

Auburn Montgomery Warhawk Health Services

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

Date: 09/28/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: weight loss visit #4

HISTORY OF PRESENT ILLNESS: Patient has been exercising 3x weekly. She reports to walking 1.5 hours/ 3x/week and also doing some weight lifting exercises. She did not exercise this past week due to being sick, but is usually consistent with her workouts. She still babysits. She did recently download the fitness pal app to track her caloric intake and reports to eating just under 2,000 calories per day. She did start taking her thyroid medication on a regular basis but can not name the medication or dosage at this time.

She is up 1 lb from last office visit.

VITALS: BP: 138/98 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 73; **Temp:** 96.8; **Resp:** 17; **Ht:** 68 in.; **Wt:** 335 lbs.;
BMI: 50.93; **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.

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.

ASSESSMENT:

E66.01 - Morbid (severe) obesity due to excess calories (PRIMARY)
E03.9 - Hypothyroidism, unspecified

PLAN:

Follow up in 1 month for recheck. Continue counting calories and 2k calorie/day diet. Exercise as tolerated. Continue

Auburn Montgomery Warhawk Health Services

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

Date: 09/28/23

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

taking thyroid medications.

Electronically signed by Lindsey Barton, CRNP on 10/06/23 4:19 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 at the end.