

Auburn Montgomery Warhawk Health Services

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

Date: 07/28/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Visit # 2 Weight loss surgery visit requirement

HISTORY OF PRESENT ILLNESS: Ms. Hines presents to the clinic for her second visit for weight loss surgery. She reports continuing to eat 3 meals per day in smaller portions. She has recently added protein shakes to her morning breakfast regimen. She states the protein drinks helps her stay full. She is exercising 2-3 times per day by walking minimum of 30 minutes. She will be scheduled with a dietician through her surgeon. She denies any complaints or concerns.

VITALS: BP: 128/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 97; **Temp:** 97.5; **Resp:** 16; **Ht:** 68.5 in.; **Wt:** 331.4 lbs.; **BMI:** 49.65; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Dayvigo 5 mg tablet
Prozac 10 mg capsule
liothyronine 5 mcg tablet

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.

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

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

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G47.00 - Insomnia, unspecified
E03.9 - Hypothyroidism, unspecified

PLAN:

Continue to track your food intake with a 2,000 calorie intake per day. Discussed healthy food choices. Continue exercising 3-4 times per week minimum 30 min. Stay hydrated. Follow up in one month.

Electronically signed by Robin Blackwell, CRNP on 07/28/23 4:42 PM

Robin Blackwell CNP