

# The Everett Clinic

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3901 Hoyt Avenue ■ Everett, WA 98201 ■ 425-259-0966

## Fax Cover Sheet

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To: Tandem  
855-875-4648

From: Sarah Rickels  
MAIN ENDOCRINOLOGY  
425-339-5431  
425-257-1423

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Cover Message:

Date of transmission: 11/3/22 8:15 AM

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Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 10/26/2022

**Darling, Kelly Elise****MRN: 33708852**Video Visit 10/26/2022  
MAIN ENDOCRINOLOGYProvider: Nya Ngatchou, Jean Jacques, MD (Endocrinology)  
Primary diagnosis: Type 1 diabetes mellitus with hyperglycemia (\*)  
Reason for Visit: DiabetesNya Ngatchou, Jean Jacques, MD (Physician)  
Endocrinology

Encounter Date: 10/26/2022

Signed

**Progress Notes****SUBJECTIVE:** Kelly is a 34-year-old female with type 1 diabetes who is seen today via tele-video for followup.

I last saw her via tele-video on December 8, 2021.

Basal Insulin: On a pump Medtronic 670 G

0000-1200 1.4 u/hr

1200-0000 1.4 u/hr

Meal time/ Correction Insulin: Humalog insulin:vial

Insulin to Carb Ratio (ICR):

0000-2000 1:8

2000-0000 1:6

**Dexcom****captivAQ®**

Avg Glucose mg/dL
<b>173</b>
Glucose Exposure

Very Low	Low	In Target Range	High	Very High
< 54 mg/dL	< 70 mg/dL	70 - 180 mg/dL	> 180 mg/dL	> 250 mg/dL
<b>1.4%</b>	<b>5.7%</b>	<b>54.6%</b>	<b>39.7%</b>	<b>17.7%</b>
Glucose Ranges				

**Kelly Darling**

Thu Oct 13, 2022 - Wed Oct 26, 2022 (13.5 days)

Coefficient of Variation	SD mg/dL	% Time CGM Active
<b>48.5%</b>	<b>84</b>	<b>98.9%</b>
Glucose Variability		Date Sufficiency

**CGM**

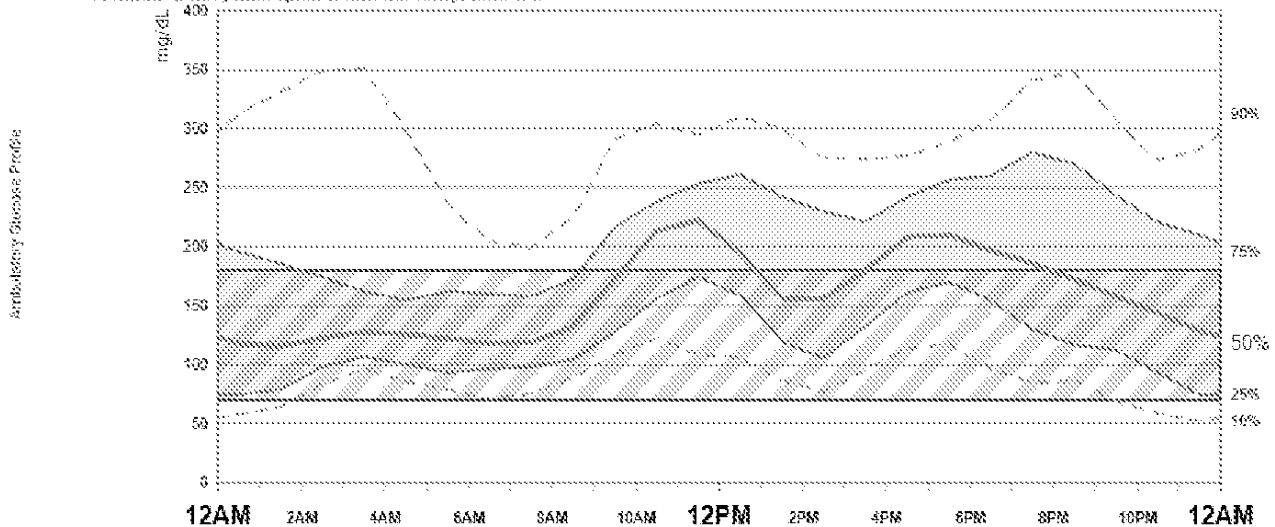
50% - Median

25/75% - IQR

10/90%

Target Range

Continuous monitor glucose frequency distribution for an independent day.

**Past Medical History:**

Diagnosis

Date

Printed by Rickels, Sarah at 11/3/2022 8:15 AM

Page 1 of 4

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 10/26/2022  
 Nya Ngatchou, Jean Jacques, MD (Physician)  
 Endocrinology  
 Encounter Date: 10/26/2022  
 Signed

### Progress Notes (continued)

- Diabetes mellitus (\*)
- Thyroid disease

### Current Outpatient Medications on File Prior to Visit

Medication	Sig	Dispense	Refill
• Insulin Lispro (HumaLOG Vial) 100 UNIT/ML solution	Inject SC up to 60 units per day via insulin pump	60 mL	3
• Continuous Blood Gluc Receiver (Dexcom G6 Receiver)	For use to continuously check blood sugar. Diagnosis:	1 each	0
• Continuous Blood Gluc Sensor (Dexcom G6 Sensor)	Use 1 Device every 10 days. For use to continuously check blood sugar.	3 each	11
• Continuous Blood Gluc Transmit (Dexcom G6 Transmitter)	For use to continuously check blood sugar. Change transmitter every 3 months.	1 each	3
• Glucose Blood (BLOOD GLUCOSE TEST STRIPS)	Use 1 strip 4 times daily. To Check blood sugars. Diagnosis: E11.9 (Diabetes)	400 strip	3
• Prenatal MV-Min-Fe Fum-FA- DHA (PRENATAL 1 PO)	Take by mouth.		
• levothyroxine 112 MCG tablet	Take 1 tablet by mouth every day.	90 Tab	3
• Lancets	Use 1 Lancet 4 times daily. To Check blood sugars. Diagnosis: E11.9 (Diabetes)	400 Lancet	3
• levothyroxine 100 MCG tablet	Take 1 tablet by mouth every day. (Patient not taking: Reported on 6/7/2019)	90 Tab	3
• aspirin 81 MG tablet	Take 1 tablet by mouth every day.		
• Blood glucose test strips	Bayer Contour Next, QID.	400 Strip	3

No current facility-administered medications on file prior to visit.

### PHYSICAL EXAMINATION:

General: Well developed, no acute distress

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 10/26/2022  
Nya Ngatchou, Jean Jacques, MD (Physician)  
Endocrinology  
Encounter Date: 10/26/2022  
Signed**Progress Notes (continued)****ASSESSMENT AND PLAN****Type 1 diabetes with hyperglycemia**

I reviewed the Dexcom data with Kelly and recommended that she adjust the carbohydrate ratio to 1 unit for every 5 grams of carbohydrate between 8 a.m. and 8 p.m. All the other settings will remain unchanged.

Kelly will schedule a follow-up visit via MyChart in 3 months and have repeat A1c, lipid panel, renal panel, and urine microalbumin-to-creatinine ratio before the visit.

This visit was conducted in real time, via synchronous interactive video and audio conferencing technology, utilizing the HIPAA compliant MyChart platform. With patient located at home and Dr Nya Ngatchou located in the Everett Office, both within the state of Washington. Patient gave verbal consent to receive care through the use of telemedicine.

**Communications****Routing History**

Priority	Sent On	From	To	Message Type
	10/19/2022 11:20 PM	Nya Ngatchou, Jean Jacques, MD	Mychartbguser	Msgs Sent To Patients
	9/9/2022 1:01 PM	Mychartbguser	Mychartbguser	Msgs Sent To Patients

**Created by**

Encounter creation information not available

**Orders Placed**A1C HEMOGLOBIN  
LIPID PANEL  
MICROALBUMIN CREAT RATIO  
RENAL PANEL**Medication Changes** As of 10/26/2022 2:48 PM

None

**Medication List at End of Visit** As of 10/26/2022 2:48 PM

	Refills	Start Date	End Date
<b>aspirin 81 MG tablet</b> Take 1 tablet by mouth every day. - oral Patient-reported medication			
<b>Insulin Lispro (HumaLOG Vial) 100 UNIT/ML solution</b> Inject SC up to 60 units per day via insulin pump	3	9/9/2022	
<b>Levothyroxine Sodium</b> <b>levothyroxine 100 MCG tablet</b>	3	2/11/2019	

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 10/26/2022

**Medication List at End of Visit (continued)** As of 10/26/2022 2:48 PM

	Refills	Start Date	End Date
Take 1 tablet by mouth every day. - oral Patient not taking: Reported on 6/7/2019			
<b>levothyroxine 112 MCG tablet</b>	3	5/31/2019	
Take 1 tablet by mouth every day. - oral			

**Prenatal MV-Min-Fe Fum-FA-DHA (PRENATAL 1 PO)**

Take by mouth. - oral

Patient-reported medication

**Visit Diagnoses**Primary: **Type 1 diabetes mellitus with hyperglycemia (\*)** E10.65

Insulin long-term use (\*) Z79.4

**Encounter Messages**

Rea	Composed	From	To	Subject
Y	10/19/2022 11:20 PM	Nya Ngatchou, Jean Jacques, MD	Kelly Elise Darling	Reminder you have an upcoming appointment.
Y	9/9/2022 1:01 PM	Mychartbguser	Kelly Elise Darling	Appointment Scheduled

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 12/08/2021

**Darling, Kelly Elise****MRN: 33708852**Video Visit 12/8/2021  
MAIN ENDOCRINOLOGYProvider: Nya Ngatchou, Jean Jacques, MD (Endocrinology)  
Primary diagnosis: Type 1 diabetes mellitus without complication (\*)  
Reason for Visit: DiabetesNya Ngatchou, Jean Jacques, MD (Physician)  
Endocrinology

Encounter Date: 12/8/2021

Signed

**Progress Notes**

Kelly is a 33-year-old female who is seen today for type 1 diabetes followup and hypothyroidism. This is a video visit.

Kelly tells me that her glucose control has been more erratic since she last gave birth 2 years ago.

She continues to use the 670G pump from Medtronic. Her pump settings are as follows:

Basal rate midnight to 12 noon 1 unit per hour.

12 noon to midnight 1.2 units per hour.

Insulin sensitivity 50 all day.

Insulin-to-carbohydrate ratio 1.1 units for 8 grams of carbohydrate all day.

Kelly stopped taking thyroid hormone replacement approximately 2 years ago. She had a thyroid level checked on January 5, 2021, that came back in the normal range with a TSH of 3.5

Glucose readings not available but Kelly tells me that she is interested in upgrading pump and CGM to Omnipod and Dexcom.

**Past Medical History:**

Diagnosis	Date
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- Diabetes mellitus (\*)
- Thyroid disease

**Current Outpatient Medications on File Prior to Visit**

Medication	Sig	Dispense	Refill
• Continuous Blood Gluc Receiver (Dexcom G6 Receiver)	For use to continuously check blood sugar. Diagnosis:	1 each	0
• Continuous Blood Gluc Sensor (Dexcom G6 Sensor)	Use 1 Device every 10 days. For use to continuously check blood sugar.	3 each	11
• Continuous Blood Gluc Transmit (Dexcom G6 Transmitter)	For use to continuously check blood sugar. Change transmitter every 3 months.	1 each	3
• Glucose Blood (BLOOD GLUCOSE TEST STRIPS)	Use 1 strip 4 times daily. To Check blood sugars. Diagnosis: E11.9 (Diabetes)	400 strip	3

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 12/08/2021  
Nya Ngatchou, Jean Jacques, MD (Physician)  
Endocrinology  
Encounter Date: 12/8/2021  
Signed**Progress Notes (continued)**

• Insulin Lispro (HumaLOG Vial) 100 UNIT/ML solution	Inject SC up to 60 units per day via insulin pump	60 mL	3
• Prenatal MV-Min-Fe Fum-FA-DHA (PRENATAL 1 PO)	Take by mouth.		
• levothyroxine 112 MCG tablet	Take 1 tablet by mouth every day.	90 Tab	3
• Lancets	Use 1 Lancet 4 times daily. To Check blood sugars. Diagnosis: E11.9 (Diabetes)	400 Lancet	3
• levothyroxine 100 MCG tablet	Take 1 tablet by mouth every day. (Patient not taking: Reported on 6/7/2019)	90 Tab	3
• aspirin 81 MG tablet	Take 1 tablet by mouth every day.		
• Blood glucose test strips	Bayer Contour Next, QID.	400 Strip	3

No current facility-administered medications on file prior to visit.

**PHYSICAL EXAMINATION:**

General: Well developed, no acute distress

**ASSESSMENT AND PLAN****1. Type 1 Diabetes Mellitus - uncontrolled.**

Not enough data to fully assess current glucose control.

A1c, Urine microalbumin, lipid and renal panel now.

Diabetic education consult with discussion about insulin pump and CGM upgrade.

Follow up visit video visit in 6 months with repeat A1c before the visit

This visit was conducted in real time, via synchronous interactive video and audio conferencing technology. With patient located at home and Dr Nya Ngatchou located in the Everett Office.

**Other Notes****Instructions**

We are going to request a diabetic education consult with discussion about insulin pump and CGM upgrade.

Go to the lab at your convenience for annual labs.

Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 12/08/2021

**Instructions (continued)**

Follow up visit video visit in 6 months with repeat A1c before the visit

**Communications****Routing History**

Priority	Sent On	From	To	Message Type
	11/1/2021 4:06 PM	Mychartbguser	Mychartbguser	Msgs Sent To Patients

**Created by**

Encounter creation information not available

**Orders Placed**

**A1C HEMOGLOBIN (Resulted 12/17/2021, Abnormal)**  
**LIPID PANEL (Resulted 12/17/2021, Abnormal)**  
**MICROALBUMIN CREAT RATIO (Resulted 12/17/2021, Abnormal)**  
**RENAL PANEL (Resulted 12/17/2021)**

**Medication Changes** As of 12/8/2021 2:57 PM

None

**Medication List at End of Visit** As of 12/8/2021 2:57 PM

	Refills	Start Date	End Date
<b>aspirin 81 MG tablet</b> Take 1 tablet by mouth every day. - oral Patient-reported medication			
<b>Insulin Lispro (HumaLOG Vial) 100 UNIT/ML solution</b> Inject SC up to 60 units per day via insulin pump	3	6/24/2020	9/6/2022
<b>Levothyroxine Sodium</b> <b>levothyroxine 100 MCG tablet</b> Take 1 tablet by mouth every day. - oral Patient not taking: Reported on 6/7/2019	3	2/11/2019	
<b>levothyroxine 112 MCG tablet</b> Take 1 tablet by mouth every day. - oral	3	5/31/2019	
<b>Prenatal MV-Min-Fe Fum-FA-DHA (PRENATAL 1 PO)</b> Take by mouth. - oral Patient-reported medication			

**Visit Diagnoses**

Primary: **Type 1 diabetes mellitus without complication (\*) E10.9**  
Insulin long-term use (\*) Z79.4

**Encounter Messages**



Darling, Kelly Elise (MRN 33708852) DOB: 04/08/1988

Encounter Date: 12/08/2021

**Encounter Messages (continued)**

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Read	Composed	From	To	Subject
Y	12/1/2021 11:24 PM	Nya Ngatchou, Jean Jacques, MD	Kelly Elise Darling	Reminder you have an upcoming appointment.
N	11/1/2021 4:06 PM	Mychartbguser	Kelly Elise Darling	Appointment Scheduled