

DOB:

DOS: 06/04/2024



Account Number:

Guarantor:

HSA Payer ID:

Appointment Facility:

06/04/2024

PROGRESS NOTE:

CHN#:

Current Medications

Taking

- MedroxyPROGESTERone Acetate 150 MG/ML Suspension 1 mL Subcutaneous every 3 months
- Mirtazapine 15 MG Tablet 1 tablet at bedtime Orally Once a day
- Sertraline HCl 100 MG Tablet 1 tablet Orally Once a day
- Wegovy 1.7 MG/0.75ML Solution Auto-injector 0.75 mL Subcutaneous Once a week (she has been on 1mg recently)

Discontinued

- Phentermine HCl 37.5 MG Tablet TAKE 1 TABLET BY MOUTH EVERY DAY BEFORE BREAKFAST
 - Zepbound 2.5 MG/0.5ML Solution Auto-injector 0.5 ml Subcutaneous once a week
- Medication List reviewed and reconciled with the patient

Past Medical History

Migraine headaches.
 Postpartum depression.
 Mild intermittent asthma.
 Colonoscopy 2/2011 normal.
 Pap smear 5/2012, 1/2016, 3/20/2017, 4/9/2018, 11/8/2023.
 Toxic mold disease.
 Lymes disease.

Surgical History

laparoscopy, R paratubal
 cystadenoma removal and posterior
 culdesac biopsy
 L5/S1 left discectomy 1/13/2023
 Lumbar I&D 4/28/23

Family History

Mother: alive 75 yrs, endometriosis, IBS,
 osteoporosis
 Sister(s): alive, endometriosis

Social History

Reason for Appointment

1. PSWL

History of Present Illness

Depression Screening:

PHQ-2 (2015 Edition) Little interest or pleasure in doing things? Not at all, Feeling down, depressed, or hopeless? Not at all, Total Score 0.

Patient History:

patient presents to clinic for f/u PSWL. Patient started higher dose on Friday and had nausea for a couple of days but it has resolved.

Currently on 1.7mg dose. Patient has lost almost 25 lb since her last visit on the medication. She is very happy with her weight loss and feels much better. She states that she feels like she does not have as much inflammation in her body and overall feels better her mood is better. She is needing medication refills on her anxiety medications as this will be her last visit with me. She also brought her Depo-Provera injection today and would like that administered for contraception and control of her menses.

PDMP reviewed and last refilled
 phentermine #30 3/5/2024.

Due for mammogram.

First Point of Contact Screening:

Do any of the following apply to you? New rash or open sores
 No, Fever and/or chills in the past 7 days No, Cough No, Muscle or body
 aches (other than from an injury) No, Sore throat No, In the past 3 weeks,
 have you or a close contact traveled outside the United States and you are
 now ill? No, OFFICE USE (If universal masking is not in place, provide
 patients age 2 years and older with a facemask to wear over their mouth
 and nose while in the practice.): Patient answered "no" to all questions OR
 only answered "yes" to question 1, No further action needed 06/04/2024.

Vital Signs

Ht: 67 in, Ht-cm: 170.18 cm, Wt: 175.6 lbs, Wt-kg: 79.65 kg, BMI: **27.5**,
 Weight Change: -24.4 lbs, Body Surface Area: 1.94, BP: **104/72**, Temp:
98.2 F, HR: **103**, Oxygen sat %: **98**.

Examination

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Alcohol Use Patient does not use alcohol.

Tobacco Status Patient is a current every day smoker Smokes 1/2 PPD, Received cessation counseling on: 09/16/2021.

Exercise: no.

Marital Status: married.

Personal Safety Has anyone close to you ever threatened to hurt you? No, Do you wear a seat belt? Yes.

Communication Needs Do you need glasses or contacts to read brochures? No, Variations in Communication uses hearing aids.

Social Determinants of Health (SDoH) 1) Are you worried or concerned that in the next two months you may not have stable housing that you own, rent, or stay in as a part of a household? No, 2) Where you live, do you have problems with any of the following? None of the above, 3) Within the past 12 months, you worried that your food would run out before you got money to buy more. Never true, 4) Within the past 12 months, the food you bought didn't last and you didn't have money to get more. Never true, 5) Do you put off or neglect going to the doctor because of distance or transportation? No, 6) In the past 12 months has the electric, gas, oil or water company threatened to shut off services to your home? No, 7) Do problems getting child care make it difficult for you to work or study? No, 8) Do you have a job? Yes, 9) Do you have a high school diploma? Yes, 10) How often do you not have enough money to pay your bills? Rarely, Instructions for questions 1-10: Social needs questions: (Responses to questions 1-10 with an *, indicate a positive response for a social need for that category)., 11) How often does anyone, including family members, cause you physical harm? Never (1, 12) How often does anyone, including family, insult you or talk down to you? Never (1, 13) How often does anyone, including family, threaten you with harm? Never (1, 14) How often does anyone, including family, scream or curse at you? Never (1, 15) Would you like help with any of these needs? No, Personal safety score (Points value to each response is in () beside each response for questions 11-14. A sum > 10 for questions, indicate a positive risk for personal safety, 10 or less is a negative personal safety screen): 4.

Health Literacy Are medication labels often written in a way that is easy to read and understand? Yes, Do you have problems completing medical forms because of difficulty understanding the instructions? No.

High Risk for Sexually Acquired Diseases including HIV At Risk: No.

General Examination:

Constitutional: NAD, pleasant.

Derm/Integumentary: no visible rashes.

HEENT: TM's normal, nares clear, oropharynx benign.

Neck: supple, no lymphadenopathy, no thyromegaly, no JVD or carotid bruits.

Respiratory: clear to auscultation bilaterally, no wheezes/rhonchi/rales.

Heart: no murmurs, regular rate and rhythm.

Chest: normal shape and expansion.

Gastrointestinal: no masses palpated, no hepatosplenomegaly, soft, NT/ND, BS present.

Neurology: alert and oriented x 3, normal gait.

Psych: oriented x 3, appropriate mood and affect.

Assessments

1. Generalized anxiety disorder - F41.1 (Primary)
2. Depo-Provera contraceptive status - Z30.42
3. Overweight - E66.3
4. Body mass index (BMI) of 27.0-27.9 in adult - Z68.27
5. Dietary counseling and surveillance - Z71.3
6. Breast cancer screening by mammogram - Z12.31

Treatment**1. Generalized anxiety disorder**

Refill Mirtazapine Tablet, 15 MG, 1 tablet at bedtime, Orally, Once a day, 90 days, 90 Tablet, Refills 3

Refill Sertraline HCl Tablet, 100 MG, 1 tablet, Orally, Once a day, 90 days, 90 Tablet, Refills 3

2. Depo-Provera contraceptive status

Refill MedroxyPROGESTERone Acetate Suspension, 150 MG/ML, 1 mL, Subcutaneous, every 3 months, 90 days, 1, Refills 3

3. Overweight

Increase Wegovy Solution Auto-injector, 2.4 MG/0.75ML, 0.75 mL Subcutaneous Once a week, 90 days, 9, Refills 3

Notes: Discussed weight loss measures including low calorie diet, avoidance of alcohol and exercise. Discussed side effects of medication including nausea, diarrhea, vomiting, constipation, or abdominal pain. Patient has a BMI of above 25 and has several comorbidities including chronic back pain and acid reflux.

4. Breast cancer screening by mammogram

IMAGING: MAMMO- DIG MAM BILAT SCREEN DX SD (77066)
(MEMC-DIGMAMSDB)

Notes: Mammogram: About This Test material was published

Therapeutic Injections

Medroxyprogesterone Acetate (Depo Provera) : 150 mg (Route: Intramuscular) given by ZACHERY BULTEMA on Left Deltoid

Preventive Medicine**Progress Note:****06/04/2024**

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Illicit Drug Use Patient/Family reports:
No illicit drug use.
Concerns Social Concerns: No, Financial
Concerns: No.
Living Environment Reported as:
House/Condo/Apartment.
Ambulatory Status : is independent.
Caffeine: 2-3 daily.
Drugs: no.
Diet: regular.
Children: yes, 2 sons.
Occupation/Work: employed full time.

Gyn History

Last pap date 05/25/2012 normal.
Denies H/O History of abnormal pap
smears.
Birth control Depo Provera.
Sexually active currently sexually active,
coitarche 16, number of sex partners in
life 5, denies sexual abuse, h/o sexually
transmitted diseases.
History of STDs HPV/condyloma.
Denies H/O Last colonoscopy.
Denies H/O Last dexascan.
Denies H/O Last mammogram.
Last menstrual period date depo since
2009 no cycle since initiation of depo.
Menarche age 13.
Denies H/O Periods.
Denies H/O Irregular periods.
H/O Painful periods yes.
Denies H/O Painful intercourse.
Denies H/O Infections.
Denies H/O Vaginal discharge or odor.
Denies H/O Hysterectomy.
Denies H/O Menopausal.
Denies H/O Hormone replacement
therapy.
Denies H/O Urinary incontinence.

OB History

Total pregnancies 3.
Full term delivery (>37 weeks) 2.
Induced abortion(s) 1.

Allergies

Sulfamethoxazole: unknown-childhood
allergy - Allergy

Hospitalization/Major

Diagnostic Procedure

Denies Past Hospitalization

Universal PAF (Patient Assessment Form): Female Pap and Pelvic Exam:
11/08/2023, Pap and Pelvic Exam Findings: normal. Immunizations
Influenza Vaccine: 09/21/2023.
Quality Measures: Weight Assessment Above Normal BMI Follow-Up
Lifestyle education regarding diet.
Advance Care Planning: Advance Care Plan details: Durable Power of
Attorney for Healthcare (DPOAH)/Healthcare Surrogate: If no DPOAH,
who do you want to make healthcare decisions for you should you become
unable?, Patient did not wish or was not able to name a surrogate decision
maker.

Procedure Codes

J1050 INJ MEDROXYPROGESTERONE ACETATE 1 MG, Units: 150.00 ,
Modifiers: JZ

Follow Up

prn

Care Plan Details

6936 MISSION RD
STE 202
PRAIRIE VILLAGE, KS 662082609
Tel:
Fax:

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