

**Document Type: Medical Record - Hypertension Diagnosis**

**Date of Service: March 15, 2010**

**[Harmony Health Clinic - Logo: A stylized green leaf over interlocking circles]**

**Patient Name: John Doe**

**Date of Birth: 01/15/1970**

---

**SUBJECTIVE:**

Patient reports recurrent dull headaches over the past 3 months, primarily in the temporal region, occasionally accompanied by mild dizziness. Headaches occur 2-3 times per week, rated 4/10 intensity. Denies vision changes, chest pain, or shortness of breath.

**OBJECTIVE:**

- **Vitals:** BP: 155/95 mmHg (initial), 150/92 mmHg (repeat after 5 min rest). HR: 80 bpm, RR: 16 bpm, Temp: 98.6°F.
- **Physical Exam:** HEENT: Pupils equal, round, reactive to light and accommodation. Fundoscopic exam normal. Lungs: Clear. Heart: Regular rate and rhythm, no S3/S4, no murmurs. Abdomen: Soft, non-tender. Extremities: No edema. Neurological: Grossly intact, no focal deficits.

**ASSESSMENT:**

Essential Hypertension (ICD-10: I10). New diagnosis. Elevated blood pressure on multiple occasions. Headaches likely related to hypertension. Patient's cholesterol remains mildly elevated.

**PLAN:**

1. Initiate Lisinopril 10mg daily by mouth.
  2. Provide patient with educational materials on low-sodium diet (DASH diet) and cardiovascular health. Referral to clinic nutritionist offered.
  3. Strongly encourage regular aerobic exercise (e.g., brisk walking for 30 minutes, 5 times per week).
  4. Instruct patient on proper technique for home blood pressure monitoring; patient to record and bring readings to next visit.
  5. Follow up in 4 weeks for blood pressure check, review of home readings, and medication adjustment as needed.
- 

**Physician Signature:**

Dr. Evelyn Reed, MD

March 16, 2010