

**Auburn Montgomery Student Health Services**

7461 East Dr  
Montgomery AL, 36117-8092  
(334) 244-3281

**Date:** 01/04/22

**PATIENT:** BISWAS, SOURISH    **DOB:** 10/31/1985    **Gender:** MALE    **MRN:** 1703    **AGE:** 36 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** 3 month diabetes follow up

**HISTORY OF PRESENT ILLNESS:** Mr. Biswas is a 36 yo male here today for 3 month diabetes follow up. Hgb A1C in October was 12.6%. He was started on metformin twice daily. He has been monitoring his blood sugars. He reports they range fasting in the mornings in the 90s-120 range and 150s-170s after lunch. He is working out most days of the week now. He attended the Diabetes education class last week. He needs refills of his medications.

He is compliant with his lisinopril. He reports his Systolic BP runs from 120-130 range.

**VITALS:** BP: 129/42    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 63;    **Temp:** 97.3;    **Resp:** 15;    **Ht:** 65 in.;    **Wt:** 188.5 lbs.;  
**BMI:** 31.36;    **Pulse Oximetry:** 99%

**ALLERGIES:** No Known Drug Allergies

**MEDICATIONS:**

OneTouch Ultra Control solution (disp control solution for glucometer)  
OneTouch Ultra Test strips (check glucose once daily and as needed for hypoglycemia symptoms)  
OneTouch UltraMini kit (check glucose once daily- dx: E11.65)  
OneTouch UltraSoft Lancets (check glucose once daily and as needed for hypoglycemic symptoms)  
lisinopril 5 mg tablet (1 tablet PO daily)  
metformin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING  
ANDEVENING MEALS)

**PAST MEDICAL HISTORY:** HTN, Type 2 DM (Diagnosed Oct. 2021); GAD

**PAST SURGICAL HISTORY:** Denies

**SOCIAL HISTORY:** Married. Spouse works on campus. Smokes 2-3 cigs per day x 15 years. Denies illicit drug use. Occasional use.

**FAMILY HISTORY:** Father- DM, HLD

**HEALTH MX HISTORY:**

DME class- December 2021.  
A1C- Jan. 2022.  
DM Foot exam and Microalbumin- 10/6/2021.

**REVIEW OF SYSTEMS:**

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

**PHYSICAL EXAMINATION:**

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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**MUSCULOSKELETAL:** Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

**INTEGUMENTARY:** Warm, dry, intact. No lesions or rash noted.

**NEUROLOGIC:** Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

**PSYCHIATRIC:** Appropriate mood and affect.

**ORDERS:**

HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics  
BASIC METABOLIC PANEL (1 unit(s)): Quest Diagnostics

**ASSESSMENT:**

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)  
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS

**PLAN:**

Follow up with lab results. Continue meds at current dose. Follow up in 3 months. Continue exercise, diet, and weight loss.

lisinopril 5 mg tablet  
Refills: 1 Qty: 90 TABLET(S)  
Instructions: 1 TABLET PO DAILY

metformin 500 mg tablet  
Refills: 1 Qty: 180 TABLET(S)  
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING AND EVENING MEALS

Electronically signed by Lindsey Barton, CRNP on 01/05/22 4:12 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.