

Auburn Montgomery Student Health Services

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

Date: 01/19/22

PATIENT: BRUNSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 38 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: DM follow up

HISTORY OF PRESENT ILLNESS: Mrs. Brunson is a 38 yo female here today for diabetes follow up. Her Hgb A1C last week was 8.7%. Really unchanged from the 3 months prior. She reports her insurance will not cover the CGM (it is \$75/month she states). She does not like to check her blood sugars by fingerstick, so she has not been checking them. Knowing her BS in the past is what helped keep her accountable and she reports her A1C was much lower. Her diet is also off track since the holidays and she doesn't always remember to take her oral medications but reports she is compliant with the trulicity.

She has been on insulin in the past. She does not want to be on it again if possible. Jardiance gave her yeast infections. She was on glipizide in the past and did fine with it but her previous PCP did not want her on it with the insulin she was taking so it was discontinued. She is only able to tolerate metformin once a day due to upset stomach.

VITALS: BP: 153/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 70; **Temp:** 97.9; **Resp:** 15; **Ht:** 65 in.; **Wt:** 362.8 lbs.;
BMI: 60.37; **FDLMP:** 12/19/21

ALLERGIES: YAZ (28)

MEDICATIONS:

FreeStyle Libre 14 Day Sensor kit (Dispense quantity sufficient for 90 day supply.)
Polytussin DM 1 mg-5 mg-10 mg/5 mL oral syrup (10 ml PO every 6 hrs as needed for cough/congestion)
Trulicity 3 mg/0.5 mL subcutaneous pen injector (INJECT 3 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY.
PLEASE DISP 3 MONTH SUPPLY.)
lisinopril 20 mg tablet
metformin 500 mg tablet
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- Sept. 2021
Wellness- Sept. 2021
Microalbumin- Sept. 2021
Last eye exam- 2019.
Pap smear- March 2021- reportedly normal.

She gets annual flu shots.
She had one part of the pfizer COVID vaccine then got COVID.

Auburn Montgomery Student Health Services

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

Date: 01/19/22

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 38 Years

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.

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

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
BASIC METABOLIC PANEL (1 unit(s)): Quest Diagnostics

ASSESSMENT:

E11.65 - TYPE 2 DIABETES MELLITUS WITH HYPERGLYCEMIA (PRIMARY)
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
D56.9 - THALASSEMIA, UNSPECIFIED

PLAN:

Continue metformin and trulicity at current dosing. Add glipizide. Check blood sugars at least once daily before breakfast if not, then at minimum three times a week. We discussed referral to weight loss surgery clinic in BHM. She is interested in the surgery and inquired about a referral. She will call to schedule. Continue to work on diet, medication compliance, and weight loss. Follow up in 3 months for recheck.

lisinopril 20 mg tablet
Refills: 1 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY

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

glipizide ER 2.5 mg tablet, extended release 24 hr
Refills: 0 Qty: 90 TABLET(S)
Instructions: TAKE 1 tablet daily with breakfast

blood sugar diagnostic strips
Refills: 3 Qty: 90 STRIP(S)
Instructions: check blood sugar once daily and as needed for low blood sugar symptoms.

Auburn Montgomery Student Health Services

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

Date: 01/19/22

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 38 Years

Lancets, Ultra Thin
Refills: 3 Qty: 90 UNIT(S)
Instructions: check blood sugar once daily

FreeStyle Lite Meter kit
Refills: 0 Qty: 1 UNIT(S)
Instructions: checks glucose once daily for type 2 diabetes.

Electronically signed by Lindsey Barton, CRNP on 01/19/22 5:03 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style. The "J" is large and loops around the first part of the name. "Barton" is written in a standard cursive, and "CRNP" is written in a slightly more upright, blocky cursive style.