

# UPSTATE

## UNIVERSITY HEALTH SYSTEM

Syracuse, NY 13210

---

**To: Tandem 858-202-6680**

Fax: 858-202-6680

Phone:

**From: Janine M Robbins, RN**

Fax: 315-464-2510

Phone: 315-464-5726

---

### Confidentiality Statement

This transmission was intended only for the use of the individual or entity to which it is addressed and may contain information that is privileged, confidential or protected. If the reader of this message is not the intended recipient or the employee or agent responsible for delivery of the message to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this transmission is strictly prohibited by law.

If you have received this communication in error, please notify sender immediately and either destroy the original document by shredding it or return the original materials to the sender.

---


Date and time of this transmission: 6/8/2022 12:39:22 PM

Number of pages including this cover sheet: 11

Notes:

UPSTATE  
UNIVERSITYJOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022**Wilkosz, Matthew M****MRN: 3778434**

Reinele F Robbins, PA

Progress Notes 

Encounter Date: 5/17/2022

Physician Assistant

Signed

Specialty: Endocrinology

Matthew M Wilkosz is a 15 y.o. 3 m.o. male being seen for follow up of Type 1 Diabetes Mellitus, diagnosed January 2, 2019 and Vitamin D insufficiency .

**Patient Active Problem List****Diagnosis**

- Long-term insulin use
- Type 1 diabetes mellitus with hyperglycemia
- Vitamin D insufficiency

Accompanied by : patient and mother

**INTERVAL HISTORY:**

Last visit: February 21, 2022. Reports no change in medical history since last visit. Denies any other significant illness, injuries, surgeries, hospitalizations, or emergency room visits.

**CONCERNS TODAY:**

Mom states that Matthew has been back to swimming for the last 3 weeks. During the month of March, he was having a lot of elevated readings with his decreased activity and his growth spurt. Now that he is back to swimming, he is having a lot of issues with lows again.

**DIABETES HPI :****Blood Glucose Monitoring:**

Patient DOES NOT use CGM therapy for monitoring at this time.

Meter downloaded and values reviewed.

BG Range: 65 to 342 mg/dL

Average Bg: 180 mg/dL

Monitoring Frequency: 3.5 times per day

**Hypoglycemia:**

Reports previous episode of seizures or loss of consciousness secondary to hypoglycemia needing glucagon administration: no

Hypoglycemia, less than 55 since last office visit: no

History of Hypoglycemic unawareness: yes

History of Nocturnal hypoglycemia: yes

**Hyperglycemia:**

Report previous hospitalizations for diabetic ketoacidosis: yes

- DKA Episodes:

- 01/02/2019- At initial diagnosis

Known ketones since last visit: no

UPSTATE

JOSLIN CENTER  
 OUTPATIENT  
 3229 E Genesee St  
 Syracuse NY 13214-2016

Wilkosz, Matthew M  
 MRN: 3778434, DOB: 1/27/2007, Sex: M  
 Acct #: 10040959475  
 Visit date: 5/17/2022

**Insulin regimen:****CURRENT INSULIN ALGORITHM:**

Insulin Type: Humalog Jr. kwik pen

Meter: OneTouch Verio Flex

	Time of Day:	Insulin to Carbohydrate Ratio	Sensitivity Factor (Correction)	Blood Glucose Target
- If blood glucose (BG) is below target then only take insulin for meal. - If BG below 70 mg/dl, take 15 grams carbohydrate, (if BG less than 50 mg/dL take 30 grams of carbohydrate) recheck BG in 15 minutes and then take insulin only for meal. If still less than 70 mg/dl, repeat 15 grams and recheck after 15 minutes.				
#1	Breakfast	1 per <b>8.5</b> grams of carbohydrate	32	120
#2	Mid- Morning snack	Less than 5 grams of carbs		
#3	Lunch	AT HOME: 1 per <b>8.5</b> grams of carbohydrates  AT SCHOOL: 1 per <b>10</b> grams of carbohydrates	AT HOME: 32  AT SCHOOL: 40	120
#4	Afternoon snack (4:00pm meal)	1 per <b>10</b> grams of carbohydrates  Swim days: 1 unit for 13 grams.	-	
#5	Supper (8:00 pm meal)	1 per <b>8.5</b> grams of carbohydrates	32	120
#6	Evening snack/ BEDTIME (At least 3 hours after dinner insulin)	Less than 5 grams of carbs	60 At Bedtime correct BG ONLY if >200mg/dl	150 At Bedtime correct BG ONLY if >200mg/dl

Long-acting Insulin Basaglar kwik pen **22** units At 10pm**INSULIN INJECTION REGIMEN:**

Injection sites: arm(s), buttock(s) and thigh(s)

Insulin coverage: before or after, sometimes during.

Report # of meals per day: 3-4, Report # of snacks per day: 2 (all low carb snacks, less than 5-10 grams of carbs).

- Breakfast around 6:30 am (M-F) Weekends 8-10:30 am
- Lunch around 11:30 am (M-F) Weekends 11:30-2 pm
- First dinner around 4-4:30 pm
- Second dinner around 8:30-9 pm

UPSTATE  
UNIVERSITYJOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022

- Bedtime check around 10:30pm
- Might eat as late as 10 pm

Activity/Exercise: Gym right after lunch. Swimming 5 days per week (5-7pm). Saturday and Sundays (10-12).

Independent Assessment:

- ☒ Checks own BG
- ☒ Gives self injection
- ☒ Counts carbohydrates
- ☒ Calculates insulin doses
- ☐ Changes pump site - NA
- ☐ Changes CGM site -NA

School supervision:

- ☐ Dependent
- ☒ Supervision needed- though is able to be completely independent. He likes his routine of going down to the school nurse and thereby we will leave him as Supervision.
- ☐ Independent

Wear Medic Alert bracelet or necklace: yes. Importance of wear discussed. Has a bracelet if he decides to wear it

Last dilated eye exam: August 2021. Reportedly up to date (in the last 1 year). If available, report is available in procedure section of chart.

Diabetes related eye changes note on last exam: no

Dental visit reportedly up to date (in the last 6 months).

**VITAMIN D:**

Matthew is currently taking Vitamin D, 1000 IU a day. He is taking this medication routinely.

**PAST MEDICAL, SURGICAL and FAMILY HISTORY** reviewed and updated if applicable.

**SOCIAL HISTORY:** Reviewed and updated if applicable.

**Social History****Social History Narrative**

*2/21/2019- Currently in 6th grade. Lives with parents and two younger siblings. Is active with competitive swimming.*

*12/2/2019 Matthew is in 7th grade. Same living situation. He still is swimming and he added soccer in the fall.*

*7/21/2020 Matthew 8th grade (tested into 10th grade for science and math). He did ok with the online COVID situation. Considering soccer if it happens, swimming is back on.*

*5/5/2021 Matthew is back to swimming twice weekly, finishing up 8th grade and back in school full time. Same living situation*

UPSTATE  
UNIVERSITYJOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022

---

2/21/2022 Matthew is in 9th grade - he enjoys tech. He continues to swim. Same living situation.

**MEDICATIONS:** Reviewed and updated if applicable.

**ALLERGIES:** Patient has no known allergies.

**REVIEW OF SYSTEM:**

Academics/work: Currently in 9th grade.

Constitutional: Denies reoccurring weakness, fevers, or ongoing weight loss, weight gain. Occasional fatigue related to his schedule.

HEEN: Denies frequent headaches, change in vision, pain.

Throat: Denies difficulty swallowing, neck swelling.

CV & respiratory: Denies shortness of breath, chest pain or palpitations.

GI: Denies regular occurring nausea, vomiting, or diarrhea. Occasional issues with constipation.

GU: Denies frequent urination at night, urinary accidents.

MS: Denies pain, swelling, weakness, or stiffness.

Neurologic: Denies numbness, tingling, pain, or loss of sensation, in fingers or toes.

Psychiatry: Denies anxiety, depression. PHQ-2 Score:

Other: Denies learning disabilities, behavioral concerns.

**PHYSICAL EXAMINATION:**

**Visit Vitals**

BP	100/78 (BP Location: Right arm, Patient Position: Sitting, Cuff size: Regular)
Pulse	84
Resp	16
Ht	170.4 cm (67.09")
Wt	59.9 kg (132 lb 0.9 oz)
BMI	20.63 kg/m <sup>2</sup>

**Ht Readings from Last 3 Encounters:**

05/17/22	170.4 cm (67.09") (46 %, Z= -0.11)*
02/21/22	170.6 cm (67.17") (52 %, Z= 0.04)*
11/17/21	168.3 cm (66.26") (47 %, Z= -0.08)*

\* Growth percentiles are based on CDC (Boys, 2-20 Years) data.

**Wt Readings from Last 3 Encounters:**

05/17/22	59.9 kg (132 lb 0.9 oz) (58 %, Z= 0.20)*
02/21/22	56.6 kg (124 lb 12.8 oz) (50 %, Z= 0.00)*
11/17/21	54.5 kg (120 lb 2.4 oz) (47 %, Z= -0.08)*

\* Growth percentiles are based on CDC (Boys, 2-20 Years) data.

**GENERAL:** Matthew is a well appearing, awake, well nourished male in no acute distress.

UPSTATE  
UNIVERSITYJOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022**HEAD:** Normocephalic.**EYES:** PERRLA with extraocular movements intact.**ENT:** Oral mucosa is pink, moist and without lesions or exudate. Teeth and gums are in good repair.**NECK:** Supple without lymphadenopathy. No goiter/thyromegally noted.**CARDIOVASCULAR:** Regular rate and rhythm. Radial pulses, Posterior tibialis pulses normal bilaterally.**LUNGS:** Clear in all fields with easy respiratory effort.**ABDOMEN:** Bowel sounds are normal. Soft, non-tender, without palpable masses or organomegaly.**SKIN:** Smooth and clear without rashes, dryness, or acne. Inspection of the insulin sites revealed no lipohypertrophy.**EXTREMITIES:** No infection, ulcerations, clubbing, cyanosis, or edema. Fingers without infection or calluses at fingerstick sites.**MUSCULOSKELETAL/NEUROLOGICAL:** Gait normal. No tremor noted.**PSYCHIATRIC:** Affect normal.**LABORATORIES:**

Office Visit on 05/17/2022

Component	Date	Value
• POC Glucose	05/17/2022	79
• Hemoglobin A1C	05/17/2022	8.0*
• Estimated Avg Glucose	05/17/2022	183*

Reviewed labs from 02/21/2022.

Past Lab Results Reviewed

**ASSESSMENT/PLAN**

1. **Type 1 diabetes mellitus with hyperglycemia**
2. Long-term insulin use
3. Vitamin D insufficiency

**Hemoglobin A1C**

Date	Value	Ref Range	Status
05/17/2022	8.0 (H)	4.0 - 6.0 %	Final

**Type 1 Diabetes:**

- A1C has increased slightly from last measurement.
  - Last hemoglobin A1C was 7.8% on 02/21/2022
- Encouraged self-monitoring of blood glucose values 6-8 times per day.
- Continue insulin therapy. Any changes in insulin algorithm, if made today, are listed in patient instructions below in **bold**.
  - Increased insulin for carbs with second meal only.
  - Reviewed with the patient/family the thought process behind any insulin adjustments.
- Diabetes management skills are good
- Anticipatory Guidance: hypoglycemia prevention and treatment, exercise and site rotation
- Readiness for change was rated as good
- Barriers: Age/Developmental stage, hypoglycemia related to intense physical activity.
- Healthy diet and regular exercise encouraged.
- Diabetes identification, annual diabetic eye examination and dental cleaning every 6 months encouraged.
- Discussed insulin pumps extensively today. Mom has already attended a Peds Pump orientation class

UPSTATE

JOSLIN CENTER  
 OUTPATIENT  
 3229 E Genesee St  
 Syracuse NY 13214-2016

Wilkosz, Matthew M  
 MRN: 3778434, DOB: 1/27/2007, Sex: M  
 Acct #: 10040959475  
 Visit date: 5/17/2022

(within the last year) but patient was not ready for pump therapy at that time. Patient is now more open to discussion about pumps today.

- After extensive discussion, Matthew and Mom would like to discuss this further and were encouraged to visit pump websites to learn more about different systems. They are encouraged to contact Joslin with any questions or concerns.
- At this time, Matthew is leaning more toward a Tandem insulin pump though is going to think about this some more.
- Patient/parent are encouraged to contact Joslin if/when they would like to proceed with getting started on pump therapy.
- Emergency supplies available.
- Neuropathy: Evaluation to be done around January 2024
- Routine screening labs are due around November 2022.
- Lipid panel due around February 2024.
  - Last LDL was 66 mg/dL on 02/21/2019.
- Annual microalbumin level is due around January 2024.

Positive Celiac panel:

- Patient does not have any GI symptoms at this time.
- Repeat Celiac panel due around November 2022 or unless symptoms arise.

Vitamin D:

- Continue taking Vitamin D 1000 IU once a day.
- Repeat Vitamin D level due with his next set of labs.

Follow up:

- Return in about 3 months (around 8/17/2022).

#### Patient Instructions

#### Current insulin dosages:

#### Long-term insulin use

#### Insulin Injection Record (Advanced)

Matthew M Wilkosz MRN: 3778434  
 5/17/2022

Insulin Type: Humalog Jr. kwik pen

Meter: OneTouch Verio Flex

	Time of Day:	Insulin to Carbohydrate Ratio	Sensitivity Factor (Correction)	Blood Glucose Target
- If blood glucose (BG) is below target then only take insulin for meal. - If BG below 70 mg/dl, take 15 grams carbohydrate,(if BG less than 50 mg/dL take 30 grams of carbohydrate) recheck BG in 15 minutes and then take insulin only for meal. If still less than 70 mg/dl, repeat 15 grams and recheck after 15 minutes.				
#1	Breakfast	1 per 8.5 grams of carbohydrate	32	120
#2	Mid- Morning snack	Less than 5 grams of carbs		
#3	Lunch	AT HOME: 1 per 8.5 grams of carbohydrates	AT HOME: 32	120

UPSTATE  
UNIVERSITYJOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022

		AT SCHOOL: 1 per 10 grams of carbohydrates	AT SCHOOL: 40	
#4	Afternoon snack (4:00pm meal)	1 per 10 grams of carbohydrates  Swim days: 1 unit for 13 grams.	-	
#5	Supper (8:00 pm meal)	1 per 8.5 grams of carbohydrates  <b>Second dinner: 1 units per 8.5 grams of carbs</b>	32	120
#6	Evening snack/ BEDTIME (At least 3 hours after dinner insulin)	Less than 5 grams of carbs	60 At Bedtime correct BG ONLY if >200mg/dl	150 At Bedtime correct BG ONLY if >200mg/dl

Long-acting Insulin Basaglar kwik pen 22 units At 10pm

**Role of Parents/Guardians in Adjustment of Insulin Dose**

NAME: Matthew M Wilkosz DOB: 1/27/2007  
DATE: 5/17/2022 SCHOOL YEAR: 2021-2022  
DIAGNOSIS: Type 1 diabetes mellitus (Dx E10.65)

It is my professional judgment that the parents/guardians of the above student have sufficient training and experience in adjusting insulin doses they administer to their child, and therefore capable of requesting adjustment of insulin doses administered by a nurse during school time hours and at school-sponsored events, to the extent reasonably practical, understanding that the nurse retains his/her professional judgment regarding the adjustment dose he/she will administer. One or more of the following are a necessary part of diabetes care for their child in school. Please refer to separate diabetes medical orders for treatment specifics.

Page 32 at <http://www.p12.nysed.gov/sss/documents/MedicationManagement-DEC2017.pdf>



UPSTATE

JOSLIN CENTER  
 OUTPATIENT  
 3229 E Genesee St  
 Syracuse NY 13214-2016

Wilkosz, Matthew M  
 MRN: 3778434, DOB: 1/27/2007, Sex: M  
 Acct #: 10040959475  
 Visit date: 5/17/2022

<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	*Parents/guardians, as named above, should be contacted for consultation before administering a correction dose.
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	Parents/guardians, as named above, are authorized to propose an increase or decrease in the correction factor within the following range: <i>(select one)</i> +/- <u>2</u> units; OR +/- _____% of the prescribed dose according to written orders.
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	Parents/guardians, as named above, are authorized to propose an increase or decrease in the insulin-to-carbohydrate ratio within the following range: <i>(select one)</i> 1 units per prescribed +/- <u>5</u> grams of carbohydrate; OR +/- _____% of the prescribed dose according to written orders.
<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	Parents/guardians, as named above, are authorized to propose an increase or decrease in the fixed insulin dose within the following range: <i>(select one)</i> +/- _____units of insulin; OR +/- _____% of the prescribed dose according to written orders.
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	Parents/guardians, as named above, are authorized to propose an increase or decrease in the consumption of carbohydrates at any time within the following range: <u>15</u> grams of carbohydrates.
<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	For children on insulin pumps: Parents/guardians, as named above, are authorized to propose a temporary basal rate increase or decrease by _____% for the duration of school time hours.

*\*If school personnel attempt to contact the parents/guardians, as named above, at the following telephone number provided by the parents/guardians ( 315 ) \_525-\_9617\_\_ on at least one occasion and the parents/guardians, as named above, are unable to be reached, and the school health professional determines using his/her professional judgment that treatment is necessary, the school health professional should follow the written orders provided by the health care provider, using his/her professional judgment.*

We would be happy to help with any questions or concerns.

David W. Hansen, MD, MPH

### Matthew's past hemoglobin A1C results:

#### Hemoglobin A1C

Date	Value	Ref Range	Status
05/17/2022	8.0 (H)	4.0 - 6.0 %	Final
02/21/2022	7.8 (H)	4.0 - 6.0 %	Final
11/17/2021	7.4 (H)	4.0 - 6.0 %	Final
11/25/2020	8.6 (H)	4.0 - 6.0 %	Final

Comment:

(NOTE)

<5.7% Average risk of diabetes(ADA)

5.7-6.4% Increased risk of diabetes(ADA)

>= 6.5% Diagnostic for diabetes(ADA)

01/02/2019 12.8 (H) 4.0 - 6.0 % Final

Comment:

UPSTATE

JOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016

Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022

**(NOTE)**

<5.7% Average risk of diabetes(ADA)  
5.7-6.4% Increased risk of diabetes(ADA)  
>= 6.5% Diagnostic for diabetes(ADA)

**Matthew's A1C GOAL is <7.0%****Discussion:**

- It was a pleasure to see you (Matthew) today!
- With the changes made today, if you start to notice recurrent high or low blood sugars please let Joslin know.
- Please let me know if and when you are ready for an insulin pump.
  - Tandem Tslim x 2 with Control IQ (with Dexcom sensor)
  - Medtronic 630G or 670G (with Medtronic sensor)
  - Omnipod 5 (with Dexcom sensor) or Omnipod DASH
- Return in about 3 months (around 8/17/2022).

No orders of the defined types were placed in this encounter.

**STANDING ORDER:** Per Upstate policy AMB J-19, the Joslin RN or RN CDE may provide my patient with insulin adjustments and all diabetes management guidelines per approved policies AMB J-01 through AMB J-18. My patient may receive diabetes self-management education for any nursing, nutrition, or physical therapy needs which arise and require the expertise of a Joslin educator.

**AFTER VISIT SUMMARY**

- An After Visit Summary was printed and handed to patient/parent upon leaving clinic.

In-person office visit: Total time spent in encounter today was 49 minutes.

Electronically signed by Reinele F Robbins, PA 5/18/2022 4:17 PM

**Note Details**

Author	Reinele F Robbins, PA	File Time	5/18/2022 4:17 PM
Author Type	Physician Assistant	Status	Signed
Last Editor	Reinele F Robbins, PA	Specialty	Endocrinology

Office Visit on 5/17/2022

Note shared with patient

**Additional Documentation**

Vitals:	BP 100/78 (BP Location: Right arm, Patient Position: Sitting, Cuff size: Regular)
	Pulse 84
	Resp 16
	Ht 170.4 cm (67.09")
	Wt 59.9 kg (132 lb 0.9 oz)
	BMI 20.63 kg/m <sup>2</sup>
	BSA 1.68 m <sup>2</sup>

UPSTATE

JOSLIN CENTER  
OUTPATIENT  
3229 E Genesee St  
Syracuse NY 13214-2016

Wilkosz, Matthew M  
MRN: 3778434, DOB: 1/27/2007, Sex: M  
Acct #: 10040959475  
Visit date: 5/17/2022

---

**Additional Documentation (continued)**

---

Pain Sc Zero

---

**Orders Placed**

---

**POCT Hemoglobin A1C, Docked (Resulted 5/17/2022, Abnormal)**

POCT glucose, docked (Resulted 5/17/2022)

---

**Medication Changes As of 5/17/2022 3:32 PM**

---

None

---

**Medication List at End of Visit As of 5/17/2022 3:32 PM**

---

	Refills	Start Date	End Date
<b>Vitamin D, Cholecalciferol, 1000 units TABS</b> Take 1,000 Units by mouth daily - Oral Patient-reported medication			
<b>Baqsimi Two Pack 3 MG/DOSE Nasal Powder (Glucagon)</b> 1 each by Nasal route as needed - Nasal	1	11/17/2021	
<b>Basaglar KwikPen 100 UNIT/ML Subcutaneous Solution Pen-injector (insulin glargine)</b> Inject subq 1 time(s) daily per insulin orders. Maximum Daily Dose 30 units including titration and priming. Dx: E10.65.	2	4/7/2022	
<b>HumaLOG Junior KwikPen 100 UNIT/ML Subcutaneous Solution Pen-injector (insulin lispro (0.5 Unit Dial))</b> Inject THREE TO FOUR times daily per Joslin. Maximum Daily Dose: 75 units for priming and titration.	5	6/1/2021	

---

**Visit Diagnoses**

---

Primary: **Type 1 diabetes mellitus with hyperglycemia** E10.65

Long-term insulin use Z79.4

Vitamin D insufficiency E55.9