

## PATIENT ENCOUNTER NOTE

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Patient: Jessica Woodward

Date: 2025-07-28

Provider: Dr. Martinez

### SUBJECTIVE:

Patient presents today complaining of lower back pain which started approximately 2 weeks ago. They describe the pain/discomfort as a 5/10. Patient reports difficulty sleeping due to the symptoms. They deny any recent trauma or travel.

### OBJECTIVE:

Vitals: BP 117/85, HR 88, Temp 99.0F.

Physical exam reveals tenderness in the affected area if applicable. No acute distress noted. Lungs are clear to auscultation.

### ASSESSMENT:

Findings are consistent with Type 2 Diabetes. Differential diagnosis includes viral etiology or stress-related exacerbation.

### PLAN:

1. Start Metformin 500mg once daily.
2. Follow up in 4 weeks if symptoms do not improve.
3. Patient education provided regarding lifestyle changes and warning signs.