



**Phone**

Patient:

Date of Birth:

Date: 06/12/2024 09:15 AM

Historian: self

Visit Type: Office Visit

## History of Present Illness

### 1. diabetes

The diabetes mellitus began in 2020. The problem is improving. Risk factors include: family history diabetes mellitus, gave birth to baby > 9 lbs, obesity, over age 45 years old and sedentary lifestyle. Managing with: Diet and Fingerstick blood sugars (). Associated symptoms include: weight loss. Pertinent negatives include blurred vision and chest pain. Additional information: since starting mounjaro 7.5 (5wks ago) pt has had abd pain, nausea, burping and diarrhea and reflux

last labs 4/22. A1c 7.8 (improved). Also taking synjardy.

## Problem List

| Problem Description   | Onset Date | Chronic | Clinical Status | Notes |
|---|------------|---------|-----------------|-------|
| Hypoxemia   | 03/28/2019 | N       |                 |       |
| Type 2 diabetes mellitus with other specified complication, with long-term current use of insulin | 01/31/2019 | N       |                 |       |
| Hyperlipidemia, unspecified   | 03/19/2018 | N       |                 |       |
| hyperlipidemia type   |            |         |                 |       |
| Essential hypertension  | 03/19/2018 | N       |                 |       |
| Morbid obesity  |            | N       |                 |       |
| Type 2 diabetes mellitus without complication, without long-term current use of insulin           |            | N       |                 |       |

## PAST MEDICAL/SURGICAL HISTORY

(Detailed)

| Disease/disorder  | Onset Date | Management                         | Date | Comments |
|---|------------|------------------------------------|------|----------|
| small vessel disease  | 03/2024    |                                    |      |          |
| Encounter for screening for other disorder  | 04/30/2019 |                                    |      |          |
| Bacterial pneumonia   | 03/28/2019 |                                    |      |          |
| Acute pain of left shoulder   | 03/26/2018 |                                    |      |          |
| Controlled type 2 diabetes mellitus without complication, with long-term current use of insulin | 03/19/2018 |                                    |      |          |
| Depression  | 2010       |                                    |      |          |
|   | 1993       | Hysterectomy, vaginal Appendectomy | 1991 |          |
|   |            | Hernia repair                      |      |          |
| Diabetes  |            |                                    |      |          |

**FAMILY HISTORY**  
(Detailed)

| Relationship | Family Member Name | Deceased | Age at Death | Condition         | Onset Age | Cause of Death |
|--------------|--------------------|----------|--------------|-------------------|-----------|----------------|
| Father       |                    |          |              | Diabetes mellitus |           | N              |
| Father       |                    |          |              | Obesity           | 35        | N              |
| Father       |                    |          |              | asthma            | 60        | N              |

**Social History (Detailed)**

The patient is right-handed.  
Preferred language is English. Language spoken at home is English.  
Born in England.

**Education/Employment/Occupation**

| Employment | History | Status     | Retired | Restrictions |
|------------|---------|------------|---------|--------------|
|            |         | unemployed |         |              |

**Marital Status/Family/Social Support**

Marital status: Married

**Children**

Has children: 2 daughter(s).

**Home Environment**

Housing status is stable/permanent.  
Patient's support network includes children and spouse.

Tobacco use status: Ex-cigarette smoker.

Smoking status: Former smoker.

Alcohol

There is a history of alcohol use.  
Type: Hard liquor. 1-2 drinks consumed rarely.

Caffeine

The patient uses caffeine: coffee - 2 cups a day.

Lifestyle

Sedentary activity level.  
The patient reports there are animals in the home.

Pets

dogs. The patient does not clean up after the animal(s).

Sleep Patterns

Patient has no changes to sleep patterns.

Home Environment/Safety

The home has smoke detectors. No carbon monoxide detector at home. There is a pool/spa at home.  
The home does not have radon present.  
Uses seat belts.

Military Experience

Patient has no military experience.

Advance Directives

Reviewed

MEDICATIONS (ACTIVE PRIOR TO TODAY)

| Medication Name   | Sig Description   | Start Date | Stop Date | Refilled   | Rx Elsewhere |
|---|---|------------|-----------|------------|--------------|
| Rosuvastatin Calcium 20 MG Oral Tablet                      | TAKE 1 TABLET BY MOUTH<br>ONCE DAILY  | 01/03/2024 |           | 01/03/2024 | N            |
| metoprolol succinate ER 50 mg tablet,extended release 24 hr | take 1 tablet by oral route<br>every day  | 01/10/2024 |           | 01/10/2024 | N            |
| OneTouch Verio test strips                                  | use by Topical route 2 times<br>every day alternate testing<br>fasting, 2hrs after a meal,<br>and bedtime | 01/22/2024 |           |            | N            |
| Escitalopram Oxalate 20 MG Oral Tablet                      | TAKE 1 TABLET BY MOUTH<br>ONCE DAILY  | 02/08/2024 |           | 02/08/2024 | N            |
| isosorbide mononitrate ER 30 mg tablet,extended release     | take 1 tablet by oral route<br>every day in the morning   | 03/14/2024 |           | 03/14/2024 | N            |

24 hr

|  |  |            |            |   |
|--|--|------------|------------|---|
| Mounjaro 7.5 mg/0.5 mL inject (7.5MG) by subcutaneous pen injector | subcutaneous route every week  | 04/22/2024 | 06/12/2024 | N |
| Synjardy XR 12.5 mg-1,000 mg tablet, extended release              | TAKE 2 TABLETS BY MOUTH IN THE MORNING WITH A MEAL                                   | 04/22/2024 | 04/22/2024 | N |
| Eliquis 5 MG Oral Tablet   | TAKE 1 TABLET BY MOUTH TWICE DAILY   | 04/30/2024 | 04/30/2024 | N |
| RABEPRAZOLE 20MG TAB   | TAKE 1 TABLET BY MOUTH ONCE DAILY SWALLOW TABLET WHOLE, DO NOT CRUSH, CHEW OR DIVIDE | 05/10/2024 | 05/10/2024 | N |

## MEDICATION RECONCILIATION

Medications reconciled today.

## MEDICATION REVIEWED

| Adherence          | Medication Name   | Sig Desc   | Elsewhere | Status   |
|--------------------|---|--|-----------|----------|
| taking as directed | Rosuvastatin Calcium 20 MG Oral Tablet                        | TAKE 1 TABLET BY MOUTH ONCE DAILY  | N         | Verified |
| taking as directed | metoprolol succinate ER 50 mg tablet,extended release 24 hr   | take 1 tablet by oral route every day  | N         | Verified |
| taking as directed | OneTouch Verio test strips                                    | use by Topical route 2 times every day alternate testing fasting, 2hrs after a meal, and bedtime | N         | Verified |
| taking as directed | Escitalopram Oxalate 20 MG Oral Tablet                        | TAKE 1 TABLET BY MOUTH ONCE DAILY  | N         | Verified |
| taking as directed | isosorbide mononitrate ER 30 mg tablet,extended release 24 hr | take 1 tablet by oral route every day in the morning   | N         | Verified |
| taking as directed | Mounjaro 7.5 mg/0.5 mL subcutaneous pen injector              | inject (7.5MG) by subcutaneous route every week  | N         | Verified |
| taking as directed | Synjardy XR 12.5 mg-1,000 mg tablet, extended release         | TAKE 2 TABLETS BY MOUTH IN THE MORNING WITH A MEAL   | N         | Verified |
| taking as directed | Eliquis 5 MG Oral Tablet                                      | TAKE 1 TABLET BY MOUTH TWICE DAILY   | N         | Verified |
| taking as directed | RABEPRAZOLE 20MG TAB  | TAKE 1 TABLET BY MOUTH ONCE DAILY SWALLOW TABLET WHOLE, DO NOT CRUSH, CHEW OR DIVIDE             | N         | Verified |

## Allergies

| Ingredient | Reaction (Severity) | Medication Name | Comment |
|------------|---------------------|-----------------|---------|
| MORPHINE   | Muscle weakness     |                 |         |
| YELLOW DYE | Slow respiration    |                 |         |

Review of Systems

| System         | Neg/Pos  | Details         |
|----------------|----------|-----------------|
| Constitutional | Positive | Weight loss.    |
| Eyes           | Negative | Blurred vision. |
| Cardio         | Negative | Chest pain.     |

Vital Signs

| Time    | BP<br>mm/Hg | Pulse<br>/min | Resp<br>/min | Temp F | Ht ft | Ht in | Ht cm  | Wt lb  | Wt kg  | BMI<br>kg/m2 | BSA m2 | O2<br>Sat% |
|---------|-------------|---------------|--------------|--------|-------|-------|--------|--------|--------|--------------|--------|------------|
| 9:35 AM | 119/77      | 76            |              | 98.20  | 5.0   | 3.00  | 160.02 | 215.60 | 97.795 | 38.19        | 2.08   | 96         |

Measured by

| Time | Measured by |
|------|-------------|
|------|-------------|

Physical Exam

| Exam            | Findings | Details  |
|-----------------|----------|--|
| Constitutional  | Normal   | Well developed.  |
| Eyes            | Normal   | Conjunctiva - Right: Normal, Left: Normal. Pupil - Right: Normal, Left: Normal.  |
| Ears            | Normal   | Inspection - Right: Normal, Left: Normal. Hearing - Right: Normal, Left: Normal. |
| Respiratory     | Normal   | Effort - Normal.   |
| Skin            | *        | Inspection - General inspection: warm and dry.                                   |
| Musculoskeletal | Normal   | Visual overview of all four extremities is normal.                               |
| Extremity       | Normal   | No edema.  |
| Psychiatric     | Normal   | Appropriate mood and affect. Normal insight.                                     |

Immunizations Entered by History

| Date                   | Immunization  |
|------------------------|---|
| 12/19/2017 12:00:00 AM | Influenza, injectable, trivalent, split virus, preservative free, 5 years and older Afluria 2017-2018 |

Assessment/Plan

| #  | Detail Type  | Description  |
|----|--------------|--|
| 1. | Assessment   | Morbid obesity (E66.01).   |
| 2. | Assessment   | Uncontrolled type 2 diabetes mellitus with hyperglycemia (E11.65).             |
|    | Patient Plan | CONTINUE synjardy and lower mounjaro to 5mg.                                   |
|    | Plan Orders  | Comp. Metabolic Panel (14) to be performed and Hemoglobin A1c to be performed. |
| 3. | Assessment   | Essential hypertension (I10).  |
|    | Impression   | at goal<br>managed by cardiology.  |
|    | Patient Plan | continue metoprolol and isosorbide   |

4. Assessment Body mass index (BMI) 38.0-38.9, adult (Z68.38).

## Patient Education

### # Patient Education

1. Low Sodium Diet (2,000 Milligram): Care Instructions

## Medications (Added, Continued or Stopped today)

| Start Date | Medication  | Directions   | PRN Status | PRN Reason | Instruction     | Stop Date  |
|------------|---|--|------------|------------|-----------------|------------|
| 04/30/2024 | Eliquis 5 MG Oral Tablet                                      | TAKE 1 TABLET BY MOUTH TWICE DAILY   | N          |            |                 |            |
| 02/08/2024 | Escitalopram Oxalate 20 MG Oral Tablet                        | TAKE 1 TABLET BY MOUTH ONCE DAILY  | N          |            |                 |            |
| 03/14/2024 | isosorbide mononitrate ER 30 mg tablet,extended release 24 hr | take 1 tablet by oral route every day in the morning   | N          |            |                 |            |
| 01/10/2024 | metoprolol succinate ER 50 mg tablet,extended release 24 hr   | take 1 tablet by oral route every day  | N          |            |                 |            |
| 06/12/2024 | Mounjaro 5 mg/0.5 mL subcutaneous pen injector                | inject (5MG) by subcutaneous route every week  | N          |            | CANCEL 7.5 DOSE |            |
| 04/22/2024 | Mounjaro 7.5 mg/0.5 mL subcutaneous pen injector              | inject (7.5MG) by subcutaneous route every week  | N          |            |                 | 06/12/2024 |
| 01/22/2024 | OneTouch Verio test strips                                    | use by Topical route 2 times every day alternate testing fasting, 2hrs after a meal, and bedtime | N          |            |                 |            |
| 05/10/2024 | RABEPRAZOLE 20MG TAB  | TAKE 1 TABLET BY MOUTH ONCE DAILY SWALLOW TABLET WHOLE, DO NOT CRUSH, CHEW OR DIVIDE             | N          |            |                 |            |
| 01/03/2024 | Rosuvastatin Calcium 20 MG Oral Tablet                        | TAKE 1 TABLET BY MOUTH ONCE DAILY  | N          |            |                 |            |

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|            |  |   |   |
|------------|--|---|---|
| 04/22/2024 | Synjardy XR 12.5<br>mg-1,000 mg<br>tablet, extended<br>release | TAKE 2 TABLETS BY<br>MOUTH IN THE<br>MORNING WITH A<br>MEAL | N |
|------------|--|---|---|

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