

## Care Visit Report

**Date:** Monday 2 December 2024

**Time:** From 08:58 to 09:31

**Duration:** 33 Minutes

**Patient:** Janet D. Green

**Care Giver:** Pauline Morrisson

Today, I visited Janet Marple. During the visit, we discussed her medication, and she confirmed that she is taking it today, which is great to hear.

I made a cup of tea for Janet and a small bowl of cereals.

For lunch, Janet requested a ham and cheese sandwich on brown bread with a little bit of butter. She also asked for some pickles to be included in her sandwich. To accompany her meal, Janet chose apple juice as her drink. I have prepared her lunch as per her preferences and left it in her fridge.

In addition to preparing lunch, I have made Janet's bed, which is now all set for her use. I also informed her that I would be taking the gas cylinder away today for cleaning and will bring it back tomorrow.

I checked Janet's vitals during the visit. Her pulse was recorded at 65 beats per minute, which seems to be within range. Her blood oxygenation level is at 96%, which is within the normal range, and her body temperature is 37.2°C, indicating no fever.

Janet expressed that her right leg felt a bit stiff, likely due to prolonged sitting and arthritis. I suggested that we do some gentle stretching to help loosen her leg and advised elevating her leg to reduce any discomfort.

Finally, I informed Janet that I will not be available tomorrow. However, Sarah will visit her and assist with any needs she may have. I will be returning to see Janet on Wednesday.

I concluded the visit by wishing Janet a good day and saying goodbye.

### Action Items:

- Check in with Janet on Wednesday to monitor her comfort with her leg and provide any additional support needed.