



THE RIZZI GROUP

EXPERIENCE THE RIZZI DIFFERENCE

Healthcare Where You Live

Primary Care • Mental Health Care



PROVIDER INSIGHT

MAY 2026



PROVIDER INSIGHT OF THE MONTH

Recognizing Early Decline

BEFORE IT BECOMES A HOSPITALIZATION

One of the biggest opportunities to improve resident outcomes is catching subtle decline early - before it turns into an ER visit, hospitalization, or major functional setback.

Many times, the first signs are small and easy to overlook.

Your observation and early communication can make all the difference.



Common Early Warning Signs



PHYSICAL CHANGES

- Increased weakness or fatigue
- New difficulty walking or transferring
- More frequent falls or "near falls"
- Reduced appetite or poor fluid intake
- Weight loss
- Increased daytime sleeping
- New swelling in legs or feet
- Shortness of breath with normal activity
- New incontinence or sudden worsening



MENTAL/ BEHAVIORAL CHANGES

- Increased confusion
- New agitation or aggression
- Withdrawal from activities
- Increased anxiety
- Refusing medications
- Sleep disturbances
- Sudden mood changes
- Family reporting: "something just feels off"



SMALL SIGNS. EARLY ACTION. BETTER LIVES



CLINICAL PATTERNS

- Repeat UTIs
- Repeat hospitalizations
- Blood sugar instability
- Worsening blood pressure trends
- Increased pain complaints
- Skin breakdown or early wound concerns
- Medication side effect concerns



WHY EARLY REFERRAL MATTERS

Early provider evaluation can help prevent:

- Unnecessary ER visits
- Avoidable hospitalizations
- Medication complications
- Rapid functional decline
- Family distress
- Worsening chronic disease progression



WHEN TO NOTIFY OUR TEAM

If staff notice a change in baseline even if it seems minor - it is always appropriate to notify our providers.

Especially when:

- Decline is happening over several days
- Nursing intuition says: "something is wrong" **That instinct is often right.**



OUR SHARED GOAL

The goal is not simply treating illness.
The goal is protecting stability, function, and quality of life.



Early communication helps us do that - together.



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