

Dr. Rajeeve Rajput

General Physician

Reg. No: DM410066778

Consultation Mode: on site

Date: 15/05/2025



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	Telmisartan			On regular medication
Type 2 Diabetes Mellitus	Metformin			Newly diagnosed

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

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