

Auburn Montgomery Student Health Services

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

Date: 10/06/21

PATIENT: BISWAS, SOURISH **DOB:** 10/31/1985 **Gender:** MALE **MRN:** 1703 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: lab discussion; foot exam.

HISTORY OF PRESENT ILLNESS: Needs a wellness for healthy tigers. Request visit from yesterday or today to count. He also c/o occasional cramping in his legs with exercise. He states he doesn't exercise much but he may be overdoing it when he does.

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Diflucan 150 mg tablet (TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE; repeat dose in 3 days)
clotrimazole 1 % topical cream (APPLY TO THE AFFECTED AND SURROUNDING AREAS OF SKIN BY TOPICAL ROUTE 2 TIMES PER DAY IN THE MORNING AND EVENING)
lisinopril 5 mg tablet (daily)

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

REVIEW OF SYSTEMS:

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

PHYSICAL EXAMINATION:

Unmatched Header: Monofilament Foot exam- see scanned image. No abnormalities detected.

ORDERS:

Diabetic Foot Exam (1 unit(s)): Office Procedure
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics

ASSESSMENT:

Z00.00 - ENCNT R FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS
E78.5 - HYPERLIPIDEMIA, UNSPECIFIED
R25.2 - CRAMP AND SPASM

PLAN:

Start metformin. Check blood sugars one daily before breakfast and record on blood sugar log. Follow up in 2 weeks for review of blood sugars. Discussed dietary changes, exercise, and weight loss. Referral to DME class. All questions answered.

metformin 500 mg tablet
Refills: 0 Qty: 60 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING AND EVENING

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MEALS

Referral: DM Education, Center for Diabetes Education (Endocrinology)
Instructions: BMCE DME class.

OneTouch UltraMini kit
Refills: 0 Qty: 1 UNIT(S)
Instructions: check glucose once daily- dx: E11.65

OneTouch Ultra Test strips
Refills: 3 Qty: 90 STRIP(S)
Instructions: check glucose once daily and as needed for hypoglycemia symptoms

OneTouch UltraSoft Lancets
Refills: 3 Qty: 90 UNIT(S)
Instructions: check glucose once daily and as needed for hypoglycemic symptoms

OneTouch Ultra Control solution
Refills: 3 Qty: 1 BOTTLE(S)
Instructions: disp control solution for glucometer

Follow up in 3 months for recheck Hgb A1C.

Electronically signed by Lindsey Barton, CRNP on 10/07/21 1:55 PM

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