

CONFIDENTIAL Fax

FROM:

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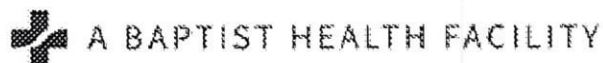
TO:

BARTON, LINDSEY T, CRNP
Fax: (334) 244-3396

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[ID:7692041-H-11015]

MANN, Rachael (id #345971, dob: 06/23/1983)

**THE HEALTH CARE AUTHORITY FOR BAPTIST HEALTH, AN AFFILIATE OF UAB HEALTH SY**

645 McQueen Smith Rd N

PRATTVILLE, AL 36066-7268

Phone: (334) 280-1500 Fax: (334) 280-1600

Encounter Summary

Date Printed: 02/25/2025

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Patient Information	Mann, Rachael (41yo, F) #345971 DOB: 06/23/1983		
Patient Address	390 Hidden Valley Rd Deatsville, AL 36022	Home Phone	(334) 239-1972
		Work Phone	

Encounter Reason/Date	None recorded 02/25/2025 - 08:15AM - BH MCA Prattville			
Problems	Reviewed Problems • Essential hypertension			
History of Present Illness	Ms. Rachel Mann is a 41yo with hypertension returning for ongoing cardiac evaluation and management. Additional history of substance abuse and takes suboxone. Echo 12/2022 was normal. Renal artery US 3/2023 was negative for stenosis. Losartan and HCTZ have been added and titrated for uncontrolled BP. Repeat echo was done 10/2023 for lower extremity swelling and showed normal EF without VHD. Ms. Mann returns for annual follow up. Since last visit, she has stopped HCTZ as she ran out and blood pressure has been well controlled on home monitor without it. She has lost over 50 lb with semaglutide. She cut down her losartan to 50 mg daily around a month ago. Blood pressure is running 120s to 130s systolic at home			
Review of Systems	None recorded			
Vitals	Ht:	5 ft 5 in 02/25/2025 08:51 am	Wt:	209 lbs 02/25/2025 08:43 am
	BP:	140/70 sitting 02/25/2025 08:52 am	HR:	70 02/25/2025 08:51 am
Allergies	Allergies not reviewed (last reviewed 11/27/2023)			
	NKDA			
Medications	Reviewed Medications			

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	buprenorphine 8 mg-naloxone 2 mg sublingual film PLACE 1 FILM UNDER THE TONGUE TWICE DAILY	02/03/25 filled
	losartan 100 mg tablet TAKE 1 TABLET BY MOUTH EVERY DAY	02/08/25 filled
	losartan 25 mg tablet Take 2 tablet(s) every day by oral route for 90 days.	02/25/25 prescribed
	semaglutide (weight loss) weekly injection	02/25/25 entered
	11/27/2023 Pt did not bring meds, reviewed verbally AW 8/25/2023 Patient did not bring medications today EHM	
Family History	Family History not reviewed (last reviewed 11/15/2022)	
	Father	- No current problems or disability
	Mother	- No current problems or disability
Past Medical History	Past Medical History not reviewed (last reviewed 11/15/2022)	
Past Surgical History	Surgical History not reviewed (last reviewed 11/27/2023) • Cesarean Section - 2209 2013 • Echocardiogram - 10/26/2023 - EF 65-70%, normal echo • Duplex Renal U/S - 03/13/2023 - normal renal arteries bilaterally • Echocardiogram - 12/16/2022 - EF 65-70%, normal	
Results/Interpretations	None recorded	
Physical Exam	Constitutional: General Appearance: well-developed and obese. Level of Distress: comfortable. CSHA Clinical Frailty Assessment 2: Well appearing. Psychiatric: Mental Status: normal affect, concentration, mood, and attention span and alert, cooperative, and cognition intact. Orientation: oriented to time, place, and person. HEENT: Head: normocephalic and atraumatic. Mouth, Lips, Teeth: no cyanosis. Ears: normal hearing. Nose: no lesions on external nose. Eyes: Lids and Conjunctivae: no discharge or pallor. Pupils: PERRLA and EOM intact. Neck: Neck: supple, trachea midline, no masses, and normal ROM. Carotid Arteries: bilateral normal upstroke and no bruits. Jugular Veins: normal jugular venous pressure. Lungs: Respiratory Effort: unlabored. Chest Exam: no thoracic deformity or chest wall tenderness and normal curvature. Auscultation: no wheezing, rales, or rhonchi and clear bilaterally. Cardiovascular: Precordial Exam: no heaves or precordial thrills and non displaced focal PMI. Rate And Rhythm: regular rate and rhythm. Heart Sounds: normal S1. Systolic Murmur: not heard. Diastolic Murmur: not heard. Extremities: no cyanosis or edema. Peripheral Pulses: Radial Pulse: normal. Abdomen: Inspection and Palpation: non distended or tender and soft and no masses. Musculoskeletal: Inspection: no joint tenderness or swelling. Neurologic: Gait: normal gait. Motor: normal strength and tone. Neurological: speech fluent. Skin: Inspection and Palpation: skin intact and warm and dry.	

MANN, Rachael (id #345971, dob: 06/23/1983)**Assessment and Plan**

normal sinus rhythm with low voltage in precordial leads

Ms. Rachel Mann is a 41yo with hypertension returning for ongoing cardiac evaluation and management. Additional history of substance abuse and is in remission. She has lost significant amount weight. Has cut down losartan to 50 mg daily appropriately. Blood pressure well controlled. She will continue monitor for next few weeks if blood pressure runs 120s to 130s systolic she will drop losartan down to 25 mg daily and continue monitor blood pressure closely. Will plan for follow-up in a year

1. Essential hypertension - reduce losartan to 50 mg daily. In time she will reduce to 25 mg daily

I10: Essential (primary) hypertension

- ELECTROCARDIOGRAM
- losartan 25 mg tablet - Take 2 tablet(s) every day by oral route for 90 days. Qty: (180) tablet Refills: 3 Pharmacy: WALGREENS DRUG STORE #07746

Patient Instructions

continue monitor blood pressure closely. If remains well controlled can drop losartan to 25 mg daily

Return to Office

- to see Barbara Thompson, NP for Return APP at BH MCA Prattville on or around 02/25/2026

Electronically Signed by: ASHWINI SHARMA, MD



2/27/25
D. Ponton, CRP