

Sarah Jones - Medical Report (Extended)

Patient Information

Name: Sarah Jones
Age: 42 years old
Date of Birth: [DATE OF BIRTH]
Ethnicity: Asian American
Sex: Female
Marital Status: Married
Occupation: Marketing Manager
Reason for Visit

Routine follow-up appointment for type II diabetes mellitus (T2DM) and general health check-up.

Medical History

T2DM: Diagnosed at age 32 (10 years ago).

Family History:

Mother: Diagnosed with T2DM around age 40. Has difficulty controlling the condition.

Father: No major chronic illnesses reported. Maintained good health throughout his life.

Medications:

Metformin 850mg daily (for T2DM)

Allergies: Sulfa antibiotics (severe allergic reaction)

Social History:

Tobacco Use: Never smoked

Alcohol Use: Occasional social drinker (1-2 drinks per week)

Recreational Drug Use: None

Diet:

Consumes a moderate amount of processed foods and sugary drinks.

Limited intake of fruits and vegetables.

Physical Activity:

Currently inactive. Previously participated in recreational sports but stopped due to work and family commitments.

Sleep: Reports difficulty falling asleep some nights and experiencing occasional sleep disturbances.

Averages 6-7 hours of sleep per night.

Stress: Manages stress moderately well. Uses exercise and spending time with family as coping mechanisms.

Physical Examination

General: Appears well-nourished, alert, and oriented. No acute distress.

Vital Signs:

Blood Pressure: 130/80 mmHg

Heart Rate: 88 beats per minute

Respiratory Rate: 16 breaths per minute

Temperature: 98.6°F (37°C)

HEENT (Head, Eyes, Ears, Nose, Throat): Normocephalic, atraumatic. Normo-occlusive eyes, PERRLA (pupils equal, round, reactive to light and accommodation). Normal ear canals, tympanic membranes intact. Normocephalic, atraumatic.

Neck: Supple, no lymphadenopathy.

Cardiovascular: Normal heart sounds, no murmurs.

Respiratory: Clear to auscultation bilaterally.

Abdomen: Soft, non-tender, no organomegaly.

Musculoskeletal: Normal range of motion in all major joints. No tenderness or swelling.

Neurological: Alert and oriented to time, place, and person. Cranial nerves intact. Motor and sensory

function grossly intact.
Assessment and Plan

Diagnosis:

Controlled T2DM based on A1C
Elevated cholesterol (hyperlipidemia)
Possible pre-hypertension based on blood pressure reading
Laboratory Tests:

A1C: 6.3% (desirable range)
Fasting Blood Sugar: 102 mg/dL (within normal range)
Cholesterol Panel:
Total Cholesterol: 240 mg/dL (high)
LDL ("bad") cholesterol: 160 mg/dL (high)
HDL ("good") cholesterol: 65 mg/dL (within normal range)
Thyroid Stimulating Hormone (TSH): Within normal range (ruled out potential thyroid dysfunction)
Imaging Studies: None performed during this encounter.

Treatment Plan

Continue current medication: Metformin 850mg daily for T2DM management.

Lifestyle Modifications:

Diet: Develop a personalized diabetic meal plan with a registered dietitian to focus on whole foods, fruits, vegetables, and lean protein while limiting processed foods and sugary drinks.
Physical Activity: Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. Consider starting with small changes like daily walks and gradually increasing duration and intensity.
Stress Management: Encourage relaxation techniques like yoga, meditation, or deep breathing exercises to manage stress and potentially improve sleep quality.
Smoking Cessation: Though not a current smoker, emphasize the importance of remaining smoke-free to maintain overall health.

Education and Counseling

The importance of medication adherence for effective T2DM management was emphasized.
Educational materials on healthy diabetic meal planning, portion control, and reading food labels were provided.
Resources for finding a registered dietitian to develop a personalized diabetic meal plan were discussed.
The benefits of regular physical activity for blood sugar control, weight management, and overall health were explained.
Resources for finding local exercise programs or creating a safe and effective home exercise routine were provided.
Techniques for managing stress, such as relaxation exercises and sleep hygiene practices, were discussed.
The importance of regular follow-up appointments for monitoring blood sugar control, cholesterol levels, and overall health was emphasized.
Referral

A referral to a registered dietitian for personalized diabetic meal planning was offered.

Follow-up

A follow-up appointment was scheduled in two months to assess progress with lifestyle modifications and

monitor cholesterol levels.

Depending on the progress, further adjustments to the treatment plan, including potential medication adjustments, may be considered.

Preventative Care

The importance of annual flu shots and routine vaccinations based on age and health status was discussed.

A reminder for a mammogram screening (age-appropriate) was provided.

The benefits of regular skin cancer checks were discussed.

Mental Health Assessment

A brief screening for depression and anxiety was conducted using a standardized tool (e.g., Patient Health Questionnaire-2, PHQ-2).

Sarah denied any significant symptoms of depression or anxiety.

However, the impact of work and family stress on her sleep patterns was discussed.

Resources for managing stress and improving sleep hygiene were provided.

Social Determinants of Health

A brief inquiry into social determinants of health, such as access to healthy food, safe neighborhoods for physical activity, and social support systems, was conducted.

Sarah reported having access to healthy food options but acknowledged limitations in her time to prepare healthy meals due to work and family commitments.

She expressed a desire to become more active but felt limited by a lack of time and a safe neighborhood for walking or jogging.

Resources for affordable healthy meal delivery services and local community centers offering fitness classes were provided.

Documentation

A detailed progress note documenting the encounter, including history of present illness (HPI), review of systems (ROS), physical examination findings, assessment and plan, and patient education provided, was added to Sarah's electronic medical record (EMR).

Additional Notes

Sarah expressed a strong desire to improve her health and manage her diabetes effectively.

She was receptive to the recommended lifestyle modifications and expressed a willingness to work with a registered dietitian and explore exercise options.

The importance of open communication and regular follow-up appointments to address any challenges or concerns was emphasized.