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Newark, NJ 07104

Visit Note - PrimaryCare

Provider:

Encounter Date: Jun 14, 2024

Patient: ()

Sex: Female

DOB:

Insurance:

Insurance ID:

Description: OV

Referred by:

MD Communication:

2-SURESCRIPTS: MEDS NOT FILLED IN LAST 3 MONTHS (please confirm with patient):

-Mapap arthritis 650mg

-Cyclobenzaprine 5mg

CURRENT RX LIST HAS >7 MEDS.

3-Gaps in Care/ Health care report card services eligible (please educated and coordinate):

Diabetes gaps in care:

- HbA1C: 8.4 % on 04/05/2024.

4-VACCINES GAPS:

Vaccines Eligible:

- Covid 2nd Booster

- Shingrix.

Patient:

DOB:

Visit: 06/14/2024 Page: 1

5-Flowsheet standbys and upcoming 90 day annual anniversaries for “A” and “SA” studies:

To Be Scheduled:

ECHO FOR R06.02

ABI FOR M79.604/M79.605

TM-FLOW/DIABETIC SHOES FOR E11.43

EMG FOR M54.50/E11.43

TCD: I65.21

ABDOMINAL US FOR R16.0/N20.0

STAND BY:

PFT FOR R06.02

ARTERIAL DOPPLER FOR M79.604/M79.605

CAROTID DOPPLER FOR I65.23

VEIN MAPPING FOR I83.813.

6-G-codes/Counseling: Name & code:

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G code:

G0442 (Annual Alcohol Misuse Screening) - Eligible.

10- VIRAL HEP SCREENING & DIAGNOSIS (TEST CODE: 144445):

- DUE:

Screenings/G codes:

Screening for Alcohol misuse:.

How often do you have a drinking containing alcohol? Never - 0 - 0.

How many drinks containing alcohol do you have on a typical day when you are drinking?
Never - 0 -.

How often do you have 5 or more drinks on one occasion? Never - 0 -.

How often during the last year have you found that you were not able to stop drinking once you had started. Never - 0 -.

How often during the last year have you failed to do what was normally expected from you because of your drinking? Never - 0 -.

How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session? Never - 0 -.

How often during the last year have you had a feeling of guilt or remorse after drinking?
Never - 0 -.

How often during the last year have you been unable to remember what happened the night before because of your drinking? Never - 0 -.

Have you or someone else been injured because of your drinking? Never - 0 -.

Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down? Never - 0 -.

Score:: 0. 0 - 7: Low Risk: 06/14/24.

Snomed CT:

Type: procedure

code: 428191000124101

desc:Documentation of current medications (procedure)

Time:

In Room Time: 09:55 AM.

Preventive Services:

Preventive Exam:

Women's Health:

Pap:

- Results are within normal limits.

Date Completed: 06/2023.

Location of PAP: Location of PAP: .

Referral given: 6/14/24.

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Breast Cancer Diagnostic Screening:

- Results are within normal limits.

Mammogram done on:: Mammogram done on: 03/14/23.

Location of Mammogram:: Location of Mammogram: at

Address:

Phone: .

Referred for Mammogram:: Referred for Mammogram:
at

Address:

Phone:

6/14/24.

Dilated Retinal Eye Exam/RetinaVue:

09/21/2023.

Wears reading Glasses.

Podiatry Exam (for Diabetic patient):

09/20/22.

referral given 4/11/24.

Colorectal Cancer Screening: Colorectal Cancer Screening:

referral given to pt on 03/10/23

no appt made 5/9/23.

Statin prescription in Diabetes: Statin prescribed.

Aspirin/anti-thrombotic prescription in patients with IVD: Aspirin prescribed.

Medication Reconciliation:

Medications reviewed and reconciled.

Vaccine Prevention:

Pevnar20: Pevnar20 Date Administered 07/07/23.

Influenza: Date Administered 09/30/22.

COVID Vaccine: COVID Vaccine Given Elsewhere (Pfizer @newark

1st 05/18/2021

2nd 06/07/2021).

Pneumovax23: Date Administered 10/28/19.

TDAP: Date Administered 12/13/2017.

Shingrix: Given Elsewhere got one dose forth ave.

Hepatitis B #1: Date Administered 11/25/19.

Hepatitis B #2: Date Administered 12/23/19.

CURRENT SPECIALISTS::

Eye Doctor (Optho/Opto:: pt dont recalled name of the Dr.

OB/GYN:: .

Podiatrist:: pt dont recalled name of the Dr.

Health Maintenance Visit.

HTN Management visit.

medication refill and a review of her current chronic conditions.

Cough:

Patient is here for cough. This has been over time unchanged, lasts for 5 days, occurs intermittently, was in onset gradual. Cough is wet in character, productive of yellowish clear sputum. Associated symptoms include chest tightness, fatigue, fever, nasal congestion and sore throat. It is worse at night, early in the morning and in the afternoon. No relieving factors noted. No prior consultation done. She is not on any form of treatment regimen.

Current Conditions:

PREGNANCY COMPLICATIONS:

etopic pregnancy 06/08/22.

Hyperlipidemia.

Hypertension.

Fatty liver.

Gastroesophageal reflux.

Type 2 diabetes mellitus.

Vit D deficiency.

Current Medication:

1 Aspirin Ec 81 Mg Tablet SIG: Take 1 tablet by mouth once daily

2 Cetaphil Moisturizing Lotion SIG: Apply to affected area twice a day

3 Cyclobenzaprine 5 Mg Tablet SIG: Take 1 tablet at bedtime.

4 Ketoconazole 2% Shampoo SIG: Wash hair two times a week

5 Lipitor 40 Mg Tablet SIG: TAKE 1 TABLET BY MOUTH ONCE DAILY

6 Xyzal 5 Mg Tablet SIG: TAKE 1 TABLET BY MOUTH ONCE DAILY AT BEDTIME
FOR ALLERGIES

7 Zetia 10 Mg Tablet SIG: Take 1 tablet by mouth once daily at bedtime for cholesterol

8 Jardiance 25 Mg Tablet SIG: Take 1 tablet daily by mouth for diabetes

9 Repatha 140 Mg/ml Sureclick SIG: Inject 140mg subcutaneously every two weeks

10 Fluticasone Prop 50 Mcg Spray Mcg/actuation Changed from RxRenewal request. SIG:
Apply 1-2 sprays each nostril daily

11 Vitamin D2 1.25 Mg(50,000 Unit) 1,250 Mcg Changed from RxRenewal request. SIG:
Take 1 capsule by mouth once a week

12 Mapap Arthritis Er 650 Mg Cplt SIG: Take 1c po tid for pain

13 Mounjaro 2.5 Mg/0.5 Ml Pen SIG: Inject 1 pen (2.5 mg) subcutaneously every week for
diabetes

14 Onetouch Delica Plus 33g Lanct Gauge Changed from RxRenewal request. SIG: Use 2-3
times a day

15 Pantoprazole Sod Dr 40 Mg Tab SIG: Take 1 tab po daily for Acid reflux

Allergy:

No Known Allergies

ROS:

GENERAL: Weight Unchange.

EYES: (+) glasses or contacts.

NOSE AND SINUSES: (+) nasal congestion.

RESPIRATORY: (+) productive cough.

Past Medical History:

Prior surgeries: gallbladder surgery (2014 in CMMC) removal cyst in the ovarian 06/2017 in Beth Israel.

Family History:

Patient has a family history of diabetes type 2 hypertension. She has no family history of asthma coronary artery disease diabetes type 1 myocardial infarction stroke.

Social History:

Smoking Status-Pack **Patient doesn't smoke. Alcohol:**

She doesn't drink alcohol. **Recreational Drug Use:**

She denies recreational drug use.

Living situation: lives with spouse.

Patient is married. **Sexually Active:** Sexually Active; Yes Currently unemployed. No history of exposure to radiation, toxic chemicals, infectious agents, inorganic dusts, or organic dusts in the work place. The patient is able to bathe herself, clean the house, be continent of bladder, be continent of bowel, converse meaningfully, cook, dress herself, drive, feed herself, find her way home, live independently, recognize familiar faces, remember the current date, remember her own name, remember where she lives and ride public transportation. Patient recently traveled to DOMINICAN REPUBLIC from 01/01/23 to 02/08/23.

Past Medical, Family and Social History:

PFSH has been reviewed and no change in the information has occurred.

Vital Signs:

BP:	126/88(Left Arm)(Sitting)
Pulse:	123(Apical)(Sitting)(Irregular)
Temperature:	98.4 F (Oral)
Respiration:	16
BMI:	28.63
BSA:	1.59
Height:	4' 10"
Weight:	137 lbs
Oxygen:	99(Room air)
Blood Sugar:	171 Non-Fasting

Examination:

General Appearance: **Patient appears** to be of stated age and overweight. She not in any acute distress. She is **alert**.

Skin: Gross inspection of skin demonstrates no evidence of abnormality.

Head: Patient's head is normocephalic/atraumatic.

Eyes: Pupils are equal and reactive to light and accommodation. Extraocular movements are intact.

Neck: **Thyroid gland has diffuse enlargement.**

Respiratory: Lungs are clear to auscultation b/l. No wheezes, rales, or rhonchi are noted.

Cardiovascular: **Varicosities present on both legs with no evidence of thrombus.**

Gastrointestinal: **Suprapubic tenderness on palpation, no cva tenderness.**

Neurologic: Alert and oriented X 3. Cranial nerves II-XII are grossly intact.

Psychiatric: Patient is conscious, cooperative and well oriented to time, place and person.

Diagnosis:

E11.43 Type 2 diabetes mellitus with diabetic autonomic (poly)neuropathy
E55.9 Vitamin D deficiency, unspecified
E78.2 Mixed hyperlipidemia
K21.9 Gastro-esophageal reflux disease without esophagitis
E11.51 Type 2 diabetes mellitus with diabetic peripheral angiopathy without gangrene
M54.17 Radiculopathy, lumbosacral region
Z13.89 Encounter for screening for other disorder
I11.9 Hypertensive heart disease without heart failure
R05.9 Cough, unspecified
R09.81 Nasal congestion

Prescription:

1 Robitussin Cough-chest Dm Liq 5-100 Mg/5 ML SIG: Take 20 mL PO q4h prn QTY: 118.00

2 Shingrix Vial Kit 50 Mcg/0.5 ML SIG: Administer 0.5 ml IM once, then repeat in 2 to 6 months for shingles prevention QTY: 1.00 REF: 1

3 Tessalon Perle 100 Mg Cap SIG: Take 1 capsule PO TID PRN for cough QTY: 21.00

Refill Added:

1 Aspirin Ec 81 Mg Tablet SIG: Take 1 tablet by mouth once daily QTY: 100.00

2 Cetaphil Moisturizing Lotion SIG: Apply to affected area twice a day QTY: 237.00

3 Cyclobenzaprine 5 Mg Tablet SIG: Take 1 tablet at bedtime. QTY: 30.00

4 Fluticasone Prop 50 Mcg Spray Mcg/actuation SIG: Apply 1-2 sprays each nostril daily QTY: 16.00 REF: 2 Changed from RxRenewal request.

5 Jardiance 25 Mg Tablet SIG: Take 1 tablet daily by mouth for diabetes QTY: 90.00

6 Ketoconazole 2% Shampoo SIG: Wash hair two times a week QTY: 120.00 REF: 2

7 Lipitor 40 Mg Tablet SIG: TAKE 1 TABLET BY MOUTH ONCE DAILY QTY: 100.00

8 Mapap Arthritis Er 650 Mg Cplt SIG: Take 1c po tid for pain QTY: 90.00 REF: 2

9 Mounjaro 2.5 Mg/0.5 ML Pen SIG: Inject 1 pen (2.5 mg) subcutaneously every week for diabetes QTY: 2.00

10 Pantoprazole Sod Dr 40 Mg Tab SIG: Take 1 tab po daily for Acid reflux QTY: 30.00
REF: 2

11 Repatha 140 Mg/ml Sureclick SIG: Inject 140mg subcutaneously every two weeks QTY:
2.00 REF: 2

12 Vitamin D2 1.25 Mg(50,000 Unit) 1,250 Mcg SIG: Take 1 capsule by mouth once a week
QTY: 12.00 Changed from RxRenewal request.

13 Xyzal 5 Mg Tablet SIG: TAKE 1 TABLET BY MOUTH ONCE DAILY AT BEDTIME
FOR ALLERGIES QTY: 90.00

14 Zetia 10 Mg Tablet SIG: Take 1 tablet by mouth once daily at bedtime for cholesterol QTY:
90.00

Diagnostic/Lab:

Diagnostic Center of your choice (Order Date: 6/14/2024) (To be Ordered)

MAMMOGRAM SCREENING.

Plan:

LABS:

[Reviewed:](#) LABS FROM 6/7/24

RBC 5.62 H

GLUCOSE 134 H

CHOL 219 H

TRI 207 H

HDL 36 L

LDL 145 H

A1C 7.8 H

VIT D 21.4 L

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PLAN/QUICK TEXT/ORDERS:-.

PLAN/QUICK TEXT.

- The patient's needs and goals were discussed. Instructions for follow-up were given. Symptom calendar was recommended.

Cough:

- Rx Prescribed, TESSALON PERLES.
- Use warm salt water gargles for throat pain.
- Fluids and rest.
- Recommend nasal steam inhalations.

- Hyperlipidemia.

- Worsening condition.
 - Continue medication regimen, LIPITOR 40 MG TABLET Start date: 09/13/22.
- Medications Compliance: Patient is Compliant with meds.
- Recommend OTC Fish Oil.
 - Counseled for weight loss, aerobic exercise, and eating diets lower in saturated fats.

- Test results reviewed and discussed - (+) Positive Findings, LABS FROM 6/7/24
CHOL 219 H
TRI 207 H
HDL 36 L,

- Pt given do's and don'ts of dieting.
- Low fat diet.

- Hypertension:

- Stable condition.
- Compliant with meds **Systolic:126 Diastolic: 88** RX Management.
- Continue medication regimen,.

Medications Compliance: Patient is Compliant with meds.

- Continuing lifestyle modification,
 - 2GM Sodium diet (- Dash Diet, low salt)
 - Limit drinks that contain caffeine (coffee, black or green tea, cola)
-
- BP monitoring at home,.

GERD:

- Prescribe Rx, Pantoprazole 40mg.
- Advised to reduce possible GERD triggers.
- Avoid caffeine.
- Avoid tight fitting clothes in the belly area.
- While sleeping, encouraged to elevate the head of the bed.
- Maintain a healthy weight.
- Limit and/or avoid alcohol.
- Limit and/or avoid carbonated drinks.

Lumbar Pain.

- Rx Prescribed, IBUPROFEN 600MG PRN.
- Worsening condition,.
- Lifestyle modification,.
- Recommend stress reduction,.
- Recommend rest and plenty of sleep.

Diabetes:

- Stable condition -Fasting Blood Sugar: 0.
- Non-fasting Blood Sugar: 171.
- RX Management, CONT MED.
- Counseled about Exercising regularly
- Discussed about planning what to eat and following a balanced meal plan
- Maintain Blood glucose, blood cholesterol and BP within normal limits
- Pt given do's and don'ts of dieting
- The patient was counseled for monitoring of blood glucose level on a daily basis

-Explained to the patient about correct utilization of the instrument for blood glucose measurement

- Repeat HgBA1C in 3 months

- low fat, low carb diet and Mediterranean diet recommended.

- Labs Reviewed: LABS FROM 6/7/24

A1C 7.8 H.

Vitamin D deficiency.

Continue taking Vitamin D supplements,.

Medications Compliance: Patient is Compliant with meds.

- Worsening condition,.

- Labs Reviewed: LABS FROM 6/7/24

VIT D 21.4 L.

- Safety and Fall Prevention.

- Advised patient to eat Foods that contain high amounts of vitamin D3: oily fish, such as salmon, mackerel, and blue fish, as well as fortified milk and other dairy products.

- Recommended Sensible sun exposure, especially between the hours of 10:00 am and 3:00 pm.

Preventative Care:

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Obesity BMI 30-34: 28.63.

- Counseled on how to read a nutrition label, Encouraged keeping a food diary/journal.

- Encouraged alternative foods such as:

- Encouraged exercises,.

- Encouraged water instead of soda/juices/alcohol.

Patient efforts and lifestyle modifications:

- Discussed lifestyle changes.

- Stressed the importance of exercise along with proper heart healthy diet and nutrition.

- Greater than >50% of visit was spent counseling, reviewing medications and diagnostic test results, explaining benefits and risks of each medication as well as risks and benefits of treatment options, discussing lifestyle changes, coordinating care, setting goals with patient to improve quality of life, prevent risk for heart disease/stroke/metabolic syndrome, and reduce risk factors.

- Reviewed and summarized with patient previous medical records and history. Physician Referrals Gastroenterology referral Gastroenterology Podiatrist referral PODIATRY.

Education/Counseling/Discussion: Education/Counseling/Discussion Exercise discussed. importance of weight loss discuss with patient. Diet and Exercise instruction given. Safe sex. Skin care discussed.

End Time: 10:45 AM.

10/13/2023
