

"Patient

Name ROOB, NATHANIAL (84yo, M) ID# 2866 Appt. Date/Time 07/25/2024 03:00PM

DOB 06/17/1940 Service Dept. athenaHealth

Provider DR. TESTER

Insurance

Med Primary: SELF PAY

Insurance # : 123456789

Chief Complaint

Followup: Gastroesophageal reflux disease

Patient's Pharmacies

WALMART PHARMACY 1797 (ERX): 55 THOMASTON COMMONS WAY, THOMASTON, ME 04861, Ph (207) 596-1060, Fax (207) 594-5980

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Vitals

BP: 128/80 sitting L arm 08/06/2024 11:57 pm

BMI: 37.2 08/07/2024 12:59 am

Ht: 5 ft 10 in 08/07/2024 12:58 am

Wt: 259 lbs 08/07/2024 12:59 am

T: 98.1 F° 08/06/2024 11:58 pm

HR: 78 08/06/2024 11:58 pm

Allergies

Reviewed Allergies

Medications

Reviewed Medications

Name

Date Source

Brilinta 90 mg tablet

Take 1 tablet(s) twice a day by oral route in the morning for 8 days.

11/24/15 prescribed ATHENA

Eliquis 5 mg tablet

Take 1 tablet(s) twice a day by oral route., start 07/20/2023

07/20/23 started Mehta Aditya

furosemide 20 mg tablet

Take 1 tablet(s) every day by oral route., start 11/30/2021

11/30/21 started Mehta Aditya

HumaLOG Mix 75-25 KwikPen U-100 insulin 100 unit/mL subcutaneous pen

Inject 10 unit(s) twice a day by subcutaneous route before meals for 5 days.

11/21/15 prescribed Billy Brady, MD

Zithromax Z-Pak 250 mg tablet

TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

11/21/15 prescribed ATHENA

Problems

Reviewed Problems

Chronic hepatitis C - Onset: 02/04/2021

Polyneuropathy due to type 2 diabetes mellitus - Onset: 04/07/2020

Vitamin D deficiency - Onset: 03/09/2022

Hyperlipidemia - Onset: 09/08/2015

Morbid obesity - Onset: 07/25/2024

Smoker - Onset: 02/07/2013

Myopathy due to rheumatoid arthritis - Onset: 04/05/2022

Essential hypertension - Onset: 09/10/2014

Atrial fibrillation - Onset: 07/25/2024

Chronic diastolic heart failure - Onset: 12/24/2020

Atherosclerosis of aorta - Onset: 10/21/2021

Gastroesophageal reflux disease - Onset: 03/09/2022

Dermopathy due to type 2 diabetes mellitus - Onset: 04/08/2020

Family History

Reviewed Family History

Social History

Reviewed Social History

Substance Use

What is your level of alcohol consumption?: None

Diet and Exercise

What is your exercise level?: Occasional

Other

General stress level: Medium

Surgical History

Reviewed Surgical History

Past Medical History

Reviewed Past Medical History

Screening

None recorded.

ROS

ROS as noted in the HPI

Physical Exam

None recorded.

Assessment / Plan

1. Gastroesophageal reflux disease -

Stable

Continue the antacids

F/U in 3 months

K21.9: Gastro-esophageal reflux disease without esophagitis

2. Hyperglycemia due to type 2 diabetes mellitus -

Worsening

Continue Metformin 1000 mg BID and Glimepiride 8 mg

Recommend a low sugar and low carbohydrate diet. Fruits and vegetables are acceptable.

Discussed 1/2 plate with non-starchy vegetables, 1/4 of plate with carbohydrates such as whole grain, 1/4 of plate with lean protein.

Include healthy fats in your meal like: Olive oil, canola oil, avocado, and nuts

E11.65: Type 2 diabetes mellitus with hyperglycemia

3. Chronic obstructive lung disease -

Unchanged

SPO2-98% today

Maintain current inhaler regimen: Tiotropium and Fluticasone/Salmeterol.

Counseled for smoking cessation today

J44.9: Chronic obstructive pulmonary disease, unspecified

4. Essential hypertension -

Stable

on Metoprolol and Losartan-HCTZ

BP checks at home: high in morning before meds

BP: 140/80 today

I10: Essential (primary) hypertension

5. Chronic systolic heart failure -

Improving

Continue current medications: Lisinopril 10 mg daily, Metoprolol 50 mg twice daily, Furosemide 40 mg daily.

Weight today was 259 lbs; Monitor weight daily to detect fluid retention. Schedule follow-up appointments every 3 months to assess symptom control and adjust treatment as necessary

Echocardiography ordered today to assess the CHF

I50.22: Chronic systolic (congestive) heart failure

6. Chronic kidney disease stage 4

Improving: As per lab results-egfr today 28 from 21 (in March 2024)

Continue ACE inhibitor. Start atorvastatin 10 mg

N18.4: Chronic kidney disease, stage 4 (severe)

7. Morbid obesity -

Improving

Encouraged for at least 150 minutes of moderate-intensity aerobic activity per week.

Discussed importance of weight loss and healthy lifestyle changes

Continue to track dietary intake and physical activity

E66.01: Morbid (severe) obesity due to excess calories

**Return to Office**

Patient will return to the office as needed.

**Encounter Sign-Off**

Encounter not closed."