Patient Medical Chart

Patient Information:

- Name: John Doe

- Date of Birth: January 1, 1980

- Gender: Male

- Contact Information: john.doe@example.com, (555) 123-4567

- Address: 123 Main Street, Anytown, USA

Medical History:

- Known Medical Conditions: Hypertension, Type 2 Diabetes

- Allergies: None

- Medications:

- Metformin 500mg, twice daily

- Lisinopril 10mg, once daily

Presenting Complaint:

- The patient complains of persistent headaches and occasional dizziness.

Physical Examination:

- General Appearance: The patient appears well-nourished and in no acute distress.

- Vital Signs:

- Blood Pressure: 130/80 mmHg

- Heart Rate: 78 beats per minute

- Respiratory Rate: 16 breaths per minute

- Temperature: 98.6°F (37°C)

- Examination Findings: No abnormalities detected. Neurological examination within normal limits.

Assessment and Plan:

- Diagnosis: Primary hypertension, likely contributing to the patient's headaches.

- Treatment Plan:

- Adjust Lisinopril dosage to 20mg, once daily.

- Advise lifestyle modifications, including regular exercise and a low-sodium diet.

- Follow-up: Schedule a follow-up visit in four weeks to assess the patient's response to treatment and monitor blood pressure.

- Patient Education: Instruct the patient on the importance of medication adherence and lifestyle modifications to manage hypertension.

Notes:

- The patient's blood pressure has been gradually increasing over the past year, warranting an adjustment in the antihypertensive medication dosage.

- No signs of other concerning symptoms or underlying neurological issues observed during the examination.