

Auburn Montgomery Warhawk Health Services

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

Date: 08/13/24

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: follow up

HISTORY OF PRESENT ILLNESS: Mrs. Bronson is a 41 yo female here today for diabetes follow up. She reports compliance with her meds. Her last A1C in April was 6.6% at her OB/GYN office. Her last eye exam was earlier this summer. She states she got new glasses.

She has HTN. She is on lisinopril 20mg once daily. She was prescribed 40mg dose at her last visit but she didn't pick it up due to thinking she was getting a water pill instead.

She c/o drainage, redness, and soreness to her belly button for the past 1 week. She put neosporin on it today.

VITALS: BP: 149/77 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 72; **Temp:** 96.8; **Resp:** 18; **Ht:** 65 in.; **Wt:** 326.7 lbs.;
BMI: 54.36; **Pulse Oximetry:** 98%; **FDLMP:** 07/30/24

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

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- Summer 2024
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:

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

PHYSICAL EXAMINATION:

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.

GI: naval- has small amount of clear drainage with erythema present to the left side opening. No tenderness to palpation.

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:

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

BASIC METABOLIC PANEL (1 unit(s)): Quest Diagnostics

ASSESSMENT:

E11.9 - Type 2 diabetes mellitus without complications (PRIMARY).

I10 - Essential (primary) hypertension.

PLAN:

Follow up with A1C results. Continue current meds for now pending A1C. For HTN. Increase lisinopril to 40mg daily. Follow up in 3 months for recheck.

Rx as per below for naval infection.

cephalexin 500 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE BID x 10 days

mupirocin 2 % topical ointment

Refills: 0 Qty: 22 GRAM(S)

Instructions: APPLY A SMALL AMOUNT TO THE AFFECTED AREA BY TOPICAL ROUTE 3 TIMES PER DAY

Electronically signed by Lindsey Barton, CRNP on 08/13/24 1:19 PM

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L. Barton, DNP, CRNP