**Facsimile****Date:** Fri Dec 12, 2025 11:05 AM**Deliver to:** Sleep Metrics Fax 888-503-3693**Fax:** 888-503-3693

3181 SW Sam Jackson Park Road
Portland, OR 97239-3098
<http://www.ohsu.edu>

From: Ann E Eure, PA-C
3181 SW Sam Jackson Park Rd
PORTLAND OR 97239-3011

OHSU Support Desk
503-494-2222 ext. 2

Regarding patient: Katrina Lee Nogoy DOB: 12/7/1986

Sleep Metrics Fax 888-503-3693

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Nogoy, Katrina Lee (MRN 07189269)

Encounter Date: 12/12/2025

Nogoy, Katrina Lee**MRN: 07189269**

Ann E Eure, PA-C

Progress Notes 

Encounter Date: 12/12/2025

Physician Associate

Signed

Specialty: Physician
Associate**VIRTUAL VISIT Sleep Medicine****Referring:** Leah B Baruch MD**Primary Care:** Leah B Baruch, MD**ASSESSMENT/PLAN**

Katrina Lee Nogoy has a history of hypertension, BMI 46, T2 diabetes mellitus, hypothyroid, GERD, PCOS. She has obstructive sleep apnea, treated with PAP therapy, recently started on a new device. She has had difficulty with use of PAP related to high anxiety with use currently, with FFM.

8/25 WatchPAT test revealed severe Obstructive Sleep Apnea. The pAHI (3%) was 59/hr, pAHI (4%) was 44/hr. The SpO₂ nadir was 83%. There were 7.8 minutes spent <= 89%.

Data reviewed in Airview DME is Sleep Metrics.

Katrina has not yet been compliant with CPAP; defined as \geq 70% of nights exceeding 4 hours of use for a 30 day period. She has efficacy of therapy and a rAHI of 0.9 events/hr, when using therapy.

- We discussed acclimation to PAP therapy in the setting of anxiety and panic when using currently.
- Suggested a change to a nasal mask, and very gradual daily acclimation to use during the day, then acclimating to nighttime use.
- We adjusted her pressure from 5-12 to 5-10 cwp in the hope that she will tolerate this better.
- Compliance and efficacy data reviewed with patient, trouble shooting provided and questions answered.
- Followup: 2 months with any provider, sooner prn.

Subjective

Katrina is a 39 year old female with obstructive sleep apnea. She states that she is not having a great time with PAP related to anxiety. She does not use it regularly, and has to take it off related to having a panic attack.

She feels that she needs to make the time to practice more with the therapy. She has a FFM and does not report nasal obstruction. She is open to trialing a nasal mask, and with daytime acclimation in an effort to increase night time regular use, ultimately.

She is now working day shift, rather than nights as previously. She reports frequent nighttime awakenings, possibly related to apneic events.

The Epworth Sleepiness Scale score is 2/24 which is not indicative of excessive daytime sleepiness.

Patient Active Problem List**Diagnosis**

- Circadian rhythm sleep disorder, shift work type

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- OSA (obstructive sleep apnea)
- Class 3 severe obesity due to excess calories with body mass index (BMI) of 40.0 to 44.9 in adult
- Recurrent major depressive disorder, in full remission
- Acquired hypothyroidism
- PCOS (polycystic ovarian syndrome)
- Essential hypertension
- Type 2 diabetes mellitus without complication, without long-term current use of insulin (HCC)
- Chronic allergic rhinitis
- Generalized anxiety disorder
- Hepatic steatosis
- Injury of wrist, right
- Epigastric pain
- Gastroesophageal reflux disease
- Fatty liver
- Hepatic fibrosis
- Elevated fecal calprotectin
- Class 3 severe obesity with body mass index (BMI) of 45.0 to 49.9 in adult
- Frequent stools
- Loose stools
- Passage of loose stools
- Low ferritin
- Imaging of gastrointestinal tract abnormal
- Lactose intolerance
- Change in bowel habits
- Infrapatellar bursitis of right knee [M70.51]
- Patellar tendinitis of right knee [M76.51]
- Chondromalacia of right patella [M22.41]
- History of laryngeal spasm

Past Medical History:

Diagnosis	Date
• Anxiety state	
• Asthma	
• Depression	
<i>diagnosed in 8/2016 per PT</i>	
• Disorder of thyroid	
• Essential hypertension	02/20/2019
• GERD (gastroesophageal reflux disease)	
• Horseshoe kidney	
• Horseshoe kidney	
• PCOS (polycystic ovarian syndrome)	
• Sleep apnea	
• Type 2 diabetes mellitus (HCC)	

Current Outpatient Medications:

- albuterol 90 mcg/actuation inhalation HFA aerosol inhaler, Inhale 1-2 puffs by mouth every six hours as needed (cough)., Disp: 18 g, Rfl: 11
- Arm Brace (WRIST BRACE MEDIUM) miscellaneous (misc) misc, , Disp: 2 each, Rfl: 0
- betamethasone dipropionate 0.05 % topical cream, Apply to affected area two times daily. Apply to affected areas on the hands for two weeks on and one week off. Up to 1 g/mL per day., Disp: 30 g, Rfl: 1
- bismuth subsalicylate chewable 262 mg oral tablet, chewable, Chew and swallow 2 tablets every one hour as needed., Disp: , Rfl:

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Encounter Date: 12/12/2025

- chlorothalidone 25 mg oral tablet, Take 1 tablet by mouth once daily., Disp: 90 tablet, Rfl: 1
- clotrimazole 1 % topical cream, Apply to affected area two times daily. Indications: skin infection, Disp: 30 g, Rfl: 0
- diclofenac 1 % topical gel, Apply 2 g to affected area four times daily as needed for moderate pain., Disp: 100 g, Rfl: 1
- drospirenone (contraceptive) (SLYND) 4 mg (28) oral tablet, Take 1 tablet by mouth once daily. (Patient not taking: Reported on 10/24/2025), Disp: 168 tablet, Rfl: 0
- empagliflozin 10 mg oral tablet, Take 1 tablet by mouth once daily in the morning., Disp: 90 tablet, Rfl: 1
- FLUoxetine 20 mg oral capsule, Take 1 capsule by mouth once daily, with 40 mg capsule for 60 mg total., Disp: 30 capsule, Rfl: 2
- FLUoxetine 40 mg oral capsule, Take 2 capsules by mouth once daily., Disp: 60 capsule, Rfl: 2
- FLUoxetine 40 mg oral capsule, Take 1 capsule by mouth once daily with 20 mg capsule for 60 mg total., Disp: 30 capsule, Rfl: 2
- FLUoxetine 40 mg oral capsule, Take 1 capsule by mouth once daily., Disp: 90 capsule, Rfl: 2
- fluticasone propionate 50 mcg/actuation nasal spray,suspension, Instill 2 sprays into each nostril once daily., Disp: , Rfl:
- hydrOXYzine pamoate 25 mg oral capsule, Take 1 to 2 capsules by mouth once daily at bedtime as needed (insomnia)., Disp: 60 capsule, Rfl: 5
- Leg Brace (KNEE SUPPORT BRACE) miscellaneous (misc) misc, Custom-fitted brace for R knee. Indications: joint hypermobility, history of knee injury, Disp: 1 each, Rfl: 1
- levothyroxine 150 mcg oral tablet, Take 1 tablet by mouth daily before breakfast. Indications: a condition with low thyroid hormone levels, Disp: 90 tablet, Rfl: 3
- metroNIDAZOLE 0.75 % topical cream, Apply to affected area two times daily. Apply thin film to affected area., Disp: 45 g, Rfl: 1
- montelukast (SINGULAIR) 10 mg oral tablet, Take 1 tablet by mouth once daily., Disp: 90 tablet, Rfl: 3
- ondansetron 4 mg oral tablet, Take 1 tablet by mouth every eight hours as needed for nausea/vomiting., Disp: 20 tablet, Rfl: 1
- pantoprazole 40 mg oral tablet,delayed release (DR/EC), Take 1 tablet by mouth once daily in the morning., Disp: 30 tablet, Rfl: 11
- pioglitazone (ACTOS) 45 mg oral tablet, Take 1 tablet by mouth once daily., Disp: 90 tablet, Rfl: 1
- spironolactone 50 mg oral tablet, Take 1 tablet by mouth once daily. Indications: polycystic ovarian syndrome, a disease with cysts in the ovaries, Disp: 90 tablet, Rfl: 1
- tretinoin (RETIN-A) 0.025 % topical cream, Apply to affected area once daily at bedtime. Wash face with mild soap. Pat dry. Wait 20-30 min to apply. Avoid eyes, nostrils, & mouth., Disp: 20 g, Rfl: 2
- triamcinolone acetonide 0.1 % topical ointment, Apply to affected area two times daily. Apply thin film to affected areas., Disp: 30 g, Rfl: 1

Objective

General: alert, pleasant, and NAD

PAP compliance report:

Nogoy, Katrina Lee (MRN 07189269)

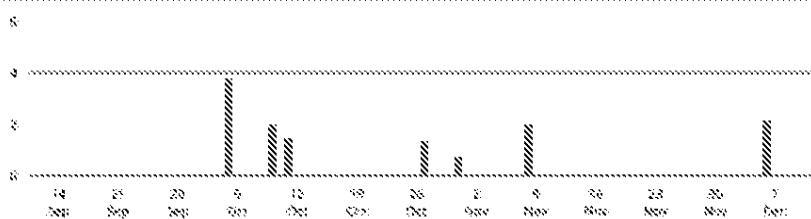
Encounter Date: 12/12/2025

Usage days	
>= 4 hours	8.98 days (9%)
< 4 hours	0 days (0%)
< 1 hour	8 days (91%)
Usage hours	13 hours 27 minutes
Average usage (total days)	9 minutes
Average usage (days used)	1 hours 43 minutes
Median usage (days used)	1 hours 43 minutes
Total used hours (value since last reset - 12/10/2025)	13 hours

Equipment Configuration	
Serial number	23213082037
Mode	Autobet
Min Pressure	6 cmH2O
Max Pressure	12 cmH2O
EPR	Fulltime
EPR level	3
Response	Standard

Parameter	Median	80th percentile	Maximum
Pressure - ex-HCO	8.4	8.4	8.8
Leake - 1min	2.0	12.7	23.0
Events per hour	0.6	0.3	0.8
Apnoe index	0.2	0.4	0.0
REMS index			0.1
Cheyne-Stokes respiration (average duration per night)	0 minutes (0%)		

Usage - hours



Relevant labs:

Lab Results

Component	Value	Date
FERRITIN	46 (L)	06/04/2025

The visit took place via secure, synchronous audio and video technology with the provider virtually located at the distant site of Non-clinic/Off Campus. The patient stated they were located at the originating site of work and were in the state of Oregon at the time of the virtual visit. The names of all persons participating in the virtual visit and their roles are: patient.

I have spent a total of 27 minutes on this patient's care today. This time includes the virtual visit face-to-face time with the patient as well as time spent reviewing patient records, coordinating/communicating with care

Nogoy, Katrina Lee (MRN 07189269)
teams and documenting the patient visit.

Encounter Date: 12/12/2025

Ann Eure, MSc, PA-C
Instructor/APP
Oregon Health & Science University

Electronically signed by Ann E Eure, PA-C at 12/12/25 1104

Video/TeleHealth-Scheduled on 12/12/2025

Note shared with patient

Additional Documentation

Flowsheets: Patient-Reported Data

Orders Placed

None

Medication Changes As of 12/12/2025 10:37 AM

None

Visit Diagnoses

Primary: **Severe obstructive sleep apnea** G47.33
Primary hypertension I10
Insomnia, unspecified type G47.00
CPAP use counseling Z71.89

Nogoy, Katrina Lee (MRN 07189269)

Encounter Date: 12/12/2025

Nogoy, Katrina Lee**MRN: 07189269**

Ann E Eure, PA-C
Physician Associate
Specialty: Physician
Associate

Progress Notes 
Signed

Encounter Date: 12/12/2025

Durable Medical Equipment Order & Demographic Data

Patient name Katrina Lee Nogoy**DOB** 12/7/1986**Address**1335 SW 66th Ave Apt 220
Portland OR 97225**Phone**

201-655-0387

Telephone Information:

Mobile 201-655-0387

Insurance Information Payor: MODA OHSU / Plan: MODA OHSU PPO / Product Type: PPO /

F/O	Payor-Plan/Addr	Policy #	Cert #	Phone #
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1	MODA OHSU - MODA OHS*	K05383439		855-232-6898
	PO BOX 40384			

Sub Name:	NOGOY,KATRINA LEE	Rel to Pt:	Self
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Diagnosis: Obstructive Sleep Apnea (ICD-10: G47.33)**Length of need:** Lifetime (99 mo)

1. **Please request an extension of her compliance period.** The patient is working on acclimation with the use of PAP therapy and anxiety/panic that arises with use. Change current pressure to Auto-CPAP set to pressure Minimum = 5 and Maximum = 10 cm H₂O with heated humidification [E0562] and wireless modem[A9279]; assign OHSU Sleep Program as patient's provider in online data base.
ALLOW PRESCRIPTION EDIT CAPABILITY IN ONLINE DATA BASE.

2. **Please contact patient for a mask fit:** Fit and supply Nasal mask as per patient preference, fit to patient's comfort. Refills as needed.

- As needed to complete above order, provide required accessories with replacements as follows or as insurance permits:
[A7034]Mask interface, 1 per 3 months
[A7032]Cushion replacement, 2 per month

[A7035]Headgear, 1 per 6 months
[A4604]Heated Tubing, 1 per 3 months
[A7038]Filter, disposable, 2 per month
[A7039]Filter, non-disposable, 1 per 6 months
[A7036]Chin band, 1 per 6 months
[A7046]Humidifier chamber, 1 per 6 months

Please fit to patient's comfort and also as needed to complete above order, provide the following accessories in place of the Mask and Cushion replacement above:

[A7033]Pillow set, replacement, 2 set per month

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[A7030]Full-face mask, 1 per 3 months

[A7031]Full-face cushion replacement 1 per month

Ann E Eure, PA-C

Ann E Eure, PA-C

NPI: 1780802801

Date: 12/12/2025 11:01 AM

See Chart Routing report for where order was sent.

Electronically signed by Ann E Eure, PA-C at 12/12/25 1104

Video/TeleHealth-Scheduled on 12/12/2025

Note shared with patient

Additional Documentation

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