

**Provider Demographics**

Provider Name:	JULIO MOLINA, MD
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**Patient Demographics**

Patient:	Robin E Hood
Date of Birth:	September 11, 2001
Sex:	Female
Patient ID:	1197989
Encounter Date:	September 6, 2023
Electronically signed by:	JULIO MOLINA, MD signed September 6, 2023, 14:27:21 -0400

**Encounters**

Encounter Date	Condition	Diagnosis	Provider
09/06/2023	Lumbar Radiculopathy Anemia Benign Essential Hypertension Dyslipidemia Hypothyroidism Hyponatremia Chronic Pain Renewal of Prescription	M54.16 : Radiculopathy, lumbar region D64.9 : Anemia, unspecified I10 : Essential (primary) hypertension E78.5 : Hyperlipidemia, unspecified E03.9 : Hypothyroidism, unspecified E87.1 : Hypo-osmolality and hyponatremia G89.29 : Other chronic pain Z76.0 : Encounter for issue of repeat prescription	Julio C. Molina, MD

**Chief Complaint**

Reason for Visit
3 month follow-up 3 month f/u

**Assessment**

Condition	Notes
Lumbar radiculopathy	M54.16: Radiculopathy, lumbar region
Anemia	D64.9: Anemia, unspecified FERRALET 90 MGR PO DAILY, CBC IN 3 MONTHS • iron + TIBC + ferritin, serum • vitamin B12, serum • CBC w/ auto diff
Benign essential hypertension	I10: Essential (primary) hypertension under good control • CMP, serum or plasma
Dyslipidemia	E78.5: Hyperlipidemia, unspecified • lipid panel, serum
Hypothyroidism	E03.9: Hypothyroidism, unspecified • TSH, serum or plasma • T4, free, serum
Hyponatremia	E87.1: Hypo-osmolality and hyponatremia
Chronic pain	G89.29: Other chronic pain SO FAR UNDER CONTROL WITH CURRENT TREATMENT
Renewal of prescription	Z76.0: Encounter for issue of repeat prescription • cyclobenzaprine 10 mg tablet • hydrocodone 10 mg-acetaminophen 325 mg tablet

**Plan of Treatment**

Reminders	Type Visit	Date	Provider
Appointments	Est Patient 15	11/06/2023 1:00PM	Julio C. Molina, MD

**Vital Signs**

Height	5 ft
Weight	118.2 lbs
BMI	23.1 kg/m2
Blood Pressure	134/80 mm[hg]
Pulse	93 bmp
O2 Saturation	99%
Temperature	98 F°
Respiration Rate	16
Pain Scale	0

**Medications**

Medication	Instructions	Quantity
amlodipine 10 mg tablet	TAKE ONE TABLET BY MOUTH ONE TIME DAILY	90
amoxicillin 500 mg tablet		30
biotin	2 cap orally qd	
bupropion HCl XL 300 mg 24 hr tablet, extended release	TAKE ONE TABLET BY MOUTH ONE TIME DAILY	90
cyclobenzaprine 10 mg tablet	Take 1 tablet 3 times a day by oral route	
esomeprazole magnesium 40 mg capsule, delayed release	TAKE ONE CAPSULE BY MOUTH EVERY DAY AS DIRECTED	
Fish Oil	1 tab orally qd	
hydrochlorothiazide 12.5 mg tablet	Take 1 tablet every day by oral route for 90 days	90

**Review of Systems**

	Comprehensive General Adult ROS
Constitutional:	Constitutional: no fever, no night sweats, no significant weight gain, no significant weight loss, no exercise intolerance
Eyes:	Eyes: no dry eyes, no vision change, no irritation
ENMT:	Ears: no difficulty hearing, no ear pain. Nose: no frequent nosebleeds, no nose problems, no sinus problems. Mouth/Throat: no sore throat, no bleeding gums, no snoring, no dry mouth, no mouth ulcers, no oral abnormalities, no teeth problems
Cardiovascular:	Cardiovascular: no chest pain, no arm pain on exertion, no shortness of breath when walking, no shortness of breath when lying down, no palpitations, no known heart murmur, no lightheadedness
Respiratory:	Respiratory: no cough, no wheezing, no shortness of breath, no coughing up blood, no sleep apnea
Gastrointestinal:	Gastrointestinal: no abdominal pain, no nausea, no vomiting, no constipation, normal appetite, no diarrhea, not vomiting blood, no dyspepsia, no GERD
Genitourinary:	Genitourinary: no incontinence, no difficulty urinating, no hematuria, no increased frequency
Musculoskeletal:	Musculoskeletal: no muscle aches, no muscle weakness, no swelling in the extremities, arthralgias/joint pain, back pain
Integumentary:	Skin: no abnormal mole, no jaundice, no rashes, no laceration
Neurologic:	Neurologic: no loss of consciousness, no weakness, no numbness, no seizures, no dizziness, no migraines, no headaches, no tremor
Psychiatric:	Psych: feeling safe in a relationship, no alcohol abuse, no hallucinations, no suicidal thoughts, depression, restless sleep, anxiety
Endocrine:	Endocrine: no fatigue
Hematologic/Lymphatic:	Hematologic/Lymphatic no swollen glands, no bruising, no excessive bleeding
Allergic/Immunologic:	Allergy/Immunologic: no runny nose, no sinus pressure, no itching, no hives, no frequent sneezing

**Physical Examination**

	Cardiology Exam
Constitutional:	General Appearance: well-nourished, well-developed, appears stated age. Level of Distress: comfortable
Psychiatric:	Mental Status: alert, normal affect. Orientation: oriented to time, place, and person. Insight: good judgment
Eyes:	Lids and Conjunctivae: non-injected, anicteric, no discharge, no pallor, no arcus senilis, no xanthelasma. Pupils: PERRLA
Neck:	Neck: supple, trachea midline, no masses, FROM. Carotid Arteries: bilateral normal upstroke, no bruits, no thrills. Jugular Veins: normal jugular venous pressure, Kussmaul's sign absent. Cervical Lymph Nodes: non tender, not enlarged. Thyroid: not enlarged, non-tender, no nodules
Lungs:	Respiratory Effort: unlabored. Chest Exam: normal curvature, no thoracic deformity, no chest wall tenderness. Percussion: resonant. Auscultation: clear, no wheezing, no rales, no rhonchi
Cardiovascular:	Precordial Exam: non displaced focal PMI, no heaves, no precordial thrills. Rate And Rhythm: regular. Heart Sounds: normal S1, physiologically split S2, no rub, no gallop, no click. Systolic Murmur: not heard. Diastolic Murmur: not heard. Extremities: no cyanosis, no edema, no peripheral signs of emboli
Peripheral Pulses:	Pulses: full and equal in all extremities except if noted. Brachial Pulse: normal. Radial Pulse: normal. Ulnar Pulse: normal. Femoral Pulse: normal, no bruits appreciated. Posterior Tibialis Pulse normal. Dorsalis Pedis Pulse: normal. Popliteal Pulse: normal
Skin:	Inspection and Palpation: warm and dry. Nails: no clubbing

**Problems**

Name	Status	Onset Date	Source	Resolution Date	Notes
Hypothyroidism			History		
Dyslipidemia			History		
Obstructive Sleep Apnea Syndrome	Completed		History	02/06/2017	
Gastroesophageal Reflux Disease			History		
Chronic Pain			History		
Benign Essential Hypertension			History		
Osteopenia	Completed		History	12/04/2020	
Lumbar Radiculopathy			History		
Allergic Reaction Caused by Insect Bite And/or Insect Sting					

**Allergies, Adverse Reactions, Alerts**

Name	Reaction	Severity	Onset	Notes
Codeine				
NKDA – No Known Drug Allergy				

Notes: reviewed 7/12/23 mm

**History of Present Illness**

Condition	Notes
Back Pain	Location: pain is not radiating. Severity: improving. Associated Symptoms: no fever, no weak limbs, no numbness of the legs/feet, no tingling, no incontinence, no shortness of breath, no unintentional weight loss, no chills, no night sweats, no gait instability, no bowel/bladder symptoms, no recent increase in stress. Previous Injury: no prior injury to back, no prior malignancy Notes: chronic lumbar radiculopathy
General Rash/Skin Lesion	Quality: not itchy, not painful. Context: no new detergents or skin products, no one else with similar rash. Aggravating factors: nothing makes it worse. Associated Symptoms: no fever, no cold symptoms, no nausea, no vomiting, no diarrhea, no urinary symptoms Notes: purpuric rash due to mechanical forces
Anemia	Timing: better. Associated Symptoms: no shortness of breath, no chest pain, no abdominal pain, no nausea, no vomiting, no melena, no blood in stool, no weakness, no fatigue, no palpitations, no excessive sweating, normal nails, tolerant of cold, no nonfood cravings, no behavior problems, no symptoms of peripheral neuropathy, normal balance, no jaundice, no pallor, no weight loss
Chronic Pain	Pain Severity: improving. Aggravating Factors: none. ADL Improvements: physically functioning, overall function improved, able to maintain relationships, mood unaffected, sleep patterns undisturbed, no work limitations due to pain, no driving impairment while on meds. Adverse Reactions: no nausea, no vomiting, no constipation, no itching, no mental cloudiness, no sweating, no fatigue, no drowsiness, no sexual dysfunction
Opioid Use Assessment	Current Use of Opioids : no use of opioids (no further questions required), Hydrocodone (Vicodin/Norco)
Thyroid	Onset/Timing: better. Context: normal thyroid levels, no history of head or neck radiation during childhood, no history of thyroid disease, no history of hypothyroidism, no history of hyperthyroidism, no excess iron exposure. Exercise gets exercise. Associated Symptoms: no cold intolerance, no heat intolerance, no weight loss, no weight gain, no double vision, no dry eyes, no hoarseness, no difficulty swallowing, no neck masses, no deepening of the voice, no fast heart rate, no increased blood pressure, no palpitations, no chest pain, no chest tightness or pressure, no constipation, no diarrhea, no vomiting, no decreased appetite, no loose stools, no irregular menstrual periods, no excessive sweating, no joint pain, no numbness, no tingling of the hands or feet, no dry skin, no tremor, no nervousness, no anxiety, no depression, no fatigue, no sleep difficulties, no skin changes, no hair changes
Reflux/GERD	Symptoms Asymptomatic, no difficulty swallowing, no pain swallowing, no postprandial pain. Severity: improving. Context: non-smoker, no drug/alcohol abuse, no drug alcohol withdrawal, not related to food/drink. Associated Symptoms: no frequent coughing, no feeling of fullness/mass in throat, no hoarseness, no food getting stuck, no belching/burping, no nausea, no vomiting, not vomiting blood, no regurgitation, no shortness of breath, no chest pain, no heartburn, no difficulty swallowing, no pain when swallowing, no bad taste, no decreased appetite, no weight loss, no black/tarry stools, no fatigue, no throat pain
HTN	Status: controlled. Severity without complication. Associated Symptoms: no chest pain at rest, no chest pain with activity, no palpitations, no shortness of breath, no light headedness, no rapid weight gain, no PND, no orthopnea. Modifying Factors improved with medications, improved with exercise, improved with diet, better with rest. Compliance: COMPLIANT WITH and UNDERSTANDS MED USE, compliant with diet, compliant with exercise
Hyperlipidemia	Control: usually well controlled, improving, at goal. Compliance: compliant, compliant with diet, exercises. Complications: no coronary artery disease, no peripheral artery disease, no cardiovascular disease

**Results****Lab Results**

Date	Name	Result	Description	Value	Range	Status
09/08/2023	CBC W/Auto Diff		WBC	7.70 x10 <sup>3</sup> /μL	4.00 - 11.00 x10 <sup>3</sup> /μL	Final
09/08/2023			RBC	4.00 10 <sup>12</sup> /L	3.93 - 5.22 10 <sup>12</sup> /L	Final
09/08/2023		Low	Hemoglobin	10.50 g/dL	11.20 - 15.70 g/dL	Final
09/08/2023		Low	Hematocrit	32.9 %	34.1 - 44.9 %	Final
09/08/2023			Mcv	82.3 fL	80.0 - 100.0 fL	Final
09/08/2023			Mch	26.3 pg	25.6 - 32.2 pg	Final
09/08/2023		Low	Mchc	31.9 g/dL	32.2 - 35.5 g/dL	Final
09/08/2023		High	Platelet Count	547.0 k/uL	150.0 - 400.0 k/uL	Final
09/08/2023		High	RDW-SD	52.0 fL	36.4 - 46.3 fL	Final
09/08/2023			Mpv	9.0 fL	7.5 - 11.5 fL	Final
09/08/2023			Neut%	61.6 %	34.0 - 71.1 %	Final
09/08/2023			Lymph%	26.1 %	19.3 - 51.7 %	Final
09/08/2023			Mon%	9.6 %	4.7 - 12.5 %	Final
09/08/2023			Eos%	1.6 %	0.7 - 5.8 %	Final
09/08/2023			Baso%	0.6 %	0.1 - 1.2 %	Final
09/08/2023			Neut#	4.7 x10 <sup>3</sup> /μL	1.6 - 6.1 x10 <sup>3</sup> /μL	Final
09/08/2023			Lymph#	2.0 x10 <sup>3</sup> /μL	1.2 - 3.7 x10 <sup>3</sup> /μL	Final
09/08/2023			Mon#	0.7 x10 <sup>3</sup> /μL	0.2 - 0.9 x10 <sup>3</sup> /μL	Final
09/08/2023			Eos#	0.12 x10 <sup>3</sup> /μL	0.04 - 0.36 x10 <sup>3</sup> /μL	Final
09/08/2023			Baso#	0.05 x10 <sup>3</sup> /μL	0.01 - 0.08 x10 <sup>3</sup> /μL	Final
09/08/2023	Iron + TIBC + Ferritin, Serum		Ferritin	9.81 NG/mL	4.63 - 204.00 NG/mL	Final
09/08/2023		High	Total Iron Binding Capacity (Calculated)	529 mcg/dL	250 - 450 mcg/dL	Final
09/08/2023		Low	% Saturation	7.4 %	11.0 - 50.0 %	Final
09/08/2023		Low	Iron, Total	39 mcg/dL	45 - 160 mcg/dL	Final
09/08/2023		High	Transferrin	370 mg/dL	173 - 360 mg/dL	Final
09/08/2023	Vitamin B12, Serum	Low	Vitamin B12	193 pg/mL	213 - 816 pg/mL	Final
09/08/2023	TSH, Serum or Plasma		Tsh	2.049 uIU/mL	0.350 - 4.940 uIU/mL	Final
09/08/2023	T4, Free, Serum		T4 Free	0.89 NG/dL	0.70 - 1.48 NG/dL	Final
09/08/2023	Lipid Panel, Serum		Triglyceride	124 mg/dL	<150 mg/dL	Final
09/08/2023		High	Cholesterol	203 mg/dL	<200 mg/dL	Final
09/08/2023			Hdl	68 mg/dL		Final
09/08/2023			VLDL (Calculated)	25 mg/dL		Final
09/08/2023			cholesterol/HDL Ratio	3.0 mg/dL		Final
09/08/2023			LDL (Calculated)	110 mg/dL	<130 mg/dL	Final
09/08/2023			non-HDL Cholesterol (Calculated)	135 mg/dL	<160 mg/dL	Final
09/08/2023	CMP, Serum or Plasma		Glucose	93 mg/dL	70 - 99 mg/dL	Final
09/08/2023			Creatinine	0.75 mg/dL	0.57 - 1.11 mg/dL	Final
09/08/2023		Low	Bun	8.7 mg/dL	9.8 - 25.0 mg/dL	Final
09/08/2023			Egfr	>60 mL/min /1.73m <sup>2</sup>		Final
09/08/2023		Low	Sodium	131 mEq/L	135 - 145 mEq/L	Final
09/08/2023			Potassium	4.2 mEq/L	3.5 - 5.3 mEq/L	Final
09/08/2023			Co2	23.9 mmol/L	20.0 - 32.0 mmol/L	Final
09/08/2023		Low	Chloride	96 mmol/L	98 - 110 mmol/L	Final
09/08/2023			Anion Gap	11 calc		Final
09/08/2023			Calcium	9.1 mg/dL	8.4 - 10.4 mg/dL	Final
09/08/2023		Low	Total Protein	6.0 g/dL	6.1 - 8.2 g/dL	Final
09/08/2023			Albumin	3.6 g/dL	3.4 - 5.1 g/dL	Final
09/08/2023			Total Bilirubin	0.4 mg/dL	0.2 - 1.2 mg/dL	Final
09/08/2023			Alk Phos	54 unit/L	40 - 150 unit/L	Final
09/08/2023			Alt	22 U/L	0 - 55 U/L	Final
09/08/2023			Ast	18 U/L	5 - 34 U/L	Final

**Past Medical History**

Condition	Answer	Notes
Seizures/Epilepsy	Y	(No Information)
Elevated Cholesterol/Triglycerides	Y	(No Information)
Thyroid Disease/Disorder	Y	(No Information)
Gynecological History	Answer	Notes
Abortions (total)	(No Information)	(No Information)
Duration of Flow (days)	(No Information)	(No Information)
Current Birth Control Method	Hysterectomy	(No Information)
Pregnancies (total)	2	(No Information)
If Post Menopausal, Age at Menopause	40	(No Information)
Frequency of Cycle (Q days)	(No Information)	(No Information)
Obstetrics History	Answer	Notes
GPAL:		
G 2 P 2 0 0 2		

**Procedures**

Notes: pt has sx on left toe

**Medications**

Medication	Instructions	Quantity
amlodipine 10 mg tablet	TAKE ONE TABLET BY MOUTH ONE TIME DAILY	90
amoxicillin 500 mg tablet		30
biotin	2 cap orally qd	
bupropion HCl XL 300 mg 24 hr tablet, extended release	TAKE ONE TABLET BY MOUTH ONE TIME DAILY	90
cyclobenzaprine 10 mg tablet	Take 1 tablet 3 times a day by oral route	
esomeprazole magnesium 40 mg capsule, delayed release	TAKE ONE CAPSULE BY MOUTH EVERY DAY AS DIRECTED	
Fish Oil	1 tab orally qd	
hydrochlorothiazide 12.5 mg tablet	Take 1 tablet every day by oral route for 90 days	90

**Social History**

Question	Answer
Tobacco Smoking Status	Never Smoker
What is your level of alcohol consumption?	None
Do you or have you ever used e-cigarettes or vape?	Never used electronic cigarettes
What is the highest grade or level of school you have completed or the highest degree you have received?	Some college, no degree
Have you had an ER visit since you were last seen?	No
New nasal congestion or runny nose unrelated to seasonal allergies	No
How many years have you consumed alcohol?	0
Are you deaf or do you have serious difficulty hearing?	No
Do you have difficulty concentrating, remembering or making decisions?	No
How many days in the past year have you had a heavy drinking consumption (4+ female, 5+ male)?	0
Do you use your seat belt or car seat routinely?	Yes
Do you have a fever or feel feverish?	No
Does patient have fever and/or myalgias?	No
Does patient have new loss of taste or smell?	No
Do you use any illicit or recreational drugs?	No
Does the patient have shortness of breath?	No
Do you have any barriers to taking your medications as prescribed?	No barriers. I am able to take as prescribed.
Sore throat	No
Has patient been in recent contact with anyone who has been diagnosed with the Coronavirus?	No
How much tobacco do you chew?	None

Question	Answer
How many days of moderate to strenuous exercise, like a brisk walk, did you do in the last 7 days?	7
Does patient have nasal congestion, sore throat, or runny nose unrelated to seasonal allergies?	No
What was the date of your most recent tobacco screening?	09/06/2023
Are you able to walk?	Yes: walks without restrictions
What is your relationship status?	Married
Do you or have you ever used smokeless tobacco?	Never used smokeless tobacco
Do you or have you ever used any other forms of tobacco or nicotine?	No
Do you feel stressed (tense, restless, nervous, or anxious, or unable to sleep at night)?	Not at all
Sexual Health: How often during the past 4 weeks have you been bothered by sexual problems?	Never
Do you have transportation difficulties?	No
Have you recently traveled abroad?	No
New cough unrelated to a chronic condition	No
How many children do you have?	2
Have you had an unplanned hospital admission in the last year?	No
Do you have an advance directive?	Yes
Are there any smokers in your house?	No
What is your level of caffeine consumption?	Occasional
Has patient been in close contact with someone who has either a cough or fever?	No
Are you currently employed?	No
Do you have difficulty dressing or bathing?	No
muscle aches	No
Does patient have a cough (unrelated to chronic condition)?	No
Screening: Do you feel isolated from family and friends?	No
Has tobacco cessation counseling been provided?	No
Do you have difficulty walking or climbing stairs?	No
Have you had an unplanned hospital admission in the last 30 days?	No
Oral Health: How often during the past 4 weeks have you been bothered by teeth or dentures?	Never
How many years have you smoked tobacco?	0
What is your exercise level?	None
What type of diet are you following?	Regular
Are you able to care for yourself?	Yes
Do you use sunscreen routinely?	No
Do you have a medical power of attorney?	Yes
General Health: In general would you say your health is?	Good
Incontinence Screening: Do you find it hard to control your bladder?	No
Are you blind or do you have difficulty seeing?	No
Do you have smoke and carbon monoxide detectors in your home?	No
Does the patient have nausea, vomiting or diarrhea?	No

**Functional Status**

No Impairment

**Mental Status**

No Impairment

Electronically signed by JULIO MOLINA, MD signed September 6, 2023, 14:27:21 -0400

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