

Auburn Montgomery Warhawk Health Services

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

Date: 10/23/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Diabetes follow up

HISTORY OF PRESENT ILLNESS: Mrs. Bronson is a 40 yo female here today for diabetes follow up. Her last Hgb A1C in July was 8%. She is on metformin; however, it gives her diarrhea so she doesn't take it everyday. She is on farxiga and ozempic and seems to be doing well. She is down 32 lbs since April. She does not check her blood sugars at home.

She also c/o left breast/RUQ abdominal pain after reaching for something the other day. She has been taking her husband's muscle relaxer with little relief. Denies n/v/d or constipation associated with the pain.

VITALS: BP: 142/81 **Pulse:** 75; **Temp:** 97.6; **Resp:** 16; **Ht:** 65.3 in.; **Wt:** 326.3 lbs.; **BMI:** 53.8; **Pulse Oximetry:** 97%;
FDLMP: 10/20/23

ALLERGIES: YAZ (28)

MEDICATIONS:

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
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)
Ozempic 1 mg/dose (4 mg/3 mL) subcutaneous pen injector (INJECT 1 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK-)
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)
metformin ER 500 mg 24 hr tablet,extended release (TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL)
multivitamin with iron tablet (1 tablet PO 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- January 2023
Wellness- Jan. 2023
Microalbumin- Jan. 2023
Last eye exam- Dec. 2022
Pap smear- March 2021- reportedly normal.
Mammogram- 2023- abnormal- had US in July and is scheduled for repeat in 6 months. See reports.
Last Hgb A1C- July 2023

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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.

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; + LUQ tenderness; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted. NO CVA tenderness.

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.

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
AMYLASE (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
LIPASE (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

E11.9 - Type 2 diabetes mellitus without complications (PRIMARY).
I10 - Essential (primary) hypertension.
R10.12 - Left upper quadrant pain.

PLAN:

Follow up with lab results. Ok to stop metformin secondary to diarrhea and GI upset. Additional plan pending A1C results. Toradol for LUQ pain from possible pulled muscle. Follow up in 3 months.

Farxiga 10 mg tablet
Refills: 0 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

lisinopril 20 mg tablet
Refills: 1 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY

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ketorolac 10 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR pain for UP TO 5 DAYS TOTAL USE

Electronically signed by Lindsey Barton, CRNP on 10/26/23 1:27 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style. The "J" is large and loops around the first part of the name. "Barton" is written in a standard cursive, and "CRNP" is written in a slightly more upright, blocky cursive style at the end of the line.