

Name: Bo Shang | DOB: 6/6/1988 | MRN: 71453119 | PCP: Wei Yang, MD | Legal Name: Bo Shang

Appointment Details

Notes and Instructions

Progress Notes

Kathryn C. Wilson, RD at 5/11/2023 11:00 AM

Attestation

Reason for vist: hypertriglyceridemia

Bo Shang a 34 yrs. is a new patient who presents alone for a video visit.

Time Spent: I spent 40 minutes caring for the patient today including time spent during the visit and time spent outside of the visit.

Patient location: doctor's office . The patient stated they were physically in Massachusetts at the time of the visit.

I conducted this virtual visit from home.

NUTRITION ASSESSMENT

Medical History

Patient Active Problem List

Diagnosis	Code
• Attention deficit hyperactivity disorder (ADHD), predominantly inattentive type	F90.0
• Anxiety	F41.9
• Vitamin D deficiency	E55.9
• Hypertriglyceridemia	E78.1
• LFTs abnormal	R79.89
• Overweight (BMI 25.0-29.9)	E66.3
• Acute gout of foot	M10.9
• Alcohol use	Z78.9
• Tachycardia	R00.0

Current Outpatient Medications

Medication	Sig
• VYVANSE 70 mg capsule	
• zolpidem 10 mg tablet	

Reports he has been diagnosed with ASD when he was diagnosed with ADHD and anxiety

Social History.

- works in software engineering, mostly WFH
- lives with his family

Nutrition History.

- would like to exercise more consistently
- pretty hungry by afternoon
- doesn't know how to cook except to microwave, doesn't have time to cook and would prefer microwavable stuff
- wondering about weight loss medications

Alcohol: 2-3 drinks **daily**. Tends to drink when he's stressed or when he is celebrating something

Exercise: tried to get daily exercise in until recently by playing basketball and walking, but had some issues with the family members he used to exercise with

Sleep: insomnia, also works until late at night

Anthropometrics

Wt Readings from Last 10 Encounters:

05/10/23 : 174 lb (78.9 kg)

03/19/14 : 171 lb 12.8 oz (77.9 kg)

Labs

No results found for: CHOL, CHOLNONFAST, HDLNONFAST, HDL, LDL, LDLDIR, TRIG, TRIGNONFAST

Procedure	Value	Date
HEMOGLOBIN A1C	5.7 (H)	06/16/2022

Procedure	Value	Date
ALT(SGPT)	120 (H)	06/16/2022
SGOT (AST)	45 (H)	06/16/2022
ALKALINE PHOSPHATASE	97	06/16/2022
BILIRUBIN TOTAL	1.4 (H)	06/16/2022

NUTRITION INTERVENTION

NUTRITION EDUCATION

Discussed general healthy eating principles including importance of plenty of vegetables, fruits, whole grains and lean proteins

Discussed the importance of regular meals and snacks as needed for satiety and energy throughout the day

Discussed the role of nutrition in the development and management of hyperlipidemia
Reviewed heart healthy diet and lifestyle modifications including consuming poly and monounsaturated fats, increasing intake of high fiber plant foods, exercise, achieving and maintaining a healthy weight, and limiting refined carbohydrates, saturated fat and trans fats as much as possible

The following education materials were used:

HVMA Heart Healthy Diet guidelines

Balanced Plate Method

AND sources of Omega 3 fatty acids list

PLAN FOR MONITORING AND EVALUATION

Goals from today's visit:

- purchase fruits and vegetables to add to meals
 - frozen bagged vegetables to steam in the microwave
 - orange, apples, kiwi, berries
- order a side of steamed vegetables with Chinese food
- start basketball 3 days/week
- decrease alcohol intake, or ideally try nonalcoholic beer

Follow up: 1 month

Have questions about medical language? Medline Plus is a great resource for exploring medical terms and abbreviations.

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