

Auburn Montgomery Warhawk Health Services

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

Date: 04/23/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: 3 month follow up for diabetes and HTN

HISTORY OF PRESENT ILLNESS: Mrs. Bronson is a 40 yo female here today for a 3-month follow up for diabetes and HTN. She was recently seen at her OB/GYN office and her A1C was 6.6% about 2 weeks ago (see records). She reports compliance with her meds and no issues except she has noticed she is not losing weight anymore.

She has HTN. She is on lisinopril. She does not check her BP at home. Average BP in office has been 140s-160s/70s-80s.

VITALS: BP: 142/81 **Pulse:** 77; **Temp:** 97.6; **Resp:** 16; **Ht:** 65 in.; **Wt:** 322.3 lbs.; **BMI:** 53.63; **Pulse Oximetry:** 96%;
FDLMP: 03/20/24

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- April 2024- normal. - Dr. Brenner at Montgomery Women's Health Associates.
Mammogram- 2023- abnormal- had US in July 2023 and January 2024. See reports.
Last Hgb A1C- April 2024 6.6%

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:

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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

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.

ASSESSMENT:

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

I10 - ESSENTIAL (PRIMARY) HYPERTENSION

PLAN:

A1C down from 7.4% in Jan to 6.6% at OB/GYN office. Continue meds at current dose for diabetes. Continue to work on diet, exercise, and weight loss. For HTN, will increase lisinopril to 40mg daily for better BP control. Follow up in 3 months for recheck.

lisinopril 40 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY- to replace the 20mg dose.

Electronically signed by Lindsey Barton, CRNP on 04/24/24 10:27 AM

L Barton, CRNP