

Auburn Montgomery Student Health Services

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

Date: 04/22/22

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Diabetes Follow Up

HISTORY OF PRESENT ILLNESS: Pt is here for diabetic follow up. She was started on Glipizide at her last OV. She takes Metformin once daily. she is on Trulicity as well. Weight at last OV 362.8 lbs. She was asked to take her blood sugar at least once daily. In the past, she has been non-compliant with home glucose monitoring. Metformin causes stomach upset when taken twice a day. Today she is down about 8 lbs. She has checked her blood glucose at home with level of 180s reported. She still is having issues with Metformin. She wants to go back to the extended release. She admits to not following a low carbohydrate diet. She had an eye appt last week that showed her vision was getting worse but no diabetic retinopathy. He was concerned her vision is getting worse. No reported s/s of neuropathy reported. Denies abdominal pain.

VITALS: BP: 161/81 **Pulse:** 80; **Temp:** 98; **Resp:** 16; **Ht:** 65 in.; **Wt:** 355.8 lbs.; **BMI:** 59.2; **Pulse Oximetry:** 99%;
FDLMP: 04/22/22

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

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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. Morbid obesity.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs 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.

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:

Glucose (1 unit(s)): In-House Lab

HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics (DELETED)

RESULTS:

Glucose:

Value: 184

ASSESSMENT:

E66.01 - MORBID (SEVERE) OBESITY DUE TO EXCESS CALORIES (PRIMARY)

E11.8 - Type 2 diabetes mellitus with unspecified complications

PLAN:

Pt reports glucose of 180s at home. Glucose 184 in office. Improved from last OV. Will change Metformin to extended release and increase Glipizide. She agrees. Continue other medication as prescribed. Needs lower sodium diet as well as to eat a diabetic diet, exercise, and continue her weight loss journey. Pt verbalized understanding. BP elevated today, will continue to monitor and increase medication if needed at next OV in 3 months. A1C scheduled.

Pt asked about taking two 1.5mg Trulicity injections versus one 3mg injection. Advised to take the one 3 mg Trulicity injection as preference due to absorption and how the medication is safely prescribed. Pt agrees.

glipizide ER 5 mg tablet, extended release 24 hr

Refills: 3 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY WITH BREAKFAST

metformin ER 500 mg 24 hr tablet, extended release

Refills: 3 Qty: 30 TABLET(S)

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Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL

Electronically signed by Maranda Fain, CRNP on 04/22/22 3:26 PM

M. Fain, CRNP