

Auburn Montgomery Warhawk Health Services

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

Date: 02/21/24

PATIENT: BETZ, DAVID **DOB:** 06/24/1979 **Gender:** MALE **MRN:** 5348 **AGE:** 44 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Healthy Tigers follow up

HISTORY OF PRESENT ILLNESS: Mr. Betz is a 44 yo male here today for Healthy Tigers follow up. His glucose was 220. He has a history of T2DM diagnosed in 2023. He is on metformin. He was being managed by the State Wellness Center but when he changed his job to AUM, he was told he could not go there anymore. He has been out of his metformin for the past 4 weeks.

VITALS: BP: 133/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 89; **Temp:** 98.5; **Resp:** 16; **Ht:** 73 in.; **Wt:** 218.5 lbs.;
BMI: 28.82; **Pulse Oximetry:** 97%

ALLERGIES: Penicillin (substance)

PAST MEDICAL HISTORY: Diabetes type 2, Hyperlipidemia

PAST SURGICAL HISTORY: denies

SOCIAL HISTORY: Works on campus. Smokes 3/4 pack per day, occasional alcohol use, denies illicit drug use.

FAMILY HISTORY: Mother- heart disease, T2DM. Father- Heart disease, T2DM. Brother- Blood clot, T2DM.

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. No CVA tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally. DM Foot exam completed. See uploaded form.

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.

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ORDERS:

UA (1 unit(s)): In-House Lab
Glucose (1 unit(s)): In-House Lab
Diabetic Foot Exam (1 unit(s)): Office Procedure
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
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics

RESULTS:

UA:
 Appearance: clear
 Color: amber
 Glucose: Positive
 Bill: Negative
 Ketones: Positive
 Sp: 1.030
 Blood: Negative
 pH: 5
 Protein: Positive
 Urobilinogen: Negative
 Nitrites: Negative
 Leukocytes: Positive
 Comments: Leuk: 25 Leu/uL

Protein: trace
Glucose: >1000 mg/dL (off of diabetic medication for about 4 weeks)
Ket: 15mg/dL

Glucose:
 Value: 213

ASSESSMENT:

E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS (PRIMARY)
E78.5 - HYPERLIPIDEMIA, UNSPECIFIED

PLAN:

Restart metformin and atorvastatin. Follow up with lab results. Follow up in 3 months for recheck.

metformin 500 mg tablet
Refills: 2 Qty: 60 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING ANDEVENING MEALS

atorvastatin 40 mg tablet
Refills: 1 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY at bedtime

FreeStyle Lite Meter kit

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Refills: 0 Qty: 1 UNIT(S)

Instructions: Check glucose once daily for type 2 diabetes

FreeStyle Lite Strips

Refills: 3 Qty: 90 STRIP(S)

Instructions: Check glucose once daily as needed

FreeStyle Lancets 28 gauge

Refills: 3 Qty: 90 LANCET(S)

Instructions: Check glucose once daily as needed.

Electronically signed by Lindsey Barton, CRNP on 02/22/24 10:59 AM

A handwritten signature in black ink that reads "L Barton, CRNP". The signature is written in a cursive, flowing style.