

## Reason for Visit

## Visit Diagnosis

- Need for immunization against influenza [Z23]

## Visit Information

## Provider Information

## Encounter Provider

Clinic, Qued Flu

## Department

Name	Address	Phone	Fax
Allina Health Centennial Lakes Clinic	7373 France Ave S Ste 202 Edina MN 55435	952-835-1311	952-428-0099

## Other Orders

## Immunization/Injection

## FLU VACCINE =&gt; 3 PRESERV FREE QUADRIVALENT IIV4 IM [1016706351] (Completed)

Electronically signed by: **Kotlan, Julie D on 11/01/19 1620**Status: **Completed**

Ordering user: Kotlan, Julie D 11/01/19 1620

Authorized by: Webb, Crispin John, MD

Ordering mode: Standard

Frequency: 11/01/19 -

Class: Clinic Performed

Quantity: 1

Diagnoses

Need for immunization against influenza [Z23]

## Indications

Need for immunization against influenza [Z23 (ICD-10-CM)]

## Messages

## Appointment Reminder - You have an upcoming appointment

From  
Patient Interface, Mychart  
Last Read in MyChart  
Not Read

To  
Rabin Pun

Sent and Delivered  
10/28/2019 9:03 PM

To view more details about this appointment, go to [epichttp://appointments\[Upcoming Appointments\]](http://epichttp://appointments[Upcoming Appointments]).

Please arrive at your clinic at least 10 minutes before your schedule appointment time. The arrival time allows for check in and any updates to your account. If you have a lab or other appointments prior to this visit with your provider, your arrival time may be earlier than 10 minutes.

Remember, your co-pay amount is due when you check in for your appointment.

In Health,  
Allina Health

Messages (continued)

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History

Reviewed By	Reviewed On
MEYER, KATELYN [A161273]	Apr 22, 2019

Encounter Status

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Closed by Kotlan, Julie D on 11/1/19 at 16:20

## Reason for Visit

## Visit Diagnoses

- Globus pharyngeus [F45.8]
- Chronic rhinitis [J31.0]
- Seasonal allergic rhinitis due to pollen [J30.1]

## Visit Information

## Provider Information

## Encounter Provider

Kharel, Nirmal, MBBS

## Department

Name	Address	Phone	Fax
Allina Health Centennial Lakes Clinic	7373 France Ave S Ste 202 Edina MN 55435	952-835-1311	952-428-0099

## Other Orders

## Referral

## AMB CONSULT TO ENT --west region-- [965055950] (Final result)

Status: Completed

Electronically signed by: Kharel, Nirmal, MBBS on 04/22/19 1657

Ordering user: Kharel, Nirmal, MBBS 04/22/19 1657

Authorized by: Kharel, Nirmal, MBBS

Ordering mode: Standard

Class: Referral

Quantity: 1

Lab status: Final result

Instance released by: Casello, Misty 5/7/2019 12:17 PM

Diagnoses

Globus pharyngeus [F45.8]

Chronic rhinitis [J31.0]

Seasonal allergic rhinitis due to pollen [J30.1]

Order comments: Lvl 2 - ENT Specialty Care (Drs. Barth, Khabie, et al.) 612-871-1144 Edina, WestHealth, Minneapolis, Burnsville, Maple Grove

## Referral Details

Referred By	Diagnoses	Referred To	Type	Priority
Kharel, Nirmal, MBBS 7373 France Ave S Ste 202 EDINA MN 55435 Phone: 952-835-1311 Fax: 952-428-0099	Globus pharyngeus Chronic rhinitis Seasonal allergic rhinitis due to pollen Order: Amb Consult To Ent --West Region-- Reason: Appointment Scheduled	ENT SPECIALTYCARE MN EDINA SOUTHDALE 6525 France Ave S Ste 325 EDINA MN 55435-2187 Phone: 952-920-4595 Fax: 952-920-7958 Specialty: ENT	Consult, Diagnose & Treat	Routine

Comment: Lvl 2 - ENT Specialty Care (Drs. Barth, Khabie, et al.) 612-871-1144 Edina, WestHealth, Minneapolis, Burnsville, Maple Grove

## AMB CONSULT TO ENT --west region-- [965055950]

Result status: Final result

Order status: Completed

Filed by: Casello, Misty 05/07/19 1217

## Indications

Globus pharyngeus [F45.8 (ICD-10-CM)]

Chronic rhinitis [J31.0 (ICD-10-CM)]

Seasonal allergic rhinitis due to pollen [J30.1 (ICD-10-CM)]

Other Orders (continued)

History

Reviewed By	Reviewed On
MEYER, KATELYN [A161273]	Apr 22, 2019

Encounter Status

Closed by Batch, Eligibility on 5/8/19 at 02:06

## Reason for Visit

## Chief Complaint

- Throat Problem (X1 month. Feeling that something is stuck in throat, particularly in the morning. No hx of GERD)

## Visit Diagnoses

- Globus pharyngeus (primary) [F45.8]
- Chronic rhinitis [J31.0]
- Seasonal allergic rhinitis due to pollen [J30.1]

## Visit Information

## Provider Information

Encounter Provider	Authorizing Provider
Kharel, Nirmal, MBBS	Kharel, Nirmal, MBBS

## Department

Name	Address	Phone	Fax
Allina Health Centennial Lakes Clinic	7373 France Ave S Ste 202 Edina MN 55435	952-835-1311	952-428-0099

## Level of Service

Level of Service
PR OFFICE OUTPT ESTAB LEVEL 4

## Vitals

Vital Signs - Last Recorded					Most recent update: 4/22/2019 4:32 PM
BP	Pulse	Temp	Ht	Wt	
119/80 (Cuff Site: Right Arm, Position: Sitting, Cuff Size: Adult Regular)	66	97.9 °F (36.6 °C) (Tympanic)	1.705 m (5' 7.13")	69.4 kg (153 lb)	
SpO2	BMI				
99%	23.87 kg/m²				

## Clinic Staff Notes

## Nursing Note

## Meyer, Katelyn at 4/22/2019 4:25 PM

Author: Meyer, Katelyn  
 Filed: 4/22/2019 7:53 AM  
 Editor: Meyer, Katelyn

Service: —  
 Encounter Date: 4/22/2019

Author Type: —  
 Status: Signed

## Pre-Visit Planning Checklist

Reason for visit	Feeling of food in throat after swallowing
Future Visits Needed	N/A
Health Maintenance Due	BMI
Immunizations due?	Yes Adult Td (tetanus + diphtheria) and Tdap (Boostrix®)
Forms to be completed	N/A

ALLINA HEALTH  
 CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
 Admit Date/Date of Service: 04/22/2019

DOB: 5/8/1991  
 Discharge Date:

MRN: 1010971921  
 HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**04/22/2019 - Office Visit in Allina Health Centennial Lakes Clinic (continued)****Clinic Staff Notes (continued)**

VORBs needed for visit	N/A
Does the patient have an Advance Care Plan?	No
Is Pre-Visit Planning Complete?	Yes

Katelyn Meyer LPN ..... 4/22/2019 7:52 AM

Electronically signed by Meyer, Katelyn at 4/22/2019 7:53 AM

**Meyer, Katelyn at 4/22/2019 4:25 PM**

Author: Meyer, Katelyn  
 Filed: 4/22/2019 4:46 PM  
 Editor: Meyer, Katelyn

Service: —  
 Encounter Date: 4/22/2019

Author Type: —  
 Status: Signed

**Chief Complaint**

Patient presents with

- Throat Problem

*X1 month. Feeling that something is stuck in throat, particularly in the morning. No hx of GERD*

**Health Maintenance Due**

Topic	Date Due
• Tdap	05/08/2002
• Tetanus booster	05/08/2011

Katelyn Meyer LPN ..... 4/22/2019 4:32 PM

Electronically signed by Meyer, Katelyn at 4/22/2019 4:46 PM

**Progress Notes****Progress Notes by Kharel, Nirmal, MBBS at 4/22/2019 4:25 PM**

Author: Kharel, Nirmal, MBBS  
 Filed: 4/23/2019 8:07 AM  
 Editor: Kharel, Nirmal, MBBS (Physician)

Service: —  
 Encounter Date: 4/22/2019

Author Type: Physician  
 Status: Signed

**Date of service: 4/22/2019**

**Chief Complaint**

Patient presents with

- Throat Problem

*X1 month. Feeling that something is stuck in throat, particularly in the morning. No hx of GERD*

ALLINA HEALTH  
 CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
 Admit Date/Date of Service: 04/22/2019

DOB: 5/8/1991  
 Discharge Date:

MRN: 1010971921  
 HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**Progress Notes (continued)****HPI**

Patient is a 27-year-old male with no significant medical history. He presents here reporting a sensation of something getting stuck on his throat for the last 1 month. He particularly feels it in the morning. There is no dysphagia or cough. No chest pain and wheezing. Does not report a history of GERD. He does have seasonal allergies and chronic allergic rhinitis. Has not been taking any over-the-counter medications yet.

REVIEW OF SYSTEMS: A comprehensive review of systems was negative except for items noted in HPI/Subjective.

**Past Medical History:**

Diagnosis	Date
• Environmental allergies	9/7/2018
• History of hemorrhoids	

No past surgical history on file.

**Current Outpatient Medications on File Prior to Visit**

Medication	Sig	Dispense	Refill
• whey protein isolate, bulk, 100 % powd	When working out. 2 times per week at times.		0

No current facility-administered medications on file prior to visit.

**Family History**

Problem	Relation	Age of Onset
• No Known Problems	Mother	
• No Known Problems	Father	
• No Known Problems	Brother	

**Social History****Socioeconomic History**

- Marital status: Single
- Spouse name: Not on file
- Number of children: Not on file
- Years of education: Not on file
- Highest education level: Not on file

**Occupational History**

- Not on file

**Social Needs**

- Financial resource strain: Not on file
- Food insecurity:
  - Worry: Not on file
  - Inability: Not on file
- Transportation needs:
  - Medical: Not on file
  - Non-medical: Not on file

**Tobacco Use**

- Smoking status: Never Smoker
- Smokeless tobacco: Never Used

**Substance and Sexual Activity**

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 04/22/2019

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

## Progress Notes (continued)

- Alcohol use: Yes  
Alcohol/week: 1.2 oz  
Types: 2 Standard drinks or equivalent per week
- Drug use: No  
*Comment: clean for more than 1 year.*
- Sexual activity: Not Currently

## Lifestyle

- Physical activity:  
Days per week: Not on file  
Minutes per session: Not on file
- Stress: Not on file

## Relationships

- Social connections:  
Talks on phone: Not on file  
Gets together: Not on file  
Attends religious service: Not on file  
Active member of club or organization: Not on file  
Attends meetings of clubs or organizations: Not on file  
Relationship status: Not on file
- Intimate partner violence:  
Fear of current or ex partner: Not on file  
Emotionally abused: Not on file  
Physically abused: Not on file  
Forced sexual activity: Not on file

## Other Topics

Concern

- Not on file

## Social History Narrative

- Not on file

## Objective

BP 119/80 (Cuff Site: Right Arm, Position: Sitting, Cuff Size: Adult Regular) | Pulse 66 | Temp 97.9 °F (36.6 °C) (Tympanic) | Ht 1.705 m (5' 7.13") | Wt 69.4 kg (153 lb) | SpO2 99% | BMI 23.87 kg/m<sup>2</sup>

## EXAM:

General Appearance: Pleasant, alert, appropriate appearance for age. No acute distress  
 Ear Exam: Normal TM's bilaterally. Normal auditory canals and external ears. Non-tender.  
 Nose Exam: Normal external nose, mucus membranes, and septum.  
 OroPharynx Exam: Dental hygiene adequate. Normal buccal mucosa. Normal pharynx.  
 Neck Exam: Supple, no masses or nodes.  
 Chest/Respiratory Exam: Normal chest wall and respirations. Clear to auscultation.  
 Cardiovascular Exam: Regular rate and rhythm. S1, S2, no murmur, click, gallop, or rubs.

## ASSESSMENT

	ICD-10-CM	
1. Globus pharyngeus	F45.8	AMB CONSULT TO ENT --west region--
2. Chronic rhinitis	J31.0	AMB CONSULT TO ENT --west region--

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 04/22/2019

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*



**Progress Notes (continued)**

3. Seasonal allergic rhinitis due to pollen J30.1 AMB CONSULT TO ENT --west region--

**Plan**

Globus pharyngeus and chronic allergic rhinitis. His symptoms may be due to laryngeal pharyngeal reflux. Recommended trial of PPI. Antihistamines for allergies. Referred to ENT for endoscopy.

**Patient Instructions**

Please consider taking following over the counter medications.

1. Prilosec 20 mg once daily before meal for 2 weeks - For possible GERD.
2. Also start using Allegra, 1 pill/day. ( 180 mg) X 2 weeks

Consider getting following vaccines,

1. Chicken Pox
2. MMR
3. Hepatitis B
4. Hepatitis A
5. Typhoid every 2 years
6. Flu shot annually.

Nirmal Kharel, MD ..... 4/22/2019 4:44 PM  
Family Medicine  
Centennial Lakes Clinic, Edina, MN

Electronically signed by Kharel, Nirmal, MBBS at 4/23/2019 8:07 AM

**Messages****Appointment Reminder - You have an upcoming appointment**

From	To	Sent and Delivered
Patient Interface, Mychart	Rabin Pun	4/19/2019 9:03 PM
Last Read in MyChart		
10/21/2019 1:14 PM by Rabin Pun		

To view more details about this appointment, go to [epichttp://appointments\[Upcoming Appointments\]](http://epichttp://appointments[Upcoming Appointments]).

Please arrive at your clinic at least 10 minutes before your schedule appointment time. The arrival time allows for check in and any updates to your account. If you have a lab or other appointments prior to this visit with your provider, your arrival time may be earlier than 10 minutes.

Remember, your co-pay amount is due when you check in for your appointment.

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 04/22/2019

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

Messages (continued)

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In Health,  
Allina Health

History

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Reviewed By

MEYER, KATELYN [A161273]

Reviewed On

Apr 22, 2019

Encounter Status

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Closed by Kharel, Nirmal, MBBS on 4/23/19 at 08:07

## Reason for Visit

## Chief Complaint

- Flu Shot

## Visit Diagnosis

- Need for prophylactic vaccination and inoculation against influenza (primary) [Z23]

## Visit Information

## Provider Information

## Encounter Provider

Assistant, Qued Clinical

## Department

Name	Address	Phone	Fax
Allina Health Centennial Lakes Clinic	7373 France Ave S Ste 202 Edina MN 55435	952-835-1311	952-428-0099

## Other Orders

## Immunization/Injection

**FluLaval Single Dose Syringe - FLU VACCINE => 6 MOS PRESERV FREE QUADRIVALENT IIV4 IM [208990] [908786661] (Completed)**

Electronically signed by: **Harper, Catherine on 10/08/18 1647**Status: **Completed**

Ordering user: Harper, Catherine 10/08/18 1647

Authorized by: Fishman, Amy Marissa, PA

Ordering mode: Standard

Cosigning events

Electronically cosigned by Fishman, Amy Marissa, PA 10/09/18 0748 for Ordering

Frequency: 10/08/18 -

Class: Clinic Performed

Quantity: 1

Diagnoses

Need for prophylactic vaccination and inoculation against influenza [Z23]

## Indications

Need for prophylactic vaccination and inoculation against influenza [Z23 (ICD-10-CM)]

## Messages

## Appointment Reminder - You have an upcoming appointment

From	To	Sent and Delivered
Patient Interface, Mychart	Rabin Pun	10/4/2018 9:04 PM
Last Read in MyChart		
10/25/2019 3:16 PM by Rabin Pun		

To view more details about this appointment, go to [epichttp://appointments\[Upcoming Appointments\]](http://epichttp://appointments[Upcoming Appointments]).

Please arrive at your clinic at least 10 minutes before your scheduled appointment time. The arrival time allows for check in and any updates to your account. If you have a lab or other appointments prior to this visit with your provider, your arrival time may be earlier than 10 minutes.

Remember, your co-pay amount is due when you check in for your appointment.

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 10/08/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**Messages (continued)**

In Health,  
Allina Health

**History**

Reviewed By	Reviewed On
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
WEBB, CRISPIN [D68882]	Sep 7, 2018
WEBB, CRISPIN [D68882]	Sep 7, 2018

**Encounter Status**

Closed by Harper, Catherine on 10/8/18 at 16:50

## Reason for Visit

## Chief Complaints

- Physical (Annual - establish care - fasting)
- Allergies (discuss allergy symptoms)

## Visit Diagnoses

Name	Code	Chronic?
Environmental allergies	Z91.09	Yes
<b>Routine general medical examination at a health care facility (primary)</b>	Z00.00	No
Diabetes mellitus screening	Z13.1	No
Lipid screening	Z13.220	No
Screening for iron deficiency anemia	Z13.0	No
Urinary urgency	R39.15	No

## Visit Information

## Provider Information

Encounter Provider	Authorizing Provider
Webb, Crispin John, MD	Webb, Crispin John, MD

## Department

Name	Address	Phone	Fax
Allina Health Centennial Lakes Clinic	7373 France Ave S Ste 202 Edina MN 55435	952-835-1311	952-428-0099

## Follow-up and Dispositions

- Return in about 1 year (around 9/7/2019) for Annual Exam.

## Level of Service

Level of Service
PR PREVENTIVE VISIT NEW 18-39

## Vitals

Vital Signs - Last Recorded				Most recent update: 9/7/2018 11:08 AM
BP	Pulse	Ht	Wt	BMI
106/72 (Cuff Site: Right Arm, Position: Sitting, Cuff Size: Adult Regular)	52	1.705 m (5' 7.13")	68.9 kg (152 lb)	23.72 kg/m²

## Clinic Staff Notes

## Nursing Note

## Voge, Shari at 9/7/2018 10:50 AM

Author: Voge, Shari  
 Filed: 9/7/2018 11:19 AM  
 Editor: Voge, Shari

Service: —  
 Encounter Date: 9/7/2018

Author Type: —  
 Status: Signed

## Chief Complaint

Patient presents with

- Physical

ALLINA HEALTH  
 CENTENNIAL LAKES CLINIC  
 Patient: Pun, Rabin  
 Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
 Discharge Date:

MRN: 1010971921  
 HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**Clinic Staff Notes (continued)***Annual - establish care - fasting*

- Allergies  
*discuss allergy symptoms*

**Health Maintenance Due**

Topic	Date Due
• Tdap	05/08/2002
• Tetanus booster	05/08/2011
• Influenza for age 9-49	09/01/2018
-patient will check records for immunizations.	

Shari Voge, LPN.....9/7/2018.....11:15 AM

Electronically signed by Voge, Shari at 9/7/2018 11:19 AM

**Progress Notes****Progress Notes by Webb, Crispin John, MD at 9/7/2018 10:50 AM**

Author: Webb, Crispin John, MD	Service: —	Author Type: Physician
Filed: 9/7/2018 2:32 PM	Encounter Date: 9/7/2018	Status: Signed
Editor: Webb, Crispin John, MD (Physician)		

**Nursing Notes:****Voge, Shari 9/7/2018 11:19 AM Signed****Chief Complaint**

Patient presents with

- Physical  
*Annual - establish care - fasting*
- Allergies  
*discuss allergy symptoms*

**Health Maintenance Due**

Topic	Date Due
• Tdap	05/08/2002
• Tetanus booster	05/08/2011
• Influenza for age 9-49	09/01/2018
-patient will check records for immunizations.	

Shari Voge, LPN.....9/7/2018.....11:15 AM

## Progress Notes (continued)

**SUBJECTIVE:**

Rabin Pun is a 27 y.o. male who presents for physical, fasting labs.  
 - new patient  
 - recently moved to Twin Cities from Portland OR

**HPI:** Patient is doing well without recent illness, no new concerns.  
 Patient reports some urinary urgency  
 - no dysuria, hematuria  
 - worse after drinking caffeine  
 Reviewed diet and exercise.  
 History reviewed and consistent with the EHR and nurses notes.

**PROBLEM LIST:****Patient Active Problem List**

Diagnosis	Date Noted
• Environmental allergies	09/07/2018

**PAST MEDICAL HISTORY:****Past Medical History:**

Diagnosis	Date
• Environmental allergies	9/7/2018
• History of hemorrhoids	

**SURGICAL HISTORY:**

No past surgical history on file.

**SOCIAL HISTORY:****Social History****Social History**

- |                       |        |
|-----------------------|--------|
| • Marital status:     | Single |
| Spouse name:          | N/A    |
| • Number of children: | N/A    |
| • Years of education: | N/A    |

**Occupational History**

- Not on file.

**Social History Main Topics**

- |   |               |
|---|---------------|
| • Smoking status:                           | Never Smoker  |
| • Smokeless tobacco:                        | Never Used    |
| • Alcohol use                               | 1.2 oz/week   |
| 2 Standard drinks or equivalent per week    |               |
| • Drug use:                                 | No            |
| <i>Comment: clean for more than 1 year.</i> |               |
| • Sexual activity:                          | Not Currently |

**Other Topics**

- Not on file

Concern

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**Progress Notes (continued)****Social History Narrative**

- No narrative on file

**FAMILY HISTORY:****Family History**

Problem	Relation	Age of Onset
• No Known Problems	Mother	
• No Known Problems	Father	
• No Known Problems	Brother	

**CURRENT MEDICATIONS:****Current Outpatient Prescriptions**

Medication	Sig	Dispense	Refill
• whey protein isolate, bulk, 100 % powd	When working out. 2 times per week at times.		0

No current facility-administered medications for this visit.

Medications have been reviewed by me and are current to the best of my knowledge and ability.

**ALLERGIES:**

No Known Allergies

**REVIEW OF SYSTEMS:**

General: denies any general problems.

Eyes: denies problems

Ears/Nose/Throat: denies problems

Cardiovascular: denies problems

Respiratory: denies problems

Gastrointestinal: denies problems

Genitourinary: denies problems

Musculoskeletal: denies problems

Skin: denies problems

Neurologic: denies problems

Psychiatric: denies problems

Endocrine: denies problems

Heme/Lymphatic: denies problems

Allergic/Immunologic: denies problems

PHQ Depression Screening 9/7/2018

Date of PHQ exam (doc flow) 9/7/2018

1. Lack of interest/pleasure 1 - Several days

2. Feeling down/depressed 1 - Several days

PHQ-2 TOTAL SCORE 2

3. Trouble sleeping 1 - Several days

4. Decreased energy 1 - Several days

5. Appetite change 1 - Several days

6. Feelings of failure 0 - Not at all

7. Trouble concentrating 1 - Several days

8. Activity level 0 - Not at all

9. Hurting yourself 0 - Not at all

PHQ-9 TOTAL SCORE 6

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*



## Progress Notes (continued)

**PHQ-9 Severity Level**  
**Functional Impairment**mild  
somewhat difficult**OBJECTIVE:**BP 106/72 (Cuff Site: Right Arm, Position: Sitting, Cuff Size: Adult Regular) | Pulse 52 | Ht 1.705 m (5' 7.13") | Wt 68.9 kg (152 lb) | BMI 23.72 kg/m<sup>2</sup>**EXAM:**

General Appearance: Pleasant, alert, appropriate appearance for age. No acute distress

Head Exam: Normal. Normocephalic, atraumatic.

Eye Exam: Normal external eye, conjunctiva, lids, cornea. PERL.

Ear Exam: Normal TM's bilaterally. Normal auditory canals and external ears. Non-tender.

OroPharynx Exam: Dental hygiene adequate. Normal buccal mucosa. Normal pharynx.

Neck Exam: Supple, no masses or nodes.

Thyroid Exam: No nodules or enlargement.

Chest/Respiratory Exam: Normal chest wall and respirations. Clear to auscultation.

Cardiovascular Exam: Regular rate and rhythm. S1, S2, no murmur, click, gallop, or rubs. No carotid bruits nor peripheral edema.

Gastrointestinal Exam: Soft, non-tender, no masses or organomegaly.

Genitourinary Exam Male: Normal male genitalia. Uncircumcised. No discharge or penile ulcerations. No testicular masses or swelling. No hernia.

Lymphatic Exam: Non-palpable nodes in neck, clavicular, axillary, or inguinal regions.

Musculoskeletal Exam: Back is straight and non-tender, full ROM of upper and lower extremities.

Foot Exam: Left and right foot: good pedal pulses, no lesions, nail hygiene good.

Skin: no rash or abnormalities

Neurologic Exam: Nonfocal, symmetric DTRs, normal gross motor, tone coordination and no tremor.

Psychiatric Exam: Alert and oriented - appropriate affect.

**ASSESSMENT/PLAN:**

	ICD-10-CM	
1. Routine general medical examination at a health care facility	Z00.00	
2. Environmental allergies	Z91.09	
3. Diabetes mellitus screening	Z13.1	GLUCOSE, FASTING
4. Lipid screening	Z13.220	LIPID PANEL W REFLEX MEASURED LDL
5. Screening for iron deficiency anemia	Z13.0	HEMOGLOBIN
6. Urinary urgency	R39.15	URINALYSIS W REFLEX MICROSCOPIC IF POSITIVE

**Patient Instructions**

Continue lifestyle modifications, diet and exercise.

- minimized caffeine
- no added salt
- stay well-hydrated

Avoid bladder irritants (bladder spasm)

- alcohol
- smoking
- caffeine

ALLINA HEALTH  
CENTENNIAL LAKES CLINICPatient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018DOB: 5/8/1991  
Discharge Date:MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**09/07/2018 - Office Visit in Allina Health Centennial Lakes Clinic (continued)****Progress Notes (continued)**

- acids, citrus
- excess calcium

You will hear from us on the lab results via MyChart soon. For your convenience when individual lab results are final they are automatically released to MyChart within 12 hours. Usually, we will wait until all the ordered tests are final before adding comments. So you may see some results temporarily without any comments from us, but we will add comments soon after all labs have final results. Further plans will be based on the test results.

Crispin John Webb, MD ..... 9/7/2018 11:41 AM

Electronically signed by Webb, Crispin John, MD at 9/7/2018 2:32 PM

**Labs****HEMOGLOBIN [901185962] (Final result)**

Electronically signed by: **Webb, Crispin John, MD on 09/07/18 1123**

Status: **Completed**

Ordering user: Webb, Crispin John, MD 09/07/18 1123

Authorized by: Webb, Crispin John, MD

Ordering mode: Standard

Class: Clinic Run/Bill

Lab status: Final result

Quantity: 1

Instance released by: Palmersheim, Carrie L 9/7/2018 11:42 AM

Diagnoses

Screening for iron deficiency anemia [Z13.0]

**Specimen Information**

ID	Type	Source	Collected By
18QE-250G0065	Blood	Blood	Palmersheim, Carrie L 09/07/18 1146

**HEMOGLOBIN [901185962] (Normal)**

Resulted: 09/07/18 1217, Result status: Final result

Order status: Completed

Filed by: Excellian, Beaker Lab 09/07/18 1217

Collected by: Palmersheim, Carrie L 09/07/18 1146

Resulting lab: ALLINA HEALTH CENTENNIAL LAKES CLINIC

Narrative:

Acknowledged by: Webb, Crispin John, MD on 09/07/18 1256

**Components**

Component	Value	Reference Range	Flag	Lab
HEMOGLOBIN	15.4	13.5 - 17.5 g/dL	—	QUED
MCV	88	80 - 100 fL	—	QUED

**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
456 - QUED	ALLINA HEALTH CENTENNIAL LAKES CLINIC	Unknown	7373 France Avenue South EDINA MN 55435	10/16/13 2057 - Present

**Indications**

Screening for iron deficiency anemia [Z13.0 (ICD-10-CM)]

**All Reviewers List**

Webb, Crispin John, MD on 9/10/2018 15:45

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

## Labs (continued)

## GLUCOSE, FASTING [901185964] (Final result)

Electronically signed by: **Webb, Crispin John, MD on 09/07/18 1123**Status: **Completed**

Ordering user: Webb, Crispin John, MD 09/07/18 1123

Authorized by: Webb, Crispin John, MD

Ordering mode: Standard

Class: Clinic Run/Bill

Quantity: 1

Lab status: Final result

Instance released by: Palmersheim, Carrie L 9/7/2018 11:42 AM

Diagnoses

Diabetes mellitus screening [Z13.1]

## Specimen Information

ID	Type	Source	Collected By
18QE-250G0066	Blood	Blood	Palmersheim, Carrie L 09/07/18 1146

## GLUCOSE, FASTING [901185964] (Normal)

Resulted: 09/07/18 1240, Result status: Final result

Order status: Completed

Filed by: Leader, Terri R 09/07/18 1240

Collected by: Palmersheim, Carrie L 09/07/18 1146

Resulting lab: ALLINA HEALTH CENTENNIAL LAKES CLINIC

Acknowledged by: Webb, Crispin John, MD on 09/07/18 1256

## Components

Component	Value	Reference Range	Flag	Lab
GLUCOSE	80	65 - 100 mg/dL	—	QUED

## Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
456 - QUED	ALLINA HEALTH CENTENNIAL LAKES CLINIC	Unknown	7373 France Avenue South EDINA MN 55435	10/16/13 2057 - Present

## Indications

Diabetes mellitus screening [Z13.1 (ICD-10-CM)]

## All Reviewers List

Webb, Crispin John, MD on 9/10/2018 15:45

## LIPID PANEL W REFLEX MEASURED LDL [901185965] (Final result)

Electronically signed by: **Webb, Crispin John, MD on 09/07/18 1123**Status: **Completed**

Ordering user: Webb, Crispin John, MD 09/07/18 1123

Authorized by: Webb, Crispin John, MD

Ordering mode: Standard

Class: AML Run/Clinic Bill

Quantity: 1

Lab status: Final result

Instance released by: Palmersheim, Carrie L 9/7/2018 11:42 AM

Diagnoses

Lipid screening [Z13.220]

## Questionnaire

Question	Answer
What is the patient's fasting status?	FASTING

## Scheduling instructions

This panel will reflex with a measured LDL if Triglycerides are &gt;400 but &lt;1301 mg/dl

## Specimen Information

ID	Type	Source	Collected By
18CL-250C2185	Blood	Blood	Palmersheim, Carrie L 09/07/18 1146

## LIPID PANEL W REFLEX MEASURED LDL [901185965]

Resulted: 09/07/18 1811, Result status: Final result

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Report Date: 6/17/20

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018DOB: 5/8/1991  
Discharge Date:MRN: 1010971921  
HAR:

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**09/07/2018 - Office Visit in Allina Health Centennial Lakes Clinic (continued)****Labs (continued)**

Order status: Completed  
Collected by: Palmersheim, Carrie L 09/07/18 1146

Filed by: Excellian, Beaker Lab 09/07/18 1811  
Resulting lab: ALLINA HEALTH LABORATORY-CENTRAL  
LABORATORY

Acknowledged by: Webb, Crispin John, MD on 09/10/18 0811

**Components**

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL,TOTAL	182	100 - 199 mg/dL	—	ANWLCR
TRIGLYCERIDES	101	<150 mg/dL	—	ANWLCR
HDL CHOLESTEROL	57	>40 mg/dL	—	ANWLCR
NON-HDL CHOLESTEROL	125	<145 mg/dl	—	ANWLCR
CHOL/HDL RATIO	3.19	<4.50	—	ANWLCR
LDL CHOLESTEROL	105	<=130 mg/dL	—	ANWLCR
PROVIDER ORDERED STATUS	FASTING	—	—	ANWLCR

**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
508 - ANWLCR	ALLINA HEALTH LABORATORY- CENTRAL LABORATORY	Unknown	2800 10TH AVE S. SUITE 2000 MINNEAPOLIS MN 55407	03/07/14 1052 - Present

**Indications**

Lipid screening [Z13.220 (ICD-10-CM)]

**All Reviewers List**

Webb, Crispin John, MD on 9/10/2018 15:45

**URINALYSIS W REFLEX MICROSCOPIC IF POSITIVE [901209132] (Final result)**

Electronically signed by: **Webb, Crispin John, MD on 09/07/18 1134**

Status: **Completed**

Ordering user: Webb, Crispin John, MD 09/07/18 1134

Authorized by: Webb, Crispin John, MD

Ordering mode: Standard

Class: Clinic Run/Bill

Quantity: 1

Lab status: Final result

Instance released by: Palmersheim, Carrie L 9/7/2018 12:45 PM

Diagnoses

Urinary urgency [R39.15]

**Questionnaire**

Question	Answer
Enter Specific Specimen Source	Urine Clean Catch

**Specimen Information**

ID	Type	Source	Collected By
18QE-250G0070	Urine	Urine	Beaker, Non-Lab Collector 09/07/18 1115

**URINALYSIS W REFLEX MICROSCOPIC IF POSITIVE [901209132] (Normal)** Resulted: 09/07/18 1248, Result status: Final result

Order status: Completed

Filed by: Excellian, Beaker Lab 09/07/18 1248

Collected by: Beaker, Non-Lab Collector 09/07/18 1115

Resulting lab: ALLINA HEALTH CENTENNIAL LAKES CLINIC

Acknowledged by: Webb, Crispin John, MD on 09/07/18 1256

**Components**

Component	Value	Reference Range	Flag	Lab
COLOR	Yellow	Yellow Color	—	QUED
CLARITY	Clear	Clear Clarity	—	QUED
SPECIFIC GRAVITY,URINE	1.010	1.010, 1.015,	—	QUED

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Report Date: 6/17/20

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*

**09/07/2018 - Office Visit in Allina Health Centennial Lakes Clinic (continued)****Labs (continued)**

PH, URINE	7.0	1.020, 1.025	—	QUED
		6.0, 7.0, 8.0, 5.5, 6.5, 7.5, 8.5		
UROBILINOGEN, QUALITATIVE	Normal	Normal EU/dl	—	QUED
PROTEIN, URINE	Negative	Negative mg/dL	—	QUED
GLUCOSE, URINE	Negative	Negative mg/dL	—	QUED
KETONES, URINE	Negative	Negative mg/dL	—	QUED
BILIRUBIN, URINE	Negative	Negative	—	QUED
OCCULT BLOOD, URINE	Negative	Negative	—	QUED
NITRITE	Negative	Negative	—	QUED
LEUKOCYTE ESTERASE	Negative	Negative	—	QUED

**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
456 - QUED	ALLINA HEALTH CENTENNIAL LAKES CLINIC	Unknown	7373 France Avenue South EDINA MN 55435	10/16/13 2057 - Present

**Indications**

Urinary urgency [R39.15 (ICD-10-CM)]

**All Reviewers List**

Webb, Crispin John, MD on 9/10/2018 15:45

**History**

Reviewed By	Reviewed On
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
VOGE, SHARI [A068547]	Sep 7, 2018
WEBB, CRISPIN [D68882]	Sep 7, 2018
WEBB, CRISPIN [D68882]	Sep 7, 2018

**Encounter Status**

Closed by Webb, Crispin John, MD on 9/7/18 at 14:32

ALLINA HEALTH  
CENTENNIAL LAKES CLINIC

Patient: Pun, Rabin  
Admit Date/Date of Service: 09/07/2018

DOB: 5/8/1991  
Discharge Date:

MRN: 1010971921  
HAR:

Report Date: 6/17/20

Sex: MALE

\*\*\*\*\*Confidential Patient Information\*\*\*\*\*