medoxomil; pravastatin; Vitamin D | Continue to: - volunteer three times per week at senior centerBe able to: -garden once per weekPain in hands is barrier | Copper Arthritis GlovesElevates feetTakes medications at night | Even if surgery could help my foot, I don’t want to go through it | Less muscle pain in my hands **so that I can** garden once per week |
| 18 | 80+ y.o. F; independent in ADLsChronic conditions: atrial fibrillation; alcohol abuse; arthritis; past breast cancer; GERD; hypertension; hypothyroidism; low back pain; macular degeneration; gait disturbanceActive problem list:18 problems9 prescription medications: amiodarone; amlodipine; atenolol; furosemide; levothyroxine; lisinopril; potassium; tramadol; xarelto | Continue to:- go to Florida for the winter months Be able to:- go to the casino 2-3 times per year - do more of my own housework and even some gardeningBack pain is barrier | TramadolUse caneNo dizziness from medications | Pain center treatmentsOver the counter pain remedies | NA |
| 19 | 90+ y.o. F, has help with ADLs; Chronic conditions: DM type 2, Stage 4 CKD; atrial fibrillation; congestive heart failure; hypertension; hyperlipidemia; hypothyroidism 16 problems listed in active problem list12 prescription medications: Diltiazem; furosemide; insulin; lisinopril; metoprolol; pravastatin; Preservision AREDS, Vitamin D; warfarin | Continue to:-participate in dinners and card games -go out shopping with my companion each weekBe able to:- do more of my own housework Weakness, pain, and diarrhea are barriers | INR blood work once per month; recently increased to weeklyRollator walker | Doesn’t wish to see more specialistsWants “no surgery of any kind” | I can’t go where I want to as much because of this diarrhea |
| 20 | 80+ y.o. F; partially dependent in ADLsChronic conditions: arthritis; amaurosis fugax; anemia; atrial fibrillation; gait disturbance; low back pain; CAD; depression; GERD; hyperlipidemia; hypertension; sacroiliitisActive problem list: 29 problems10 prescription medication: amlodipine; atenolol; atorvastatin; Vitamin B12; clopidogrel; Eliquis; glucosamine; isosorbide; lisinopril; pantoprazole  | Be able to: -go for a walk to the end of her street- get in and out of a car to go out to lunch with friendsback pain is barrier  | Would like to try a back braceBlood draws for INR | Would like to take less medications if possibleNot using durable medical equipment for walking due to costTylenol Arthritis does not help with back pain | I would like to have some relief of lower back pain that shoots down my legs **so that I can**  walk to the end of my street and get out of the car by myself |
| 21 | 80+ y.o. M; gait is unsteady but no falls. Chronic conditions: Aortic stenosis; constipation; DM Type 2; gait disturbance; hypertension; Parkinson’s disease; seizure disorder; sick sinus syndrome; urinary incontinenceActive problem list:16 problems7 prescription medications: amlodipine; aspirin; carbidopa-levodopa; levetiracetam; metformin; miralax; valsartan | Be able to: -walk up the stairs - go to church Unsteady gait and lack of energy are barriers | Constipation is better, Miramax works. | I want to know if the medications are making my vision worse.  | I want to have less incontinence at **night so that I can** have more energy to go out and go to church and be awake to read |
| 22 | 70+ y.o. F; independent ADLsChronic conditions: Anxiety; arthritis; Crohns disease; GERD; glaucoma; hyperlipidemia; hypertension; Vitamin B12 deficiencyActive problem list: 12 problems15 prescription medications: aspirin; buspirone; calcium; clonazepam; diltiazem; dorzolamide-timolol; gabapentin; omeprazole; pravastatin; quetiapine; restasis; valsartan; venlafaxine; Vitamin D3 | Continue to:- go the senior center 3-4 times per week -go out to lunch with friends once per weekNo barriersBe able to:- walk within her neighborhood once per week-participate in a yoga class at the senior centerLower back pain is barrier. | Physical therapy has helped the pain on my left side, Want to discuss options to manage symptoms of costochondritis | Would like to be taking less medications, “this pile of meds is not an appealing breakfast”I don’t know if my Pravastatin is causing some of my muscle pain“I don’t know why I am taking two blood pressure medications, I want to know if I really need to” | NA |
| 23 | 70+ y.o F; lives alone, independent with ADLsChronic conditions: Arthritis; Alzheimer’s dementia; gait instability; hearing loss; arthritis; hypertension; obesity; hyperlipidemia diplopia; GERD; spinal stenosis46 problems listed in active problem list12 prescription medications, Atenolol, Atorvaststin, calcium; Flecainide, Flovent; Lansoprazole, Namenda, Pantoprazole, Flovent inhaler, ProAir inhaler, Voltaren gel, Zyrtec | Continue to:- live alone- work around the house”Balance, dizziness, and memory loss are barriers  | Physical therapy for dizziness and balanceTaking my blood pressure medications with food | I don’t know if I want knee surgeryI hate medications, I was told by the pharmacist that the yellow dye in the capsule may be causing dizziness | I want to check if I have any medications that are causing side effects **so that I can** continue living a normal life on my own as long as possible |
| 24 | 65+ y.o F; lives alone; independent with ADLs Chronic conditions: hypertension; low back pain; sleep disorder; hypothyroidism Active problem list: 3 problems listed 5 prescription medications: Lisinopril; levothyroxine; hydrochlorothiazide; potassium; trazadone | Continue to: - travel to Florida to stay with my daughter for the winterBe able to: -walk with friends Pain is a barrier  | Trazadone helps me sleepWatch what I eat and diet | “I get this electric shock pain in my hands, I don’t know if my meds are causing this”“I get hypoglycemic, I get weak and shaky I don’t know if I’m taking too much of something”“I don’t want to take a lot of medications” | I want the pain in my hands to get better **so that I can** make crafts and sell them to have spending money each month |
| 25 | 70+ y.o. F; lives with husband; partially dependent with ADLsChronic conditions: Aortic stenosis; COPD; CAD; gait disturbance; GERD; hearing loss; obesity; hypertension; hypothyroidism; hyperlipidemia; sleep apnea; restless leg syndrome; rheumatoid arthritis; urinary incontinenceActive problem list: 33 problems14 prescription medications: Aggrenox; aspirin; Breo Ellipta; folic acid; potassium; levothyroxine; methotrexate; metoprolol; oxycodone; stool softener; triamterene; hydrochlorothiazide; Vitamin D; Zetia | Continue to:- visit daughter at her homeBe able to:- go out to dinner with my husbandFrequent urination is a barrier  | Nebulizer when I need itPhysical therapyAspirin cream for my hand  | “I don’t know if Zetia is causing this muscle pain”“The water pill is making me pee a lot”Medications are causing dry mouth | I would like to take less medications **so that I can** have less side effects like dry mouth and muscle pain |
| 26 | 80+ y.o. F; lives alone; independent with ADLsChronic conditions: Arthritis, atrial fibrillation, dysphagia, hypertension, hypothyroidism, hyperlipidemia, hearing loss, mitral and aortic valve disease, osteoporosis20 problems on active problem list11 prescription medications: Calcium, Claritin, Glucosamine, levothyroxine, Metoprolol, Niacin, Pantoprazole, Probiotic, Verapamil, Vitamin D, Warfarin | Continue to:- help my sister - maintain my own house, I have a hard time picking something up off the floor-have dinner with my children and grandchildren each weekKnee pain is a barrier | “Cutting back on the Metoprolol has helped me feel less tired”“I have atrial fibrillation and an enlarged heart so I know why I have to take the heart medications”“How much Glucosamine can I take; I take 2 tabs once a day” | “I want to eat greens but they don’t want me to”“I get headaches from statins so I won’t take them” “Tylenol PM didn’t work so why take it?”“My pain is worse since the steroid injections” | I would like less knee pain **so that I can** get around better and fall less  |
| 27 | 70+ y.o. M; independent with all ADLsChronic conditions: Atrial fibrillation, arthritis, hypertension, hyperlipidemia, BPH, GERD, back pain, migraine headachesActive problem list:11 prescription medications: butalbital, doxazosin, Flecainide, Irbesartan, Meloxicam, Methocarbamol, Omeprazole, Simvastatin, Tramadol, Verapamil, Xarelto  | Continue to: -volunteer each week-go to the senior center for exerciseDizziness is a barrier | Taking blood thinner because they found 3 blockages in my lungsI walk a lot and watch what I eat  | “I did cut back on the specialists that I see”“I would like to cut back on the Flecainide, The Flecainide makes me dizzy but I am willing to have dizziness to prevent a stroke”“If my cholesterol numbers are good why can’t I cut back on the statin?” “I am taking less Meloxicam and want to get off NSAIDs all together, I don’t want the side effects on my heart” | I want to reduce my medications **so that I can**: alleviate worry about the side effects I’m having |
| 28 | 80+ y.o. F; lives with spouse; independent with ADLsChronic conditions: atrial fibrillation; glaucoma; mild cognitive impairment; obesity; essential tremor; anxiety disorder; hypertension; hyperlipidemia; hyperthyroidism; Active problem list: 10 problems13 prescription medications: alprazolam; aspirin; atorvastatin; Benicar; CoQ10; Vitamin D; Dorzolamide; flecainide; latanoprost; memantine; metoprolol; prevident; levothyroxine | Continue to:- go to church each week -cook and take care of my house Be able to: -do drawing and ceramics again”Arthritis pain is a barrier  | “Alprazolam is helpful, I only take it when I need it” “My husband puts my eye drops in”“I try to do the exercises that PT taught me every day”  | “Because of the arthritis, I don’t think I can tell if I’m having more muscle pain”“Could any of my medications be making my IBS worse? IBS holds me back from going places because I never know when I will have to go.”“Could my medications be causing the bumps that I get on my skin, I can move them around?” | My arthritis pain in my hands **so that I can**: cook and cut up things easier, it is hard |
| 29 | 90+ y.o. M; walks with cane or walkerChronic conditions: DM Type 2, hypertension, hyperlipidemia, depression, arthritis hypothyroidism14 problems in active problem list8 prescription medications: Aspirin, Atenolol, Atorvastatin, Insulin, Glipizide, Synthroid, Metformin, Venlafaxine | Continue to:-go out to get haircut weeklyBe able to:- go to restaurant for breakfast to see my friends- go out to a storeDizziness and hip pain are barriers | Check blood sugars dailyHomecare nurse visit monthlyUse cane, “I need it for hip pain” | Shaky and dizzy in the morning, “ I don’t know if my diabetes medications are too much. We already stopped the Atenolol and that helped a little.”Don’t think I am strong enough for hip surgeryTylenol and Cortisone injections were not helpful with hip pain | Be less dizzy and have less hip pain in the morning **so that I can** go out to breakfast and see my friends.  |
| 30 | 80+ y.o. F; lives with husband, independent with ADLs Chronic conditions: Back pain; arthritis, hypertension, hyperlipidemia, obesity, osteoporosis, syncopal episodes, DM Type 2, B12 deficiencyActive problem list: 38 problems16 prescription medications: Acetaminophen, Amlodipine, aspirin, atorvastatin, B12, Vitamin D, Dorzolamide eye drops, Hydrocodone, insulin, Latanoprost eye drops, Lamisil cream, Methocarbamol, Metoprolol, Pantoprazole, PreserrVision, Temazepam | Continue to:-cook mealsBe able to:- get up and get dressed- maintain my own homeBack pain and dizziness are barriers  | Exercises to help my backCheck my blood sugar once a month maybe, only once in a whileMy eye drops are helping my Glaucoma, I want to keep seeing | I’ve had too many surgeries; I don’t want another back surgeryI get light headed and I don’t know if it is because of some of my medications or my diabetes | I want less back pain and dizziness **so that I can**: keep living at home and do more with my husband around the house |
| 31 | 70+ y.o. F; independent with ADLs Chronic conditions: DM Type 2, obesity, arthritis, hypertension, hyperlipidemia, urinary incontinenceActive problem list: 8 problems 10 prescription medications: acetaminophen, aspirin, Bisoprolol, CoQ 10, Folic acid, Insulin, Pravastatin, Valsartan, HCTZ, Vitamin D | Continue to:- be a caregiver -drive to church each week | I check my blood sugar every morningThe Meloxicam is helping my shoulder pain | “I do get dizzy sometimes, I don’t know if it is the diabetes medications”“They lowered my diuretic recently and my ankles have started to swell, I don’t like that, the swelling can lead to other problems” | I would like to lower my diabetes medications **so that I can:** avoid the problems that diabetes does to you, like dizziness, vision loss and problems with feet and walking |
| 32 | 70+ y.o. F, independent with ADLsChronic conditions: arthritis; depression; hypertension; hyperlipidemia; CAD; GERDActive problem list: 139 prescription medications: bisoprolol; CoQ10; desoximetasone; diclofenac; Nitrostat; Norvasc; omeprazole; rosuvastatin; tramadol | Continue to:- pick my granddaughter up from the bus - go out to dinner with friends once per month-take my dog out each daymuscle pain in my legs is a barrier | Tramadol helps the arthritis painThe gastric reflux is better with the omeprazoleMy blood pressure medications help; last time my blood pressure was off I had three stents put in | I’m having soreness in my legs since I had an increase in the statin | I want to have more energy in the morning **so that I can** continue to walk my dog, work, and get my granddaughter off the bus |
| 33 | 70+ y.o. F; liveswith husband, independent with ADLs Chronic conditions: atrial fibrillation, hypothyroidism, osteoarthritis, obesity, hyperlipidemia, hypertension, sleep apnea, restless leg syndrome, GERD, recent UGI bleedActive problem list; 11 problems 7 prescription medications: Atenolol, Atorvastatin, Levothyroxine, Lisinopril, Ranitidine, Ropinirole, warfarin | Be able to:- walk more with husband- do ceramics againTiredness is a barrier  | BiPaP is helpfulBlood work every month | Ropinirole causes hallucinations and nightmares | I want to be less tired **so that I can:** walk more with my husband and have more energy in the mornings |
| 34 | 70 y.o. F; lives with husband Chronic conditions: Hypertension, depression, hyperlipidemia, insomnia, obesity, carotid artery stenosis, CKD stage 3, osteoporosis, hyperparathyroidismActive problem list:66 problems10 prescription medications: Allopurinol, alprazolam, aspirin, atenolol, calcium-Vitamin D, duloxetine, lisinopril, potassium, ropinirole, simvastatin | Continue to: - go out to eat each month- have sleep overs with my grandchildren- bake for my grandchildrenMuscle spasms, lower back pain, constipation, and taking medicationsare barriers  | Check my blood sugars even though I am not a diabetic anymorePain management clinicI guess the Cymbalta is helping but I would want to try going without itTrying to lose weight to help with back pain | Stool softener caused too much crampingFosomax caused hair loss and muscle spasmsI want to try to get off some of the medications | I would like to try and take less medications **so that I can**: have less side effects, less to manage, maybe less constipation and more time to go for a walk |
| 35 | 80+ y.o. F;, independent with ADLsChronic conditions: depression, insomnia; gait disorder; hyperlipidemia; hypertension; hypothyroidism; osteoarthritis; peripheral neuropathy; restless legs syndrome; Vitamin D deficiencyActive problem list: 31 problems14 prescription medications: amlodipine; aspirin; effexor; levothyroxine; mupirocin; mybetriq; percogesic; potassium; pravastatin; soolantra; stool softener; Vitamin D; Voltaren; zolpidem | Continue to:-play with my granddaughterBe able to:- visit and go shopping with my familyFatigue and weakness are barriers | Zolpidem is very helpful at nightVoltaren Gel is helpful with my knee painI start physical therapy for gait and balance next week | “I’m waking up with a hot flash, I don’t know if it is medications”“I don’t want a knee replacement even though it is terrible going up and down the stairs, I am too worried about recovery”“I want to know if my medications are making me feel so tired and weak | I want to get off some of these medications that are making me feel **tired so that I can** go out shopping  |
| Abbreviations: ADLs, activities of daily living; BPH, benign prostatic hypertrophy; CAD, coronary artery disease; CKD, chronic kidney disease; COPD, chronic obstructive pulmonary disease; CPAP, continuous positive airway pressure; CVA; cerebrovascular accident; DM, diabetes mellitus; DVT; deep venous thrombosis; EHR, electronic health record; GERD; gastroesophageal reflux disease; GI, gastrointestinal; IBS, irritable bowel syndrome; PCP, primary care provider; PT, physical therapy; PVD, peripheral vascular disease; SOB. Shortness of breath; UGI, upper gastrointestinal\* Inclusion criteria for patients included presence of > 3 chronic conditions plus ≥ 10 medications; or saw > 2 specialists in the past year. Exclusion criteria included hospice eligibility, receiving hemodialysis, .advanced dementia, or nursing home residence).a Age is given in decade to avoid deductive disclosure. The chronic conditions are those listed in the EHR. Active problems based on Active Problem list in the EHR. b Health outcome goals are the health and life outcomes that patients’ desire from their healthcare. Healthcare preferencesrefer to the healthcare activities (e.g. medications, self-management tasks, healthcare visits, testing, and procedures) that patients find helpful and doable OR bothersome, unhelpful, or unwanted. These outcome goals and healthcare preferences were ascertained by a member of the healthcare team as part of the health priorities identification process.c Specific Ask is the last item on the Health Priorities template. Patients are asked to identify the health or healthcare issue they most want to focus on and what desired activity improving the health or healthcare issue will help them do more often or easier. It was added during the Patient Priorities pilot Plan-Do-Study-Act cycles so several patients did not have this item on their template. |