

care record summary

Savta

period: Fri 21 Aug – Thu 3 Sept prepared: Thursday, 3 September 2026 Dr. Levi

medications: prescribed vs. given

PRESCRIBED	FRI 28	SAT 29	SUN 30	MON 31	TUE 1	WED 2	THU 3	ADHERENCE
Amlodipine 5 mg · every morning	.	.	.	.	.	✓ ¹	✓ ²	2/2
Metformin 850 mg · twice daily with meals	.	.	.	.	.	✓ ¹	✓ ²	2/2
Vitamin D 1000 IU · once weekly	.	.	.	.	.	.	.	–

intake and fluids

Food intake averaged "most" over 2 recorded days; fluids "barely any" over 1 recorded day; fluids below usual on 1 day.

DAY	FOOD	FLUIDS
Wed 2 Sept	full ¹	.
Thu 3 Sept	about half ³	barely any ⁴

sleep

- Wed 2 Sept went to bed around ten⁶
- Thu 3 Sept 4 h · up at three, slept maybe four hours⁴

falls and mobility

- Thu 3 Sept walked to the garden with the walker³
- Thu 3 Sept grabbed my arm when standing up⁵

mood and cognition

no data in period

new complaints and mentions

- Wed 2 Sept knee was aching on the stairs⁶
- Thu 3 Sept dropped her water bottle twice³
- Thu 3 Sept said she wasn't thirsty⁴
- Thu 3 Sept said the room was spinning⁵

doctor's instructions on file

- Thu 3 Sept She should drink at least 1.5 litres a day; she tends to forget in the heat. — matched on Thu 3 Sept⁴
- Thu 3 Sept Weigh her once a week, same time of day, and bring the numbers next visit.
- Thu 3 Sept Watch for dizziness when standing up, over the next two weeks (new blood-pressure tablet).
- Thu 3 Sept Watch for swelling of the ankles, over the next two weeks (new blood-pressure tablet).
- Thu 3 Sept Call me immediately if she falls.
- Thu 3 Sept Call me immediately if she is dizzy when standing. — matched on Thu 3 Sept⁵

sources

1. Thu 3 Sept family (text): "Yesterday she ate a full plate at lunch, took both morning pills, and the neighbour Ruth came by for coffee in the afternoon."
2. Thu 3 Sept family (text): "This morning she took the amlodipine and the metformin with breakfast, ate most of her toast, and read the paper in the garden."
3. Thu 3 Sept family (voice): "She ate about half her lunch, took the morning pills, and walked to the garden with the walker. She dropped her water bottle twice."
4. Thu 3 Sept family (voice): "She barely drank anything today, said she wasn't thirsty. She was up at three and slept maybe four hours."
5. Thu 3 Sept family (voice): "When she stood up from the couch she said the room was spinning and grabbed my arm."
6. Thu 3 Sept family (text): "Yesterday evening she took the metformin with dinner and went to bed around ten, said her knee was aching on the stairs."

Every value above is taken from a dated note recorded by a member of the care circle. Numbers and dates come from the record; nothing is inferred.