

DOB:

DOS: 06/14/2024

Progress Notes

Provider:

Date: 06/14/2024

Subjective:

Chief Complaints:

1. f/u Psoriasis.

HPI:

Follow-up:

FOLLOW UP PT IS HERE TO F/U PSORIASIS(B/L ARMS) PT STATE GOOD IMPROVEMENT WITH OTEZLA 30MG AND WOULD LIKE RX REFILLS
No side effects, specifically no GI side effects.

ROS:

Constitutional-overall health well.
Dermatology, see HPI, no other skin complaints.
Allergy- No food or environmental allergies.

Medical History: Medical History Verified.

Surgical History: c-section .

Hospitalization/Major Diagnostic Procedure: Denies Past Hospitalization.

Family History:

PT is adopted, unknown hx of skin cancer.

Social History: no Smoking in Household. no Alcohol. no Recreational drug use in Household. Sunscreen use: yes. At least 1 blistering sunburn: yes. no Exposed to HIV. no Exposed to HEP A,B,C,D.

Medications: Taking Otezla 30 mg tablet 1 tab(s) orally 2 times a day, Medication List reviewed and reconciled with the patient

Objective:

Examination:

General Examination:

General appearance: NAD, pleasant, well nourished and hydrated. Neurologic exam: no focal signs, gait normal, age-appropriate orientation to time, place, and person.

Physical Examination:

Dermatologic Exam (1) (ICD-10):

Psoriasis Vulgaris elbows clear, post-inflammatory hypopigmentation only.

Assessment:

Assessment:

1. Psoriasis vulgaris - L40.0 (Primary)

Plan:

1. Psoriasis vulgaris

Refill Otezla tablet, 30 mg, 1 tab(s), orally, 2 times a day, 90 day(s), 180 Tablet, Refills 1 .

Notes: - pt denies s/e

- good improvement noted on exam

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Discussed r/b of Otezla including but not limited to diarrhea (which may become severe), nausea, vomiting, upper respiratory tract infections, headaches, weight loss, and reports of depression. Discussed with patient to stop Otezla and call the office if any of these or other symptoms or other mood changes develop or worsen.

Discussed psoriasis etiology/prognosis/treatment options. Discussed psoriasis as a risk factor for diabetes, CAD, HTN, hyperlipidemia, recommend diet low in glycemic index and light exercise

Follow Up: 3 Months

Images:

Provider:

Date: 06/14/2024

DOB:

DOS: 06/09/2023

Progress Notes

Patient:

Account

Number: DOB: **Age:** 39 Y **Sex:** Female

Phone:

Address:

Provider:

Date: 06/09/2023

Subjective:

Chief Complaints:

1. Psoriasis (b/l arms, b/l knees).

HPI:

Rash:

New pt is here for psoriasis (b/l arms, knees). Pt reports last derm, she was taking triamcinolone with minimal relief, last used 2 months ago. Pt also reports hx otezla 30mg a few years ago but stopped as it showed no improvement. Pt would like to be examined and discuss tx options.

Did very well with Otezla, would like to restart, no side effects.

ROS:

Constitutional-overall health well. Dermatology, see HPI, no other skin complaints.

Allergy- No food or environmental allergies.

Medical History: Medical History Verified.

Surgical History: c-section .

Hospitalization/Major Diagnostic Procedure: Denies Past Hospitalization.

Family History:

PT is adopted, unknown hx of skin cancer.

Social History: no Smoking in Household. no Alcohol. no Recreational drug use in Household. Sunscreen use: yes. At least 1 blistering sunburn: yes. no Exposed to HIV. no Exposed to HEP A,B,C,D.

Medications: None

Allergies: N.K.D.A.

Objective:

Examination:

General Examination:

General appearance: NAD, pleasant, well nourished and hydrated. Neurologic exam: no focal signs, gait normal, age-appropriate orientation to time, place, and person.

Physical Examination:

Dermatologic Exam (1) (ICD-10):

Psoriasis Vulgaris located on extensor surfaces well-defined mycaceous plaques - arms, knees.

Assessment:

Assessment:

1. Psoriasis vulgaris - L40.0 (Primary)

Plan:

1. Psoriasis vulgaris

Start Otezla tablet, 30 mg, 1 tab(s), orally, 2 times a day, 90 day(s), 180 Tablet, Refills 1 .

Notes: Psoriasis - b/l arms and legs

Provider:

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(40 yo F) Acc No.

DOS: 06/09/2023

- discussed condition and tx
- start otezla, sent via specialty pharmacy
- otezla starter pack given to pt
- rtc 2 weeks

Discussed r/b of Otezla including but not limited to diarrhea (which may become severe), nausea, vomiting, upper respiratory tract infections, headaches, weight loss, and reports of depression. Discussed with patient to stop Otezla and call the office if any of these or other symptoms or other mood changes develop or worsen.

Follow Up: 2 Weeks (Reason: f/u psoriasis)

Images:

Provider:

Date: 06/09/2023