

Dr. Rajeeve Rajput

General Physician

Reg. No: DM410066778

Consultation Mode: on site

Date: 18/05/2025



Registered Office : P-1 GROUND FLOOR

B/P P-1 TO P-20 NDSE II OPP. LI/11 ,

Delhi, India - 110049

ELECTRONIC MEDICAL RECORD**Patient Information**

| | |
|----------------|---|
| Patient Name | Abhay Narayan Rai |
| Age | 32 years |
| Gender | Male |
| Phone Number | 8686840334 |
| Blood Group | not known |
| Marital Status | Single |
| Children | 0 |
| Address | C125, Ophelia apartments , dwarka, New Delhi , Delhi - 110077 |

Medical History

| | |
|----------------------------|--|
| Chief Complaint | Routine diabetes follow-up |
| History of Present Illness | Patient diagnosed with Type 2 Diabetes 2 months ago, on oral hypoglycemics |
| Previous Surgeries | None |
| Bowel and Bladder | Normal |
| Appetite | Increased |
| Sleep | 7 hours |
| Mental Health Assessment | Mild anxiety about disease management |

Habits

| | |
|-----------------|------|
| Smoking | No |
| Alcohol | No |
| Substance Abuse | None |

Health Screening

| | |
|----------------------|---|
| Stress Screening | <p>Description: Mild stress related to new diagnosis</p> <p>Score: 5</p> <p>Recommendation: Diabetes education and counseling</p> |
| Depression Screening | <p>Description: Mild adjustment issues with diagnosis</p> <p>Score: 4</p> <p>Recommendation: Supportive counseling</p> |

Past Medical History

| Condition | Medications | Frequency | Readings | Notes |
|--------------------------|-------------|-----------|----------|-----------------------|
| Hypertension | | | | On regular medication |
| Type 2 Diabetes Mellitus | Metformin | | | Newly diagnosed |
| sdfdg | dsfg | | | |
| dsfg | dsfg | | | fgh |

General Physical Examination

| | |
|---------------------|-------------|
| Blood Pressure | 136/82 mmHg |
| Pulse Rate | 74 bpm |
| Volume | Normal |
| Regularity | Regular |
| Character | Normal |
| Temperature | 98.4 |
| Respiratory Rate | 18 |
| SpO2 | 99% |
| Height | 172 m |
| Weight | 79 kg |
| BMI | |
| Radio Femoral Delay | Absent |
| Pallor | Absent |
| Icterus | Absent |
| Cyanosis | Absent |
| Clubbing | Absent |
| Lymphadenopathy | Absent |
| Edema | Absent |
| JVP | Not raised |

Systemic Examination

| | |
|------------------------|--|
| Respiratory System | Clear |
| Cardiovascular System | Normal heart sounds |
| Central Nervous System | Intact sensation in all limbs |
| Per Abdomen | Soft, non-tender |
| Other Findings | Mild non-proliferative diabetic retinopathy in right eye |

Diagnosis & Prescription

| | |
|-----------|------------|
| Diagnosis | jgfygygg |
| Date | 28/05/2025 |

| Medicine | Frequency | Duration | Route | How to Take | Investigations |
|----------|-----------|----------|-------|-------------|----------------|
| ewrg | | ewr days | fgfh | dfgh | dsfgh |

| | |
|-----------|------------|
| Diagnosis | jgfygygg |
| Date | 28/05/2025 |

Advice & Follow-up

| | |
|--------------------|---|
| Advice | Low carbohydrate diet, 30 minutes walking daily, monitor blood glucose twice weekly |
| Referrals | Ophthalmology for comprehensive assessment |
| Follow-up Schedule | After 1 month with blood glucose logs |
| Doctor Notes | Patient understanding diabetes management well, needs dietary reinforcement |