

Auburn Montgomery Warhawk Health Services

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

Date: 01/18/23

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 39 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: diabetes follow up and Healthy Tigers

HISTORY OF PRESENT ILLNESS: Mrs. Bronson is a 39 yo female here today for diabetes follow up. She was last seen in April of 2022. Her Hgb A1C was 8.4%. She reports noncompliance with her meds. She only takes them occasionally and that goes for her BP meds as well. She does not check her blood sugar at home. She is fasting today for her labs. She reports being on insulin in the past and she does not want to do that again if at all possible.

VITALS: BP: 148/81 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 73; **Temp:** 96.5; **Resp:** 16; **Ht:** 65 in.; **Wt:** 352 lbs.;
BMI: 58.57; **Pulse Oximetry:** 99%; **FDLMP:** 12/16/22

ALLERGIES: YAZ (28)

MEDICATIONS:

FreeStyle Libre 14 Day Sensor kit (Dispense quantity sufficient for 90 day supply.)

FreeStyle Lite Meter kit (checks glucose once daily for type 2 diabetes.)

Lancets,Ultra Thin (check blood sugar once daily)

Trulicity 3 mg/0.5 mL subcutaneous pen injector (INJECT 3 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY.

PLEASE DISP 3 MONTH SUPPLY.)

blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)

glipizide ER 5 mg tablet, extended release 24 hr (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY WITH BREAKFAST)

lisinopril 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)

metformin ER 500 mg 24 hr tablet,extended release (TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL)

omeprazole 20 mg capsule, delayed release

PAST MEDICAL HISTORY: T2DM, HTN, GERD

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married. Her husband works on campus. They recently moved here from New York. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

DM Foot Exam- January 2023

Wellness- Jan. 2023

Microalbumin- Jan. 2023

Last eye exam- Dec. 2022

Pap smear- March 2021- reportedly normal.

REVIEW OF SYSTEMS:

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

PHYSICAL EXAMINATION:

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

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
TSH (QUEST) (1 unit(s)): Quest Diagnostics
Diabetic Foot Exam (1 unit(s)): Office Procedure

ASSESSMENT:

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
E11.65 - TYPE 2 DIABETES MELLITUS WITH HYPERGLYCEMIA
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
Z91.199 - PT NCOMPL W OT MED TRTMT/REGIMEN D/T USP REASON
Z12.39 - Encounter for other screening for malignant neoplasm of breast

PLAN:

She will need med refills. Will send to pharmacy pending lab results. She wants to switch from trulicity to ozempic. She would also like a prescription for a CGM. Encouraged medication compliance, weight loss, low sodium diet, and monitoring her glucose levels. Follow up in 3 months for recheck.

Referral: Health Center, Baptist Breast (Radiology)
Instructions: Screening mammo for when she turns 40.

Electronically signed by Lindsey Barton, CRNP on 01/18/23 1:15 PM

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A handwritten signature in blue ink that reads "J. Barton, CNP". The signature is written in a cursive style with a large initial "J" and a stylized "B".