

Auburn Montgomery Warhawk Health Services

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

Date: 04/10/24

PATIENT: GREEN, LATARCHIA **DOB:** 08/21/1975 **Gender:** FEMALE **MRN:** 5245 **AGE:** 48 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Pre-diabetes/DM Follow up

HISTORY OF PRESENT ILLNESS: Ms. Green is a 48 yo female here today for diabetes follow up. Her last Hgb A1C in October 2023 was 6.4%. She is on metformin and reports compliance.

She has HTN and is on norvasc. She states she forgot to take her medicine this morning until she got here. She checks her blood pressure periodically at home and it ranges from 120s-130s/80s.

She also c/o rash to neck and bilateral forearms that itches. She has a history of eczema and recently started taking zyrtec otc.

She also c/o productive cough with green and clear phlegm, wheezing, and sinus drainage down the back of her throat for the past week. Denies sinus congestion or runny nose and no fever. Her granddaughter has a nebulizer and she used one of her albuterol nebs a few days ago because of the wheezing and she reports it did help.

VITALS: BP: 171/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 65; **Temp:** 98.2; **Resp:** 19; **Ht:** 60 in.; **Wt:** 247.7 lbs.; **BMI:** 48.37; **Pulse Oximetry:** 97%

ALLERGIES: adhesive tape

MEDICATIONS:

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup (TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 8 HRS AS NEEDED FOR COUGH/CONGESTION)

Naprosyn 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH FOOD as needed for pain.)

Norvasc 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY FOR HTN)

ferrous sulfate 325 mg (65 mg iron) tablet (TAKE 1 TABLET (325 MG) BY ORAL ROUTE ONCE DAILY)

metformin ER 500 mg 24 hr tablet, extended release (gastric retention) (TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL)

multivitamin tablet

PAST MEDICAL HISTORY: Endometriosis, uterine fibroids, anemia, prediabetes, HTN.

PAST SURGICAL HISTORY: partial hysterectomy (still has ovaries) 2014. Left breast biopsy (benign) 2020. Lipoma right axilla removed in 1994. C-section 1996. Left femur surgery in 2011.

SOCIAL HISTORY: Works in the cafe on campus. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Mother- HTN.

HEALTH MX HISTORY:

Former PCP was Dr. Chamnong until her insurance changed. Now she does not have a PCP.

GYN- Dr. Waller.- Due for mammogram this year (2024).

Mammogram- Feb. 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. + scattered inspiratory wheezes bilateral lung fields posteriorly w/ no rhonchi or rales. Anterior lungs bilaterally are clear.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ bilateral PT and DP pulses.

INTEGUMENTARY: Warm, dry, intact. Few dry patchy areas to bilateral forearms and lower anterior neck.

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 (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Left Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Left Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS
J20.9 - ACUTE BRONCHITIS, UNSPECIFIED

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R05.9 - COUGH, UNSPECIFIED

L30.9 - Dermatitis, unspecified

Z12.39 - ECTR FOR OTH SCREEN FOR MALIG NEOPLASM OF BREAST

PLAN:

Rx as per below. Follow up with labs. Continue metformin and norvasc as prescribed. We discussed weight loss and diet today. She would like a prescription for mounjaro for weight loss and her diabetes, but needs to see if it is covered by her insurance. She states ozempic is not covered. Referral for mammogram. She is due for her pap smear and will schedule with Dr. Waller. Follow up in 6 months or sooner if needed.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

metformin ER 500 mg 24 hr tablet,extended release (gastric retention)

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY WITH THE EVENING MEAL

triamcinolone acetonide 0.1 % topical cream

Refills: 1 Qty: 50 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY

Referral: Health Center, Baptist Breast (Radiology)

No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 04/10/24 12:24 PM

