

Visit 1: Routine Check-Up

****Date**:** 2024-06-15

****Patient Name**:** John Smith

****Age**:** 78 years

****Visit Reason**:** Routine check-up, follow-up on hypertension and diabetes management.

Vitals:

Measurement	**Value**
Blood Pressure (BP)	150/85 mmHg
Heart Rate (HR)	68 bpm
Respiratory Rate (RR)	18 breaths/min
Temperature (Temp)	98.1°F
Weight	195 lbs
Body Mass Index (BMI)	29.0

Medications:

Medication	**Dosage**	**Frequency**
Metformin	500mg	Twice daily
Lisinopril	20mg	Once daily
Furosemide	40mg	Once daily
Aspirin	81mg	Once daily

Lab Results:

Test	**Result**	**Normal Range**
HbA1c	7.8%	4.0-5.6%
Creatinine	1.4 mg/dL	0.6-1.2 mg/dL
Sodium	137 mEq/L	135-145 mEq/L
Potassium	4.1 mEq/L	3.5-5.0 mEq/L
Cholesterol Total	205 mg/dL	<200 mg/dL
LDL	130 mg/dL	<100 mg/dL

Notes:

- Complaints of mild dizziness when standing, likely orthostatic hypotension.
- HbA1c is elevated, indicating suboptimal diabetes control. The patient reports occasionally forgetting to take his Metformin.
- BP remains elevated despite medication. Adjustments to regimen may be necessary.
- The patient denies chest pain, shortness of breath, or recent TIA symptoms.

Visit 2: Post-TIA Follow-Up

Date: 2024-07-02

Patient Name: John Smith

Age: 78 years

Visit Reason: Follow-up after TIA 2 weeks ago.

Vitals:

Measurement	**Value**
Blood Pressure (BP)	160/90 mmHg
Heart Rate (HR)	72 bpm
Respiratory Rate (RR)	20 breaths/min
Temperature (Temp)	98.6°F
Weight	198 lbs
Body Mass Index (BMI)	29.4

Medications:

Medication	**Dosage**	**Frequency**
Metformin	500mg	Twice daily
Lisinopril	20mg	Once daily
Furosemide	40mg	Once daily
Aspirin	81mg	Once daily
Clopidogrel (Plavix)	75mg	Once daily
Simvastatin	20mg	Once daily

Lab Results:

Test	**Result**	**Normal Range**
HbA1c	7.7%	4.0-5.6%
Sodium	135 mEq/L	135-145 mEq/L
Potassium	4.4 mEq/L	3.5-5.0 mEq/L
BNP (B-type Natriuretic Peptide)	560 pg/mL	<100 pg/mL

Notes:

- The patient reports feeling "back to normal" after TIA, with no lingering weakness or slurred speech.
- BP remains high despite current regimen; discussed increasing the Lisinopril dosage or adding another antihypertensive.
- The patient refuses Warfarin, prefers staying on aspirin + clopidogrel.
- Urged better diabetes control as HbA1c is still elevated.

Visit 3: CHF Exacerbation

Date: 2024-08-01

Patient Name: John Smith

Age: 78 years

Visit Reason: Shortness of breath, worsening swelling in legs.

Vitals:

Measurement	**Value**
Blood Pressure (BP)	148/85 mmHg
Heart Rate (HR)	82 bpm
Respiratory Rate (RR)	24 breaths/min
Temperature (Temp)	99.1°F
Weight	205 lbs
Body Mass Index (BMI)	30.4

Medications:

Medication	**Dosage**	**Frequency**
Metformin	500mg	Twice daily
Lisinopril	40mg	Once daily
Furosemide	80mg	Twice daily
Aspirin	81mg	Once daily
Clopidogrel (Plavix)	75mg	Once daily
Simvastatin	20mg	Once daily

Lab Results:

Test	**Result**	**Normal Range**
Sodium	133 mEq/L	135-145 mEq/L
Potassium	4.6 mEq/L	3.5-5.0 mEq/L
BNP (B-type Natriuretic Peptide)	800 pg/mL	<100 pg/mL
Creatinine	1.6 mg/dL	0.6-1.2 mg/dL

Notes:

- Patient presents with acute worsening CHF. Reports increased dyspnea, especially at night, and swelling in the legs.
- Furosemide dose increased to 80mg BID for fluid overload. Advised reducing fluid intake.
- BP stable but requires continued monitoring.
- No new neurological symptoms related to TIA.
- Discussed the importance of dietary sodium restriction.

Visit 4: Follow-Up for CHF and Diabetes

****Date**:** 2024-09-01

****Patient Name**:** John Smith

****Age**:** 78 years

****Visit Reason**:** Follow-up after CHF exacerbation, diabetes control.

Vitals:

Measurement	**Value**
Blood Pressure (BP)	140/82 mmHg
Heart Rate (HR)	76 bpm
Respiratory Rate (RR)	18 breaths/min
Temperature (Temp)	98.3°F
Weight	198 lbs
Body Mass Index (BMI)	29.4

Medications:

Medication	**Dosage**	**Frequency**
Metformin	500mg	Twice daily
Lisinopril	40mg	Once daily
Furosemide	80mg	Twice daily
Aspirin	81mg	Once daily
Clopidogrel (Plavix)	75mg	Once daily
Simvastatin	20mg	Once daily
Insulin (new)	10 units	Before meals

Lab Results:

Test	**Result**	**Normal Range**
HbA1c	8.0%	4.0-5.6%
Sodium	136 mEq/L	135-145 mEq/L
Potassium	4.2 mEq/L	3.5-5.0 mEq/L
BNP (B-type Natriuretic Peptide)	600 pg/mL	<100 pg/mL

Notes:

- Symptoms improved with increased diuretic dose; leg swelling reduced.
- Diabetes remains poorly controlled despite Metformin. Added insulin at meals to help manage blood sugar.
- BP stable, but weight remains elevated. Advised further