

Auburn Montgomery Warhawk Health Services

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

Date: 06/29/23

PATIENT: HINES, KATHERINE **DOB:** 12/21/2002 **Gender:** FEMALE **MRN:** 5289 **AGE:** 20 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Visit #1 Weight loss surgery visit requirement

HISTORY OF PRESENT ILLNESS: Ms. Hines presents to the clinic for her first visit for weight loss surgery. She is looking into having gastric sleeve surgery in Birmingham with Dr. Wood. She states she is eating 3 meals per day in smaller portions, eliminating sugar and decreasing carbs from her diet. She has not tried a dietitian as of yet. She states she is walking her dog 3-4 times per week for minimum of 30 min each time.

Of note: She is currently taking a thyroid medication but is unsure of the name.

Patient has Nuvaring

Her BP was elevated today. She has not been diagnosed with HTN. She denies dizziness, SOB or CP.

VITALS: BP: 142/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Temp:** 98.1; **Resp:** 18; **Ht:** 68.5 in.; **Wt:** 334.8 lbs.; **BMI:** 50.16; **Pulse Oximetry:** 98%; **FDLMP:** 04/23/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Dayvigo 5 mg tablet
Prozac 10 mg capsule

PAST MEDICAL HISTORY: Hypothyroidism, depression/anxiety, insomnia

PAST SURGICAL HISTORY: ligament replacement to right knee

SOCIAL HISTORY: Denies smoking, ETOH or illicit drug use.

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; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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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.

ASSESSMENT:

Z71.3 - Dietary counseling and surveillance (PRIMARY)
E66.01 - MORBID (SEVERE) OBESITY DUE TO EXCESS CALORIES
F32.A - DEPRESSION, UNSPECIFIED
G47.00 - INSOMNIA, UNSPECIFIED
R03.0 - ELEVATED BLOOD-PRS READING W/O DIAGNOSIS OF HTN
E03.9 - Hypothyroidism, unspecified

PLAN:

Continue to track your food and base daily food intake on a 2,000 calorie diet per day. Discussed apps to keep up with calorie intake such as my fitness pal. Recommended to seek dietician at the Wellness Center here on campus. Continue exercise, walking every other day minimum of 30 min. Monitor BP at home. Follow up in one month.

Electronically signed by Robin Blackwell, CRNP on 07/03/23 2:42 PM

Robin Blackwell CNP