

Auburn Montgomery Warhawk Health Services

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

Date: 09/06/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: left great toe pain

HISTORY OF PRESENT ILLNESS: 41 year old female presents to clinic with complaints of left foot/great toe pain. She reports the pain started last night when she went to stand up out of her recliner. There is no known injury, or causative factor. Area is tender to any touch, and patient does walk slower than her normal with a limp at this time due to pain. There is slight edema, erythema, and warmth noted to the metatarsophalangeal joint. Pedal pulse is present and regular. She denies any history of gout. There is no opening of the skin, no drainage or odor present.

Of note, she states she did have pain to the bottom of her left foot last week, but that has since resolved.

VITALS: BP: 153/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Resp:** 18; **Ht:** 65 in.; **Wt:** 328 lbs.; **BMI:** 54.58;
Pulse Oximetry: 98%; **FDLMP:** 08/30/24

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.)
cephalexin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE BID x 10 days)
lisinopril 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY- to replace the 20mg dose.)
mupirocin 2 % topical ointment (APPLY A SMALL AMOUNT TO THE AFFECTED AREA BY TOPICAL ROUTE 3 TIMES PER DAY)

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.

Auburn Montgomery Warhawk Health Services

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

Date: 09/06/24

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 41 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. Left metatarsal of great toe is erythematous, warm, with soft tissue swelling, and tender to touch. Decreased ROM of left great toe.

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:

THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection
Toradol 60 MG (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
URIC ACID (1 unit(s)): Quest Diagnostics

ASSESSMENT:

M79.675 - PAIN IN LEFT TOE(S) (PRIMARY)
E11.8 - TYPE 2 DIAB MEL WITH UNSPECIFIED COMPLICATIONS
I10 - ESSENTIAL (PRIMARY) HYPERTENSION

PLAN:

Rx as per below. Referral for x-ray. Suspect gout. Follow up with lab results. She verbalized understanding.

indomethacin 25 mg capsule
Refills: 0 Qty: 21 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (25 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD until toe pain is resolved.

Referral: EMIC, East Montgomery Imaging Center (Radiology)
No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 09/06/24 10:19 AM

Auburn Montgomery Warhawk Health Services

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

Date: 09/06/24

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

L. Barton, DNP, CRNP