

Patient Information

Patient Name Brown, Eliesa	MRN 7458	Legal Sex Female	DOB 7/20/1964
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Brown, Eliesa

MRN: 7458

Telemedicine Visit 12/11/2024 Provider: Zosima Inton, NP (Family Medicine, NP)
Family Health Services Primary diagnosis: Eczema of both upper extremities

Additional Documentation

SmartForms: OCHIN SEXUALITY AND GENDER IDENTITY REGISTRATION VIEW

Questionnaires: PROGRAM AREA, PLACE OF SERVICE

Progress Notes

Zosima Inton, NP (Nurse Practitioner) • Family Medicine, NP • Encounter Date: 12/11/2024 • Signed Telemedicine call, patient not present in clinic. This visit could not be conducted face to face because of shelter in place order and/or pt. prefers telephone visit. I believe that the encounter being provided is medically necessary.

Patient name and DOB verified.

Patient consented to telehealth.

Subjective

Eliesa is a 60 year old female for tele appt with multiple concerns.

Pt. History is significant for COPD, Pulmonary HTN and is being followed at UCSF Lung transplant clinic.

Pt. Had colonoscopy in 2012 showed polyp and was repeated in 2019 and was normal per pt. Had cologuard for colon cancer screening that was negative last year. UCSF is recommending to get a Digital colonoscopy as part of the transplant evaluation.

Requesting Dermatology appt:

- skin lesions on the back with scarring ; seen by Dermatology for cherry angioma, dermatosis papulosa nigra, and Hidradenitis suppurativa.
- requesting a follow up ; requesting a Vacaville Derm clinic instead of FF clinic.

Elbow Rash:

- needs refill for TAC cream; has a itchy rash on the elbow. Dry skin with peeling. Treated previously for eczema.
- no new soap, lotion, medicine, or pets

Pt. Requesting Endocrinology referral: last visit 05/08/2023

- seen for Thyroid nodule ; had biopsy and was negative for cancer . Dx: non toxic multinodular goiter.
- needs an annual follow up with Endocrinology
- no fatigue, weakness, denies palpable mass on neck.

Documentation Reviewed by Any User:

Current Outpatient Medications

Medication	Sig	Dispense	Refill
• budesonide (PULMICORT) 0.25 mg/2 mL nebulizer solution	Take 0.25 mg by nebulization once daily		
• calcium carbonate-vitamin D3 (CALCIUM 500 + D) 500 mg-10 mcg (400 unit) tablet	Take 1 Tablet by mouth once daily for 180 days	90 Tablet	1
• albuterol HFA 90 mcg/actuation inhaler	Inhale 1 Puff into the lungs every 6 (six) hours as needed for shortness of breath or wheezing		
• ascorbic acid, vitamin C, (VITAMIN C) 1,000 mg tablet	Take 1,000 mg by mouth daily		
• azithromycin (ZITHROMAX) 250 mg tablet	Take 250 mg by mouth daily		
• benzoyl peroxide (BENZAC AC) 10 %	Apply 10 % topically nightly at bedtime		
• cholecalciferol (VITAMIN D-3) 25 mcg (1,000 unit) tablet	Take 1,000 Units by mouth daily		
• citalopram (CELEXA) 20 mg tablet	Take 1 Tablet by mouth Daily		
• ipratropium-albuterol (DUONEB) 0.5 mg-3 mg(2.5 mg base)/3 mL nebulizer solution	Take 3 mL by nebulization 4 (four) times daily as needed for wheezing		
• multivitamin-minerals-lutein (MULTIVITAMIN 50 PLUS) tablet	Take 1 Tablet by mouth once daily		
• omega-3 fatty acids-fish oil (FISH OIL) 300-500 mg cap	Take 1 Tablet by mouth daily		
• tadalafil, pulm. hypertension, 20 mg tab	Take 2 Tablets by mouth daily		
• atorvastatin (LIPITOR) 10 mg tablet	Take 1 Tablet by mouth daily.		
• blood sugar diagnostic (FREESTYLE LITE STRIPS) strips	check blood sugar once a day. ICD 10: E 11.9		
• blood-glucose meter (FREESTYLE LITE METER) monitoring kit	check blood sugar once every day. ICD 10: E 11.9		
• fluticasone-umeclidin-vilanter (TRELEGY ELLIPTA) 200-62.5-25 mcg dsdv	Inhale 1 Puff into the lungs daily. AT THE SAME TIME EACH DAY		
• lancets (FREESTYLE LANCETS) 28 gauge	check blood sugar once every day. ICD 10: E 11.9		

- levoFLOXacin (LEVAQUIN) 750 mg tablet Take 1 Tablet by mouth daily.
- metFORMIN XR (GLUCOPHAGE-XR) 500 mg 24 hr tablet Take 1 Tablet by mouth daily. WITH THE EVENING MEAL
- predniSONE (DELTASONE) 20 mg tablet Take 2 Tablets by mouth daily. FOR 5 DAYS

Review of Systems

Constitutional: Negative for fatigue and fever.

HENT: Negative for sore throat and tinnitus.

Respiratory: Negative for cough, shortness of breath and stridor.

Gastrointestinal: Negative for abdominal pain, constipation, diarrhea and heartburn.

Skin: Positive for rash.

Skin lesions on the back with scarring per pt report

Neurological: Negative for dizziness, weakness and headaches.

Assessment and Plan

1. Eczema of both upper extremities (Primary)

- refilled TAC cream
- moisturize skin daily after shower
- follow up if sx persist
- triamcinolone (KENALOG) 0.1 % ointment; Apply topically 2 (two) times daily for 30 days Dispense: 15 g; Refill: 1

2. Goiter, nontoxic, multinodular

- refer to Endo
- follow up PRN
- REFERRAL TO ENDOCRINOLOGY

3. Dermatosis papulosa nigra

- refer to Derm
- follow up PRN
- REFERRAL TO DERMATOLOGY

4. Special screening for malignant neoplasms, colon

- refer to UCD for Digital Colonoscopy
- REFERRAL TO GASTROENTEROLOGY

Electronically signed by Zosima Inton, NP at 12/11/2024 2:29 PM

Patient Education

Communications

AVS Preview

Orders Placed

REFERRAL TO DERMATOLOGY Closed

Printed by [268664] at 11/4/2025 2:33 PM

3/5

COS 00003

REFERRAL TO ENDOCRINOLOGY Closed

REFERRAL TO GASTROENTEROLOGY Closed

Medication Changes

As of 12/11/2024 2:26 PM

	Refills	Start Date	End Date
Added: triamcinolone (KENALOG) 0.1 % ointment	1	12/11/2024	1/10/2025

Apply topically 2 (two) times daily for 30 days - topical
Notes to Pharmacy:

Medication List at End of Visit

As of 12/11/2024 2:26 PM

	Refills	Start Date	End Date
albuterol HFA 90 mcg/actuation inhaler	—	10/6/2022	—
Inhale 1 Puff into the lungs every 6 (six) hours as needed for shortness of breath or wheezing - inhalation Patient-reported medication			
ascorbic acid, vitamin C, (VITAMIN C) 1,000 mg tablet	—	—	—
Take 1,000 mg by mouth daily - oral Patient-reported medication			
atorvastatin (LIPITOR) 10 mg tablet	—	6/5/2024	—
Take 1 Tablet by mouth daily. - oral Patient-reported medication			
azithromycin (ZITHROMAX) 250 mg tablet	—	7/10/2024	8/15/2025
Take 250 mg by mouth daily - oral Patient-reported medication			
benzoyl peroxide (BENZAC AC) 10 %	—	1/16/2024	—
Apply 10 % topically nightly at bedtime - topical Patient-reported medication			
budesonide (PULMICORT) 0.25 mg/2 mL nebulizer solution	—	6/25/2024	—
Take 0.25 mg by nebulization once daily - nebulization Patient-reported medication			
calcium carbonate-vitamin D3 (CALCIUM 500 + D) 500 mg-10 mcg (400 unit) tablet	1	10/19/2024	8/17/2025
Take 1 Tablet by mouth once daily for 180 days - oral Notes to Pharmacy:			
cholecalciferol (VITAMIN D-3) 25 mcg (1,000 unit) tablet	—	—	—
Take 1,000 Units by mouth daily - oral Patient-reported medication			
citalopram (CELEXA) 20 mg tablet	—	—	—
Take 1 Tablet by mouth Daily - oral Patient-reported medication			
fluticasone-umeclidin-vilanter (TRELEGY ELLIPTA) 200-62.5-25 mcg dsdv	—	7/13/2023	8/15/2025
Inhale 1 Puff into the lungs daily. AT THE SAME TIME EACH DAY - inhalation Patient-reported medication			
ipratropium-albuterol (DUONEB) 0.5 mg-3 mg(2.5 mg base)/3 mL nebulizer solution	—	10/5/2023	—
Take 3 mL by nebulization 4 (four) times daily as needed for wheezing - nebulization Patient-reported medication			

	Refills	Start Date	End Date
levofloxacin (LEVAQUIN) 750 mg tablet	—	11/20/2023	—
Take 1 Tablet by mouth daily. - oral Patient-reported medication			
metformin XR (GLUCOPHAGE-XR) 500 mg 24 hr tablet	—	6/5/2024	—
Take 1 Tablet by mouth daily. WITH THE EVENING MEAL - oral Patient-reported medication			
multivitamin-minerals-lutein (MULTIVITAMIN 50 PLUS) tablet	—		—
Take 1 Tablet by mouth once daily - oral Patient-reported medication			
omega-3 fatty acids-fish oil (FISH OIL) 300-500 mg cap	—		—
Take 1 Tablet by mouth daily - oral Patient-reported medication			
prednisone (DELTASONE) 20 mg tablet	—	11/20/2023	—
Take 2 Tablets by mouth daily. FOR 5 DAYS - oral Patient-reported medication			
tadalafil, pulm. hypertension, 20 mg tab	—	12/2/2022	—
Take 2 Tablets by mouth daily - oral Patient-reported medication			
triamcinolone (KENALOG) 0.1% ointment	1	12/11/2024	1/10/2025
Apply topically 2 (two) times daily for 30 days - topical Notes to Pharmacy:			

Visit Diagnoses

Primary: Eczema of both upper extremities L30.9
 Goiter, nontoxic, multinodular E04.2
 Dermatosis papulosa nigra L82.1
 Special screening for malignant neoplasms, colon Z12.11

Consents

None