

Date of Service: December 19, 2021 Patient: MRN: AB124578 DOB: 04/2/1950

Practice Associates, LLC

**100 Main Street Suite 2000
Jasper, Tennessee 37347**

Progress Note

Provider: Ahmed Patel, MD

Patient: John Joseph **MRN:** AB124578 **DOB:** 04/2/1950

Chief Complaint/History of Present Illness:

Mr. Joseph is a 72-year-old white male who is followed for **hypertension**, **diabetes**, lupus erythematosus, and chronic kidney disease, stage 3b. Since his last visit he reports some degree of **swelling** in his ankles. He claims his home blood sugars have been running in the 90-140 range. He records his blood pressure at home and a review of his log shows a diastolic range of 88-100 mm Hg and a systolic range of 124-144 mm Hg. The patient has no active **symptoms** related to his lupus erythematosus and is being followed by rheumatology. His ESR remains elevated, but below prior levels.

He also reports periods of irregular heartbeats that occur about once a month. They are associated with **lightheadedness**. He denies chest **pain**, changes in neurologic function, or gastrointestinal symptoms.

Active Problem List

- Hypertension
- **DM** Type 2 (insulin dependent)
- Chronic Kidney Disease, Stage 3b.
- **Hyperlipidemia**
- COPD

Current Medications

- NPH Insulin
- Regular Human Insulin (Humulin R U-100) as needed
- Capoten 25 mg tid
- Lipitor 20 mg QD

Past Medical History

- S/P splenectomy 2014
- Hypercholesterolemia
- Basal cell carcinoma, right maxillary region, excised 2021

Review of Systems

- See HPI
- Also notes nasal congestion secondary to pollen

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Social History

- Current nonsmoker since 2010, 30 pack year history
- Social drinker

Physical Examination:

- Vitals: BP 135/90, R 13, P 80, Weight 167 lbs., Height 5'6"
- General: WN, WD, NAD
- HEENT: unremarkable
- Neck: supple
- Lungs: clear to auscultation
- CVS: heart regular rhythm, no murmurs. Mild pedal edema noted at ankles
- Abdomen: soft
- Musculoskeletal: Normal strength and gait
- Neurological: oriented times three, normal speech, no weakness in extremities, sensation to light touch normal in extremities.

Selected Lab Results

Test Name	Result	Reference Range	Date of Collection
CBC w/ Differential			December 19, 2021
WBC	5.4 K/uL	4.0-10.0	
RBC	4.9 K/uL	4.2-5.4	
Hemoglobin	12.4 g/dl	12.0-18.0	
Hematocrit	40.1 %	> 36	
Platelet Count	271 K/uL	150-400	
Comprehensive Metabolic Panel			December 19, 2021
Glucose	99 mg/dl	60-110	
Creatinine	1.6 mg/dl	0.7-1.3	
BUN	30.0 mg/dl	6.0-24.0	
eGFR	49 mL/min	≥ 60.0	
Hemoglobin A1c	7.9 %	<6.5%	December 19, 2021
Lipid Panel			
Cholesterol	165.1 mg/dl	120.0-200.0	December 19, 2021
Triglycerides	65.2 mg/dl	30.0-150.0	
HDL Cholesterol	40.2 mg/dl	35.0-60.0	
LDL Cholesterol	129.9 mg/dl	0.0-100.0	
Erythrocyte Sedimentation Rate			
ESR Value	20 mm/hr	0-15 mm/hr (males)	December 19, 2021

EKG today NSR with a rate of 82 bpm.

Assessment:

Hypertension: adequate control on current regimen, continue to monitor.

- **DM** Type II. Control suboptimal. Discussed need to optimize his ADA diabetic diet and to take medications as directed.
- Paroxysmal atrial fibrillation based on patient history. Will request further evaluation/monitoring by cardiology. Patient advised to purchase monitoring device (e.g., Kardia).
- Type 2 diabetes mellitus with diabetic chronic kidney disease
- Chronic kidney disease, stage 3b. eGFR remains in the upper 40s. Will optimize therapies for **DM** and **HTN**.

Plan

- Emphasize need for strict adherence to ADA diet
- Return to clinic in 4 weeks or as needed.
- Cardiology referral as noted above.

Electronically signed by Ahmed Patel, MD at 5:30 pm on January 19, 2022