

Auburn Montgomery Student Health Services

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

Date: 09/24/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Wellness exam- establish care

HISTORY OF PRESENT ILLNESS: Mrs. Brunson is a 38 yo female here today to establish care. She and her family recently moved from New York. She has a history of T2DM and HTN. Her last Hgb A1C in March was 7.1%. She was diagnosed with DM at age 31. Her A1C has been as high as 14% at one point. She has a Freestyle Libre and checks her glucose up to 5x per day. She states it typically runs less than 180. She has been on basaglar and novolog sliding scale insulin in the past, however these were discontinued when she started Trulicity.

She is considering having the gastric sleeve for weight loss.

VITALS: BP: 126/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 92; **Temp:** 97.3; **Resp:** 16; **Ht:** 65 in.; **Wt:** 355.6 lbs.;
BMI: 59.17; **Pulse Oximetry:** 99%; **FDLMP:** 09/10/21

ALLERGIES: YAZ (28)

MEDICATIONS:

Polytussin DM 1 mg-5 mg-10 mg/5 mL oral syrup (10 ml PO every 6 hrs as needed for cough/congestion)
lisinopril 20 mg tablet
metformin 500 mg tablet
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.

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.

DM Foot exam- monofilament exam- normal bilateral feet.

ORDERS:

UA (1 unit(s)): In-House Lab
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics
Immunization Injection Administration (1 unit(s)): Injection
Influenza virus vaccine (1 unit(s)): Immunizations
Diabetic Foot Exam (1 unit(s)): Office Procedure

RESULTS:

Influenza virus vaccine:
Site Given: Left Deltoid
Dosage Given: 0.5 milliliter(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

Z00.00 - Encounter for general adult medical examination without abnormal findings (PRIMARY)
Z23 - ENCOUNTER FOR IMMUNIZATION
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS
I10 - ESSENTIAL (PRIMARY) HYPERTENSION

PLAN:

She will return next week for fasting labs. Follow up in 3 months for next DM recheck. Recommended she get annual eye exams. Discussed weight loss at office visit.

FreeStyle Libre 14 Day Sensor kit
Refills: 3 Qty: 6 UNIT(S)
Instructions: Dispense quantity sufficient for 90 day supply.

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Electronically signed by Lindsey Barton, CRNP on 09/24/21 4:14 PM



J. Barton, CRNP