

**Auburn Montgomery Student Health Services**

7461 East Dr STE 102  
Montgomery AL, 36117-8092  
(334) 244-3281

**Date:** 04/08/22

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

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** Diabetes Follow up

**HISTORY OF PRESENT ILLNESS:** Mr. Biswas is a 36 yo male here today for diabetes follow up. He is on metformin prescribed 500mg BID however he is only taking 1 tablet once daily. He is checking his blood sugars twice a day. They range from 88-110 in the mornings fasting and 130-178 in the afternoons fasting. His last A1C in January was 6.6%. He reports compliance with lisinopril also. He has no complaints today.

**VITALS:** BP: 136/95    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 72;    **Temp:** 97.2;    **Resp:** 15;    **Ht:** 65 in.;    **Wt:** 184.5 lbs.;  
**BMI:** 30.7;    **Pulse Oximetry:** 98%

**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.

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

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**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:**

BLOOD DRAW (1 unit(s)): In-House Lab  
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics

**ASSESSMENT:**

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

**PLAN:**

Continue metformin once daily and lisinopril. Follow up with Hgb A1C results. Continue to exercise, work on weight loss, and follow 1800 ADA diet. Follow up in 6 months for recheck.

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

metformin 500 mg tablet  
Refills: 1 Qty: 90 TABLET(S)  
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY

Electronically signed by Lindsey Barton, CRNP on 04/08/22 4:03 PM

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