

Patient Social History & Appointment Records

Patient Information:

- **Name:** Sarah Mitchell
- **Patient ID:** 890123
- **Date of Birth:** March 12, 1982
- **Gender:** Female
- **Address:** 321 Pine Street, Springfield, IL, 62707
- **Phone Number:** (555) 456-7890
- **Email:** sarah.mitchell@example.com
- **Emergency Contact:** James Mitchell (Husband), (555) 987-6543

Social History:

Sarah Mitchell is a 42-year-old female who works as a graphic designer and leads an active lifestyle, including daily morning runs and weekly strength training sessions. She is a non-smoker and rarely consumes alcohol. Sarah lives with her husband and two young children. She reports a moderate level of work-related stress, which she manages through exercise and family activities.

Appointment Records:

- Appointment Date:** January 15, 2024
Clinic: Springfield Endocrinology
Healthcare Provider: Dr. Alice Thompson, MD
ICD Code: E11.9
CPT Code: 99214
Disease: Type 1 Diabetes Mellitus
Medication: Insulin Glargine 20 units daily
Visit Summary:
Sarah visited the endocrinology clinic with symptoms of fatigue and unintentional weight loss. She was diagnosed with Type 1 Diabetes Mellitus and started on Insulin Glargine 20 units daily. Sarah was educated on insulin administration, blood glucose monitoring, and dietary management. A follow-up appointment was scheduled for three months.
- Appointment Date:** February 22, 2024
Clinic: Springfield Orthopedic Center
Healthcare Provider: Dr. Brian Lewis, MD
ICD Code: M16.11
CPT Code: 20610
Disease: Hip Osteoarthritis
Medication: Celecoxib 200 mg daily
Visit Summary:
Sarah presented with hip pain and reduced mobility. After an evaluation and X-rays, she was diagnosed with Hip Osteoarthritis. She was prescribed Celecoxib 200 mg daily to manage pain and inflammation and advised to engage in physical therapy for joint support. A follow-up visit was planned for two months.

3. **Appointment Date:** March 10, 2024
Clinic: Springfield Rheumatology
Healthcare Provider: Dr. Mark Johnson, MD
ICD Code: M32.9
CPT Code: 99213
Disease: Systemic Lupus Erythematosus (SLE)
Medication: Hydroxychloroquine 400 mg daily
Visit Summary:
During this visit, Sarah reported symptoms of joint pain, skin rashes, and fatigue. She was diagnosed with Systemic Lupus Erythematosus (SLE) and prescribed Hydroxychloroquine 400 mg daily. She was instructed on managing symptoms and monitoring for potential side effects. A follow-up appointment was scheduled in three months.
4. **Appointment Date:** April 5, 2024
Clinic: Springfield Gastroenterology
Healthcare Provider: Dr. Lisa Martinez, MD
ICD Code: K21.9
CPT Code: 43235
Disease: Gastroesophageal Reflux Disease (GERD)
Medication: Omeprazole 20 mg daily
Visit Summary:
Sarah reported symptoms of heartburn and regurgitation. She was diagnosed with Gastroesophageal Reflux Disease (GERD) and prescribed Omeprazole 20 mg daily. Dietary and lifestyle changes were discussed to help manage GERD symptoms. A follow-up appointment was set for two months.
5. **Appointment Date:** May 25, 2024
Clinic: Springfield Dermatology
Healthcare Provider: Dr. Karen White, MD
ICD Code: L29.8
CPT Code: 11101
Disease: Eczema
Medication: Tacrolimus Ointment 0.1%
Visit Summary:
Sarah visited the dermatology clinic with persistent itching and skin rashes. She was diagnosed with eczema and prescribed Tacrolimus Ointment 0.1% for topical application. She was instructed on the application technique and advised to avoid triggers. A follow-up visit was scheduled in six weeks.

Summary:

Sarah Mitchell's health records indicate a range of chronic conditions, including Type 1 Diabetes Mellitus, Hip Osteoarthritis, Systemic Lupus Erythematosus (SLE), Gastroesophageal Reflux Disease (GERD), and eczema. Her treatment plans involve a combination of medications and lifestyle modifications tailored to her specific conditions. Regular follow-ups and adherence to her treatment regimen are crucial for effective management of her health. Sarah's proactive engagement in her healthcare and adherence to treatment recommendations will be essential for maintaining her overall well-being.

Next Steps:

- Continue with prescribed medications and adhere to follow-up appointments.
- Implement recommended lifestyle and dietary changes.
- Monitor symptoms and report any changes or concerns to healthcare providers.
- Engage in physical therapy and other supportive treatments as advised.

Provider Notes:

Sarah is an active participant in her healthcare management. Her adherence to prescribed treatments and proactive approach in addressing her symptoms are key to managing her chronic conditions and improving her quality of life.