

Auburn Montgomery Student Health Services

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

Date: 11/02/21

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 was diagnosed in October 2021. His A1C was 12.5%. He was started on metformin 500mg BID. He is checking her blood sugars twice daily. In the mornings fasting his blood sugars range from 120-140 and after lunch between 140-200. He reports taking the metformin and lisinopril as directed.

VITALS: BP: 127/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74; **Temp:** 97.3; **Resp:** 16; **Ht:** 65 in.; **Wt:** 199.4 lbs.;
BMI: 33.18; **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 (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

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

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

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

PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

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

I10 - ESSENTIAL (PRIMARY) HYPERTENSION

PLAN:

Continue metformin and lisinopril as prescribed. Our office will follow up with DME regarding referral for education classes. Follow up in 2 months for recheck Hgb A1C. We had a brief discussion about the importance of continuing his medications and not stopping them even if his blood sugars return to normal with medication. He verbalized understanding.

metformin 500 mg tablet

Refills: 0 Qty: 180 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING ANDEVENING MEALS

lisinopril 5 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: 1 tablet PO daily

Electronically signed by Lindsey Barton, CRNP on 11/02/21 3:40 PM

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