

HORIZON FAMILY CLINIC – CLINICAL ENCOUNTER NOTE

Patient: Thompson, Maria I.

Date of Service: 2025-06-10

Provider: Dr. Lena Morales, MD

Visit Type: Chronic Care Follow-Up – Diabetes, Hypertension, Hypothyroidism

HISTORY OF PRESENT ILLNESS:

Maria Thompson is a 42-year-old female presenting for her 6-month follow-up for Type 2 Diabetes, Hypothyroidism, and Hypertension. She reports consistent adherence to prescribed medications:

- Metformin 500mg BID
- Levothyroxine 100mcg daily
- Lisinopril 10mg daily

She monitors her blood glucose daily. Last week's average readings ranged from 95–110 mg/dL. She denies symptoms of fatigue, dizziness, or polyuria. Reports occasional morning headaches that resolve spontaneously. Denies any weight gain or palpitations.

PHYSICAL EXAMINATION:

- BP: 118/76 mmHg
 - HR: 72 bpm
 - BMI: 24.8 kg/m²
 - General: Alert, oriented, NAD
 - Feet: No neuropathy or ulcers noted
 - Thyroid: Not enlarged
 - Cardiac: Normal S1/S2, no murmurs
 - Lungs: Clear bilaterally
 - Extremities: No edema
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ASSESSMENT & PLAN:

1. **Type 2 Diabetes Mellitus – well-controlled**

- Continue Metformin
- HbA1c ordered
- Reinforced dietary compliance

2. Essential Hypertension – well-controlled

- Continue Lisinopril
- Monitor BP at home

3. Hypothyroidism – stable

- Continue Levothyroxine
- TSH and Free T4 ordered

4. Preventive Screening

- Advised to schedule mammogram
- Colonoscopy due in 3 years

Plan Summary:

- Return in 6 months unless symptoms arise
 - Contact clinic if blood pressure or glucose readings deviate significantly
 - Labs to be followed up by nurse within 72 hours
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SERVICES RENDERED:

- Established patient visit (moderate complexity)
 - Blood draw for HbA1c, TSH, CMP
 - Health education counseling provided
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CHARGES:

- Office Visit: \$135.00
- Laboratory Panel: \$0.00 (covered)
- TOTAL PATIENT RESPONSIBILITY: \$25.00 (co-pay)