

MCA • 273 Winton M Blount Loop, Montgomery AL 36117-3507

MANN, Rachael (id #203149, dob: 06/23/1983)

MONTGOMERY CARDIOVASCULAR ASSOCIATES PC

273 Winton M Blount Loop

Montgomery, AL 36117-3507

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

Encounter Summary

Date Printed: 08/07/2023

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Patient Information	Mann, Rachael (40yo, F) #203149 DOB: 06/23/1983		
Patient Address	390 Hidden Valley Rd Deatsville, AL 36022	Home Phone	(334) 239-1972
		Work Phone	

Encounter Reason/Date	Cardiac Evaluation and Management Followup: Essential hypertension 08/03/2023 - 03:20PM - MCA East
Problems	Problems not reviewed (last reviewed 11/15/2022) ▪ Essential hypertension Ms. Rachel Mann is a 39yo who is kindly referred by Lindsey Barton, CRNP for evaluation and treatment of hypertension and consideration of an echocardiogram. She developed pregnancy-induced hypertension during her 1st pregnancy. She has recently started HCTZ 12.5mg daily. Recent labs include normal BMP, LDL 114. 7/28/22: BUN 12, creat 0.83, GFR 92, K+ 4.0, TC 199, trig 204, HDL 53, LDL 114.
History of Present Illness	Ms. Rachel Mann is a 40-year old female with a past medical history of hypertension here for follow up. She is followed by Dr. Sharma and was seen as a new patient in Nov 2022 for evaluation and management of hypertension. She was started on HCTZ 25 mg PO daily. Echocardiogram on 12/16/22 revealed normal LV systolic function, EF 65-70%, no valvular disease, and normal RVSP. Renal artery US on 3/13/23 was normal. She comes in today for follow up and reports home BP readings have been in the 160s/90s. Today in the office, initial BP was 199/117 and repeat BP was 179/121. She denies any chest pain, shortness of breath, orthopnea, PND, palpitations, dizziness, or syncope. She reports occasional peripheral edema if sitting or standing for long periods of time.
Review of Systems	General: General: no recent weight gain or loss and no fever, weakness, or fatigue. Eyes: Eyes: no transient or complete visual loss/blindness. Ears/Nose/Mouth/Throat: Ears: no loss of hearing or tinnitus. Nose: no nosebleeds or sinus problems. Mouth/Throat: no bleeding gums. Respiratory: Respiratory: no snoring, shortness of breath, or coughing up blood. Gastrointestinal: Gastrointestinal: no dyspepsia/indigestion, abdominal pain, blood in stool or black/tarry stools, or difficulty swallowing /dysphagia and not vomiting blood. Genitourinary: Genitourinary: no hematuria/blood in urine. Musculoskeletal: Musculoskeletal: no muscle weakness or aches or cramps and no arthralgias/joint pain.

Peripheral Vascular:right lower extremity no right lower leg pain with walking (no claudication). left lower extremity no left lower leg pain with walking (no claudication).

Integumentary:Skin: no rashes.

Neurologic:Neurologic: no loss of consciousness, focal weakness, or frequent or severe headaches and normal gait/no unsteadiness or walking difficulty.

Psychiatric:Psych: no sleep disturbances or disturbances: excessive sleepiness during the day (daytime somnolence) and no depression or anxiety.

Endocrine:Endocrine: no unusual sweating.

Hematologic/Lymphatic:Hematologic/Lymphatic no bruising, excessive bleeding, or unusual bleeding tendency.

Vitals

Ht:	5 ft 5 in 08/03/2023 03:21 pm	Wt:	246.8 lbs 08/03/2023 03:26 pm	BMI:	41.1 08/03/2023 03:26 pm
BP:	199/117 sitting 08/03/2023 03:26 pm 179/121 sitting 08/03/2023 03:30 pm	HR:	89 08/03/2023 03:32 pm		

Allergies

Reviewed Allergies
NKDA

Medications

Reviewed Medications		
hydroCHLORothiazide 25 mg tablet Take 1 tablet(s) every day by oral route.	11/15/22	prescribe
losartan 25 mg tablet Take 1 tablet(s) every day by oral route.	08/03/23	prescribe

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

Reviewed Surgical History
* Cesarean Section - 2209 2013
* 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.

Assessment and Plan

Ms. Mann comes in today for follow up to discuss uncontrolled hypertension. Her BP today is very uncontrolled. She remains asymptomatic with this. Echo in Dec 2022 revealed normal LV systolic function. I do not think she warrants any further CV work up at this time. I have recommended starting Losartan 25 mg PO daily in addition to her HCTZ. She is to continue to monitor her BP at home. I have instructed her to reduce her salt intake. We will plan to see her back in the office for follow up and reassessment in 2 weeks or sooner if needed.

1. Essential hypertension

I10: Essential (primary) hypertension

- ELECTROCARDIOGRAM
- losartan 25 mg tablet - To be submitted on or around 08/07/2023
Take 1 tablet(s) every day by oral route. Qty: (90) tablet Refills: 3
Pharmacy: WALGREENS DRUG STORE #11389

Patient Instructions

- Start Losartan 25 mg by mouth once daily.

Return to Office

- Anna Greene, CRNP for Return MLP at MCA East on 08/21/2023 at 03:00 PM

Electronically Signed by: ANNA GREENE, CRNP, NP

Anna Greene
CRNP

Reviewed
8/8/23
J. Romo, CRP