

Auburn Montgomery Warhawk Health Services

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

Date: 01/22/24

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Healthy Tigers screening and Diabetes follow up

HISTORY OF PRESENT ILLNESS: Ms. Bronson is a 40 yo female here today for HT screening and diabetes follow up. She is down 36 lbs since April 2023. Her last Hgb A1C in October was 7.8%. She reports compliance with her medications. She states she had a hard time at first getting the 2mg Ozempic dose, but she has been on it for 6 weeks now.

VITALS: BP: 123/72 **Pulse:** 65; **Temp:** 97.2; **Resp:** 16; **Ht:** 65 in.; **Wt:** 321.6 lbs.; **BMI:** 53.51; **Pulse Oximetry:** 98%;
FDLMP: 01/07/24

ALLERGIES: YAZ (28)

MEDICATIONS:

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
Lancets,Ultra Thin (check blood sugar once daily)
Ozempic 2 mg/dose (8 mg/3 mL) subcutaneous pen injector (INJECT 2 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK (disp. 12 pens for 3 month supply).)
blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)
lisinopril 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)

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 2024
Wellness- Jan. 2024
Microalbumin- Jan. 2024
Last eye exam- Dec. 2022
Pap smear- March 2021- reportedly normal.
Mammogram- 2023- abnormal- had US in July 2023 and January 2024. See reports.
Last Hgb A1C- January 2024

She was taken off metformin secondary to diarrhea on the lowest dose.

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.

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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:

UA (1 unit(s)): In-House Lab
Diabetic Foot Exam (1 unit(s)): Office Procedure
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics

RESULTS:

UA:
Appearance: clear
Color: yellow
Glucose: Positive
Bill: Negative
Ketones: Negative
Sp: 1.015
Blood: Negative
pH: 5
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Positive
CS: No
Comments: Leuks- 25, Glucose > 1000.

ASSESSMENT:

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS

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I10 - Essential (primary) hypertension

PLAN:

Awaiting lab results. Continue current meds for now. She is down 36 lbs since starting Ozempic. Follow up in 3 months for DM recheck. Recommended she have a yearly eye exam.

Farxiga 10 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

lisinopril 20 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY

Ozempic 2 mg/dose (8 mg/3 mL) subcutaneous pen injector

Refills: 0 Qty: 12 UNIT(S)

Instructions: INJECT 2 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK (DISP. 12 PENS FOR 3 MONTH SUPPLY).

Electronically signed by Lindsey Barton, CRNP on 01/22/24 3:04 PM

