

Patient Name	Mrs Asha Sinha	UHID	457037
Age/Gender	60 Y, 3 M, 7 D/Female	Doctor	Dr Swati Kapoor
Referred By		Mobile No	8910205855
Address	236 Sidheswar Nagar, Mainpura, In Front Of Gate No.41, Patna, Patna	Employer Name	HCLT
Employee Id	52018677	Relationship	Mother
Bill Date Time	22-05-2024 09:52 AM	Appointment date and time	28-05-2024 04:20 PM

Vitals	Height	Weight	BMI
	158 cm	54 kg	21.63 kg/m2

Consent (Tele-Consultation)

Before initiation of the present consult, the patient/consultee was informed and explained about telemedicine, that is, the facility of virtual consult/tele-consult through a tele-health mode, including its limitations, the rights and duties of the provider and the patient/consultee as per the statutory guideline for the same, and also the fact that the present consult's audio/video call may be recorded and used by other clinical providers confidentially for internal training and quality purposes. After having understood it, the patient/consultee has given his/her informed, verbal consent for this virtual consult.

Chief Complaint : health check up

History of Present Illness

History

hc

History (HRA)

Social History

☒ Yes

Do You Smoke?

☒ No

Do You Consume Alcohol?

☒ No

Do you consume tobacco?

☒ No

Do you sleep for at least 7 hours daily on an average?

☒ Yes

Over the last 2 weeks, have you been bothered by the feeling of nervousness, anxiety, being on edge, or not being able to stop or control worrying?

☒ No

Do you do any exercise for at least 150 minutes of moderate-intensity aerobic activity or at least 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination weekly (such as jogging, walking, gym, yoga, meditation etc.)?

☒ No

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HCL Avitas Pvt. Ltd.

Registered Office Address: 806 Siddharth 96, Nehru Place, New Delhi - 110019, India

Toll Free no: 1800-103-7070

Website: www.HCLHealthcare.in

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Past Medical History:

☒ No

Family History:

☒ Yes

☒ Father has history of following conditions :

☒ Asthma/Lung Disease

Any Past Surgical History:

☒ No

Any Past Hospitalization History:

☒ No

Allergy : No Known Allergy

Examination

General Examination

Physical Examination conducted

☒ No

Consciousness

conscious

Systemic Examination

Diagnosis : R73.03 Prediabetes
Remarks: DIABETIC DIET DIETICIAN CONSULT REPEAT FASTING BLOOD SUGAR , HBA1C AFTER 3 MONTH
E78.5 Hyperlipidemia, unspecified
Remarks: avoid fried , oily food DIETCIAN CONSULT REPEAT LIPID PROFILE AFTER 3 MONTH
E55.9 Vitamin D deficiency, unspecified

Investigation Advised : Prime Health (OP Package) , Qty: 1 , serviceDate: 28-05-2024 , Appointment Time: 06:44 PM , Priority: Routine

Medicines Prescribed

Medicine name	Dose	Frequency	Duration	QTY	Meal Relation	Remarks
UPRISE-D3 SOFT-GELATIN CAP 60000IU	1			1		once a week x 10 week

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Preventive Education : Avoid saturated fats such as ghee, cheese, and butter; instead, use an oil that contains MUFA/PUFA, such as sunflower oil, olive oil, rice bran oil, and so on.

Referral Request : Dietary
Ear, Nose And Throat Surgery (i//v/o persistent cough)

Followup : 26-08-2024

Dr Swati Kapoor
MBBS,MD Internal Medicine
Internal Medicine

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