

Auburn Montgomery Warhawk Health Services

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

Date: 03/12/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Diabetes follow up

HISTORY OF PRESENT ILLNESS: Mr. Betz is a 44 yo male here today for 2 weeks glucose recheck. He states his highest blood sugar was around 250 and lowest was 143. He has been checking his blood sugar once a day at random times. He reports compliance with his meds and that he has been making changes to his diet.

VITALS: BP: 131/93 **Pulse:** 108; **Temp:** 96.1; **Resp:** 16; **Wt:** 214.3 lbs.; **Pulse Oximetry:** 98%

ALLERGIES: Penicillin (substance)

MEDICATIONS:

Contour Next Glucose Meter kit (Check blood sugars once daily and as needed. Dx E11.9)

Contour Next Test Strips (Check glucose once daily and as needed.)

Lancets, Thin 28 gauge (Check blood sugar once daily and as needed. Dx. E11.9)

atorvastatin 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY at bedtime)

metformin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING ANDEVENING MEALS)

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.

CARDIOVASCULAR: S1 S2; + tachycardia; 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

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.

ORDERS:

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

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ASSESSMENT:

E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS (PRIMARY)
D72.829 - ELEVATED WHITE BLOOD CELL COUNT, UNSPECIFIED

PLAN:

Increase metformin to 1000mg BID. Recheck CBC. Follow up in 3 months for repeat A1C and Fasting lipid panel and follow up appt.

metformin 1,000 mg tablet

Refills: 0 Qty: 180 TABLET(S)

Instructions: TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING AND EVENING MEALS

Electronically signed by Lindsey Barton, CRNP on 03/12/24 3:17 PM

L Barton, CRNP