



CONFIDENTIAL Fax

FROM:

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TO:

BARTON, LINDSEY T, CRNP
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MCA - 645 McQueen Smith Rd Suite 108, PRATTVILLE, AL 36066-7268

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

MONTGOMERY CARDIOVASCULAR ASSOCIATES PC

645 McQueen Smith Rd Suite 108

PRATTVILLE, AL 36066-7268

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

Encounter Summary

Date Printed: 11/15/2022

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Patient Information	Mann, Rachael (39yo, F) #203149 DOB: 06/23/1983		
Patient Address	390 Hidden Valley Rd Deatsville, AL 36022-2571	Home Phone	(334) 239-1972
		Work Phone	

Encounter Reason/Date	Transltion of Care Encounter Cardiac Evaluation and Management Followup: Essential hypertension 11/15/2022 - 01:45PM - MCA Prattville		
Problems	Reviewed Problems • 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 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 in 2009 but reports good blood pressure otherwise until recently. She started having headaches and fatigue and began monitoring her BP regularly. She notes readings in the 170s/90s consistently. She was recently started on HCTZ 12.5mg daily by her PCP. BP has improved to 140s/80s, but she hasn't taken it in several days and BP today is in the 170/97. She has mild swelling to bilateral lower extremities after standing long periods that is relieved with elevation. She denies chest pain, shortness of breath, palpitations, claudication, orthopnea, PND, or syncope. Ms. Mann does not routinely exercise, but is quite active with her full time IT job and is a wedding director on the weekends. She smoked cigarettes for 7 years and started vaping a year ago. She denies any significant family history of CAD or strokes. Recent labs include normal BMP, LDL 114.		
Review of Systems	General: General: no recent weight gain or loss and no fever, weakness, fatigue, night sweats, exercise intolerance, or malaise or general achiness. Eyes: Eyes: no cataracts, double vision/diplopia, history of glaucoma, sensitivity to light/photophobia, or loss of vision. Ears/Nose/Mouth/Throat: Ears: no difficulty hearing, ear pain, or ringing in the ears/tinnitus. Nose: no nosebleeds or sinus problems. Mouth/Throat: no sore throat, bleeding gums, dry mouth, mouth ulcers, or teeth problems or dental decay. Respiratory: Respiratory: no cough, wheezing, snoring, shortness of breath, or coughing up blood.		

11/15/22
Reviewed
D. Barton
CRNP

Gastrointestinal:Gastrointestinal: no vomiting, diarrhea, dyspepsia/indigestion, GERD, jaundice, constipation, nausea, abdominal pain, blood in stool or black/tarry stools, or difficulty swallowing /dysphagia and normal appetite and not vomiting blood.

Genitourinary:Genitourinary: no difficulty urinating or initiating urination and no incontinence, hematuria/blood in urine, increased frequency or urgency, burning sensation during urination, pain during urination/dysuria, or pelvic pain.

Musculoskeletal:Musculoskeletal: no muscle weakness or aches or cramps and no arthralgias/joint pain, back pain, or joint swelling.

Peripheral Vascular:right lower extremity no temperature change to right leg or right foot and no right lower leg pain with walking (no claudication), loss of hair from right lower limb, or skin discoloration or ulceration of right lower extremity. left lower extremity no temperature change to left leg or left foot and no left lower leg pain with walking (no claudication), loss of hair from left lower extremity, or skin discoloration or ulceration of left lower extremity.

Integumentary:Skin: no rashes or itching/puritis.

Neurologic:Neurologic: no numbness, seizures, dizziness, headaches, tremors, loss of consciousness, focal weakness, severe headaches, memory loss, or history of falls 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, anxiety, hallucinations, or suicidal thoughts.

Endocrine:Endocrine: no fatigue, unusual sweating, heat intolerance, or intolerance to cold.

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

Allergic/Immunologic:Allergy/Immunologic: no itching, hives, runny nose, sinus pressure, or frequent sneezing.

Additionally reports:
Elevated BP

Vitals

Ht:	5 ft 5 in 11/15/2022 01:59 pm	Wt:	245 lbs 11/15/2022 01:59 pm	BMI:	40.8 11/15/2022 01:59 pm
BP:	170/97 sitting 11/15/2022 02:04 pm	HR:	77 11/15/2022 02:07 pm		

Allergies

Reviewed Allergies

NKDA

Medications

Reviewed Medications

hydroCHLORothiazide 25 mg tablet 11/15/22 prescribed
Take 1 tablet(s) every day by oral route.

Family History

Reviewed Family History

Father - No current problems or disability

Mother - No current problems or disability

Past Medical History

Reviewed Past Medical History

Past Surgical History

Reviewed Surgical History
* Cesarean Section - 2209 2013

Results/Interpretations

None recorded

Physical Exam

Constitutional: General Appearance: well-developed and **obese**. Level of Distress: comfortable.

Psychiatric: Mental Status: alert and normal affect.

HEENT: Head: atraumatic. Nose: no lesions on external nose.

Eyes: Lids and Conjunctivae: no discharge. Pupils: EOM intact.

Neck: Neck: supple and trachea midline. Carotid Arteries: bilateral normal upstroke and no bruits.

Lungs: Auscultation: clear bilaterally and no wheezing.

Cardiovascular: Precordial Exam: 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: Brachial Pulse: normal. Radial Pulse: normal. Femoral Pulse: normal. Posterior Tibialis Pulse normal. Dorsalis Pedis Pulse: normal.

Abdomen: Inspection and Palpation: soft. Liver: non tender.

Musculoskeletal: Inspection: no joint tenderness.

Neurologic: Gait: normal gait. Neurological: speech fluent.

Skin: Inspection and Palpation: skin intact.

Lymph Nodes: Cervical Nodes: no significant adenopathy.

Assessment and Plan

normal sinus rhythm, no acute ST T wave changes
Ms Mann is a 39 year lady with history of elevated blood pressure during pregnancy, obesity, smoking who comes in consultation for hypertension. She was prescribed hydrochlorothiazide 12.5 mg daily. Her blood pressure had improved to around 140 systolic at home. She has not taken medication for a week as she wanted us to see her true blood pressure. I advised her to take medications daily. Will increase her hydrochlorothiazide 25 mg daily. We also discussed regarding risk benefit of Ace/ Arb. For now she will convert like to continue diuretics. If she needs a 2nd medication will consider these. I will go ahead and order echo to rule out any underlying diastolic dysfunction. Will order renal ultrasound to rule out renal artery stenosis. We discussed regarding diet, exercise, weight loss. Will plan for follow-up in 6 months to re-evaluate.

1. Essential hypertension - echo

renal ultrasound

increase hydrochlorothiazide 25 mg daily

I10: Essential (primary) hypertension

• ELECTROCARDIOGRAM

- hydrochlorothiazide 25 mg tablet - Take 1 tablet(s) every day by oral route. Qty: 90 tablet(s) Refills: 3 Pharmacy: WALGREENS DRUG STORE #07746 Note to Pharmacy: Dose increase

2. Edema of lower extremity - Echo

R60.0: Localized edema

Patient Instructions

Increase HCTZ to 25mg daily

Schedule echo and renal ultrasound

Return to Office

- to see Echocardiogram for Echocardiogram at MCA Prattville on or around 11/22/2022
- to see Vascular for Duplex Renal US at MCA Prattville on or around 11/29/2022
- for Return MLP at MCA Prattville on or around 05/14/2023

Electronically Signed by: ASHWINI SHARMA, MD

AShulmi
