

Demographics for Lucia Parr

PATIENT INFORMATION						CELL PHONE (409) 659-8604	
NAME (Last, First Middle) Parr, Lucia			MRN 000000227284	SSN# ###-##-9733	BIRTHDATE 01/24/1944	LANGUAGE English	SEX F
ADDRESS 3097 Rayvick Dr Silsbee, TX 77656			REFERRING PHYSICIAN		SECONDARY/BILLING ADDRESS (if Applicable) ,		
			PRIMARY CARE PROVIDER Castro, Mary Jane MD				
HOME PHONE (409) 385-4027	DAY PHONE		EMAIL ADDRESS				HOME PHONE
MARITAL STATUS Widowed	STUDENT	SMOKER N	VETERAN N	EMERGENCY CONTACT NAME			CONTACT PHONE
PRIMARY EMPLOYER				SECONDARY EMPLOYER (if Applicable)			
ADDRESS				ADDRESS			
WORK PHONE				WORK PHONE			
RESPONSIBLE PARTY INFORMATION (if Different than above)							
NAME (Last, First Middle)			SSN#	BIRTHDATE	LANGUAGE	SEX	
ADDRESS			RELATIONSHIP TO PATIENT		SECONDARY/BILLING ADDRESS (if Applicable)		
			PRIMARY CARE PROVIDER				
HOME PHONE	DAY PHONE		EMAIL ADDRESS				HOME PHONE
MARITAL STATUS	STUDENT	SMOKER	VETERAN				
PRIMARY INSURANCE							
NAME OF INSURANCE COMPANY TEXAS HEALTH SPRING			PHONE (800) 280-8888	POLICY# 77465822501			
ADDRESS PO Box 2888 Houston, TX 77252-2888			EFFECTIVE DATE	GROUP#			
			EXPIRATION DATE	DEDUCTIBLE \$0.00	COPAY AMT \$0.00		
NAME OF INSURED Parr, Lucia			RELATIONSHIP Self				
SECONDARY INSURANCE (if Applicable)							
NAME OF INSURANCE COMPANY Texan Plus Classic			PHONE (866) 230-2513	POLICY# 176300412			
ADDRESS PO Box 17900 Austin, TX 78760-7900			EFFECTIVE DATE	GROUP#			
			EXPIRATION DATE	DEDUCTIBLE \$0.00	COPAY AMT \$0.00		
NAME OF INSURED Parr, Lucia			RELATIONSHIP Self				

Vitals Signs for Lucia Parr

Date	Temperature (F)	Temperature (C)	Blood Pressure	Pulse	Respiration Rate	O2	Height (in)	Height (cm)	Weight (lbs)	Weight (kg)	BMI
11/27/2019 9:15 AM	98.0	36.7	126/72	86	18	99	61.00	154.94	145.20	65.862	27.44
08/01/2019 10:30 AM	97.7	36.5	120/60	74		98		154.94	149.00	67.585	28.15
07/24/2019 10:45 AM	97.5	36.4	127/60	85		99		154.94	147.80	67.041	27.93
07/17/2019 12:42 PM	97.8	36.6	112/67	67	16	99		154.94	147.05	66.700	27.78
07/11/2019 9:00 AM	97.7	36.5	139/74	80		97		154.94	149.60	67.857	28.27
07/08/2019 3:45 PM	97.9	36.6	108/60	87	18	99	61.00	154.94	147.40	66.860	27.85
05/06/2019 10:00 AM	97.5	36.4	100/60	87	18	98	61.00	154.94	149.20	67.676	28.19
01/10/2019 10:45 AM			129/60	107		97		154.94	155.80	70.670	29.44

Patient: Lucia Parr

DOB: 01/24/1944

Page 1



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Hospital Care Summary & Post Hospital Plan of Care and Treatment Plan

Christus St. Elizabeth

Patient Lucia Parr
Sex Female
Date of Birth 01/24/1944

Admit Date 07/14/2019
H&P Date 07/15/2019
Discharge Date 07/17/2019

Discharge Assessment

Tenosynovitis of finger	Improving
Hypertension, essential	Control, fair
DM type 2 with diabetic mixed hyperlipidemia	Stable
Mixed hyperlipidemia	Chronic
Osteoarthritis, unspecified osteoarthritis type, unspecified site	Chronic

Discharge Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Procedure Results

Hand XR(07/14/2019)

Patient: Lucia Parr

DOB: 01/24/1944

Page 2

FINDINGS: There is moderately severe generalized osteopenia. No acute fracture, dislocation nor acute focal bone destructive process is noted. Multilevel primarily mild degenerative lipping is present throughout multiple DIP and PIP joints and there is moderately severe degenerative spurring and joint space narrowing with degenerative ossicle formation involving the first carpometacarpal interspace. Some nonspecific periarticular soft tissue calcification is present at the third MCP joint region. Note is made of moderate focal soft tissue swelling involving the third PIP joint level.

IMPRESSION:

1. No acute osseous abnormality.
2. Osteopenia.
3. Osteoarthritis.
4. Nonspecific third PIP joint region focal soft tissue swelling.

Histories

The patient's histories were reviewed today.

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

The patient's health maintenance was reviewed today.

BMP - 07/17/2019

Bone Density - 02/12/2018

Cartoid Doppler - 05/13/2019

CBC - 07/17/2019

Chemistry - 07/17/2019

Chest X-Ray - 05/07/2019

Creatinine - 07/17/2019

Foot Exam - 07/11/2019

HFP - 07/17/2019

HGB - 05/06/2019

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 3

Lipids - 05/06/2019

Microalbumin - 05/06/2019

PT/INR - 07/11/2019

Thyroid Profile - 07/17/2018

Urinalysis - 07/11/2019

uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel

Orthopedics - Beaumont Bone and Joint

Review of Systems

Source of Information

Patient

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache, Dizziness, Weakness, Syncope, Shortness of breath, Weight loss, Weight gain, Lethargy, Light headedness, Renal Disease

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
3:51 PM	5.0	1.00	154.94	01/26/2018		

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
3:51 PM	147.05		66.700			27.78	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
3:51 PM	112/67					

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
------	--------	--------	-----------	-----------	---------	-----------

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 4

3:51 PM 97.8 36.6 67 16

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
3:51 PM	99		RA					

MEASURED BY

Time	Measured by
3:51 PM	Jackie Martin

Protein Requirement - 80 grams/day

Circumferences (Performed 07/17/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Laboratory

CBC

	Admission	Discharge
WBC	12.2	8.9
Hgb	13.8	12.4
MCV	91	92
Plate	255	222
Bands		

CMP

	Admission	Discharge
Na	137.0	136
K	3.9	4.3
BUN	11	11
Creat	0.5	0.5
Ca	10.0	9.4
Alp		3.6
Ast		13
Bil		
Glucose		174.0

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 5

Chloride	102.0
ALT	9
ALP	90
Protein	

Follow-Up Instructions

Hospital Discharge Instructions

Discussed condition, medications, and follow-up care with patient and/or family
Give patient a copy of discharge summary
Ensure patient understands follow-up instructions
Review all follow-up instructions with patient
Review medications with patient before discharge

Post Hospital Follow-Up Instructions

Bring ALL medications to next office appointment
Continue medications per Post Hospital Follow-up Instructions document
Please see Dr. Kansara with SETMA on 07/24/2019 at 10:45.

Follow-Up Locations

The physician recommended the following location(s) for additional care if needed:

Gulf Coast Health Care Center, Inc.

2548 Memorial Blvd.

Port Arthur, Texas 77640

(409) 983-1161

Jefferson County Public Health Department

Health & Welfare Unit #1

1295 Pearl

Beaumont, Texas 77701

(409) 835-8530

Continue Medications as Listed

Start Date	Brand	Dose	Sig Desc
07/17/2019	DOXYCYCLINE HYCLATE	100 mg	take 1 tablet by oral route 2 times every day
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 6

07/11/2019	ONETOUCH VERIO FLEX		day with morning and evening meals accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

The patient is being discharged to: Home.

The patient was stable upon release from the hospital.

The patient's prognosis is good.

At least thirty-one minutes were required to complete the discharge process.

Hospital Course Summary

Admission

Patient was admitted through the emergency room, For the treatment of Tenosynovitis of finger.

Treatment

The patient was treated with the following fluids and antibiotics intravenously: NS, Vancomycin, .

Diagnostics

Fluid and electrolyte balances were re-established. Appropriate lab tests were obtained and reviewed. Appropriate diagnostic tests were obtained and reviewed.

Complications

The hospital course was uneventful. Gradual improvement took place.

Discharge Condition

The patient has improved.

Patient is ambulatory.

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 7

Reason for Discharge

Patient has recovered from acute condition

Patient is stable

Approved By Girishkumar . Kansara, MD **07/17/2019 12:42 PM**
Southeast Texas Medical Assoc

Patient: Lucia Parr

DOB: 01/24/1944

Page 8



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Post Hospital Follow-Up Instructions

Patient **Lucia Parr**
Date of Birth **01/24/1944**

Bring ALL medications to next office appointment

Continue medications per Post Hospital Follow-up Instructions document

Follow-Up With

You have an appointment to see Dr. Kansara with SETMA on 07/24/2019 at 10:45.

Active Medications

Start Date	Brand	Dose	Sig Desc
07/17/2019	DOXYCYCLINE HYCLATE	100 mg	take 1 tablet by oral route 2 times every day
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500	

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 9

mg/30 mL

Girishkumar Kansara MD

Southeast Texas Medical Associates, LLP

Patient: Lucia Parr

DOB: 01/24/1944

Page 1



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Hospital Care Summary & Post Hospital Plan of Care and Treatment Plan

Christus St. Elizabeth

Patient Lucia Parr
Sex Female
Date of Birth 01/24/1944

Admit Date 07/14/2019
H&P Date 07/15/2019
Discharge Date 07/17/2019

Discharge Assessment

Tenosynovitis of finger	Improving
Hypertension, essential	Control, fair
DM type 2 with diabetic mixed hyperlipidemia	Stable
Mixed hyperlipidemia	Chronic
Osteoarthritis, unspecified osteoarthritis type, unspecified site	Chronic

Discharge Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Procedure Results

Hand XR(07/14/2019)

Patient: Lucia Parr

DOB: 01/24/1944

Page 2

FINDINGS: There is moderately severe generalized osteopenia. No acute fracture, dislocation nor acute focal bone destructive process is noted. Multilevel primarily mild degenerative lipping is present throughout multiple DIP and PIP joints and there is moderately severe degenerative spurring and joint space narrowing with degenerative ossicle formation involving the first carpometacarpal interspace. Some nonspecific periarticular soft tissue calcification is present at the third MCP joint region. Note is made of moderate focal soft tissue swelling involving the third PIP joint level.

IMPRESSION:

1. No acute osseous abnormality.
2. Osteopenia.
3. Osteoarthritis.
4. Nonspecific third PIP joint region focal soft tissue swelling.

Histories

The patient's histories were reviewed today.

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

The patient's health maintenance was reviewed today.

BMP - 07/17/2019

Bone Density - 02/12/2018

Cartoid Doppler - 05/13/2019

CBC - 07/17/2019

Chemistry - 07/17/2019

Chest X-Ray - 05/07/2019

Creatinine - 07/17/2019

Foot Exam - 07/11/2019

HFP - 07/17/2019

HGB - 05/06/2019

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 3

Lipids - 05/06/2019

Microalbumin - 05/06/2019

PT/INR - 07/11/2019

Thyroid Profile - 07/17/2018

Urinalysis - 07/11/2019

uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel

Orthopedics - Beaumont Bone and Joint

Review of Systems

Source of Information

Patient

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache, Dizziness, Weakness, Syncope, Shortness of breath, Weight loss, Weight gain, Lethargy, Light headedness, Renal Disease

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
3:51 PM	5.0	1.00	154.94	01/26/2018		

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
3:51 PM	147.05		66.700			27.78	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
3:51 PM	112/67					

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
------	--------	--------	-----------	-----------	---------	-----------

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 4

3:51 PM 97.8 36.6 67 16

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
3:51 PM	99		RA					

MEASURED BY

Time	Measured by
3:51 PM	Jackie Martin

Protein Requirement - 80 grams/day

Circumferences (Performed 07/17/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Laboratory

CBC

	Admission	Discharge
WBC	12.2	8.9
Hgb	13.8	12.4
MCV	91	92
Plate	255	222
Bands		

CMP

	Admission	Discharge
Na	137.0	136
K	3.9	4.3
BUN	11	11
Creat	0.5	0.5
Ca	10.0	9.4
Alp		3.6
Ast		13
Bil		
Glucose		174.0

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 5

Chloride	102.0
ALT	9
ALP	90
Protein	

Follow-Up Instructions

Hospital Discharge Instructions

Discussed condition, medications, and follow-up care with patient and/or family
Give patient a copy of discharge summary
Ensure patient understands follow-up instructions
Review all follow-up instructions with patient
Review medications with patient before discharge

Post Hospital Follow-Up Instructions

Bring ALL medications to next office appointment
Continue medications per Post Hospital Follow-up Instructions document
Please see Dr. Kansara with SETMA on 07/24/2019 at 10:45.

Follow-Up Locations

The physician recommended the following location(s) for additional care if needed:

Gulf Coast Health Care Center, Inc.

2548 Memorial Blvd.

Port Arthur, Texas 77640

(409) 983-1161

Jefferson County Public Health Department

Health & Welfare Unit #1

1295 Pearl

Beaumont, Texas 77701

(409) 835-8530

Continue Medications as Listed

Start Date	Brand	Dose	Sig Desc
07/17/2019	DOXYCYCLINE HYCLATE	100 mg	take 1 tablet by oral route 2 times every day
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 6

07/11/2019	ONETOUCH VERIO FLEX		day with morning and evening meals accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

The patient is being discharged to: Home.

The patient was stable upon release from the hospital.

The patient's prognosis is good.

At least thirty-one minutes were required to complete the discharge process.

Hospital Course Summary

Admission

Patient was admitted through the emergency room, For the treatment of Tenosynovitis of finger.

Treatment

The patient was treated with the following fluids and antibiotics intravenously: NS, Vancomycin, .

Diagnostics

Fluid and electrolyte balances were re-established. Appropriate lab tests were obtained and reviewed. Appropriate diagnostic tests were obtained and reviewed.

Complications

The hospital course was uneventful. Gradual improvement took place.

Discharge Condition

The patient has improved.

Patient is ambulatory.

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 7

Reason for Discharge

Patient has recovered from acute condition

Patient is stable

Approved By Girishkumar . Kansara, MD **07/17/2019 12:42 PM**
Southeast Texas Medical Assoc

Patient: Lucia Parr

DOB: 01/24/1944

Page 8



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Post Hospital Follow-Up Instructions

Patient **Lucia Parr**
Date of Birth **01/24/1944**

Bring ALL medications to next office appointment

Continue medications per Post Hospital Follow-up Instructions document

Follow-Up With

You have an appointment to see Dr. Kansara with SETMA on 07/24/2019 at 10:45.

Active Medications

Start Date	Brand	Dose	Sig Desc
07/17/2019	DOXYCYCLINE HYCLATE	100 mg	take 1 tablet by oral route 2 times every day
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500	

Document dischsum on 07/17/2019 12:42 PM for Lucia Parr

Patient: Lucia Parr

DOB: 01/24/1944

Page 9

mg/30 mL

Girishkumar Kansara MD

Southeast Texas Medical Associates, LLP



2929 Calder, Suite 100 3570 College, Suite 200 2010 Dowlen 6510 Folsom
Lumberton - 137B LHS Drive
Nederland/Port Arthur - 2400 Highway 365, Suite 201
Orange - 610 Strickland Drive, Suite 140
(409) 833-9797

Chart Note - 11/27/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 75 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

	Status
DM type 2 with diabetic mixed hyperlipidemia	
Mixed hyperlipidemia	
History of right hip replacement	
Colon cancer screening	
Low vitamin D level	
Neuropathy of both feet	Chronic
Body mass index (BMI) 27.0-27.9, adult	

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

recheck/refills/labs

Chief Complaints

- * Diabetes Management
- * Lipid Management

Chronic Conditions

History of right hip replacement
Low vitamin D level
Neuropathy of both feet

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 2 of 13

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Diabetes Management

Frequency - persistently
Duration - year(s)
Severity - 00/10-none
Change - no relief
Aggravated By - diet
Relieved By - Medications

Associated Symptoms

intermittent tingling

Pertinent Negatives

Excessive Hunger
Excessive Sweating
Excessive Thirst
Excessive Urination

Comments

//mt
last eye exam Dr. Hensel unknown

Chief Complaint 2 - * Lipid Management

Frequency - persistently
Duration - year(s)
Severity - 01/10
Change - no change
Context - chronic illness
Aggravated By - diet
Relieved By - red yeast rice

Associated Symptoms

None

Pertinent Negatives

Chest Pain
Muscle Pain

Comments

//mt
pt reports not being on red yeast rice since surgery in October-- nkm

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019	11/27/2019	11/27/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019	11/27/2019		N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//	11/27/2019	07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019	11/27/2019	07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019	11/27/2019	11/27/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019	11/27/2019	11/27/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019	11/27/2019	11/27/2019	N
gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	07/17/2019	11/27/2019	11/27/2019	N
simvastatin 10 mg tablet	take 1 tablet by oral route every day in the evening	10/24/2019	11/27/2019		N
red yeast rice 600 mg capsule	take one capsule daily.	//			Y
Tylenol 325 mg tablet	take 2 tablet by oral route every 6 hours as needed	//			Y

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	Cranberry Concentrate 500 mg capsule	take as directed OTC	N	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 4 of 13

taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by	By accuchecks	N	Verified
		route	every day		
taking as directed	gabapentin 100 mg capsule	take 1 capsule by oral route	3 times every	N	Verified
		day			
taking as directed	red yeast rice 600 mg capsule	take one capsule daily.		Y	Verified
taking as directed	Tylenol 325 mg tablet	take 2 tablet by oral route	every 6 hours	Y	Verified
		as needed			

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 07/17/2019
Chemistry - 11/27/2019
Chest X-Ray - 05/07/2019
Creatinine - 07/17/2019
Foot Exam - 11/27/2019
HFP - 07/17/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hip replacement	10/2019
		left finger infection	07/2019
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Patient: Parr, Lucia
Visit Date: 11/27/19
Page 5 of 13

Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
recheck/refills/labs

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache, Shortness of breath,

Eyes

Patient Confirms

Wears glasses,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough, Peripheral edema,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Diarrhea,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urgency, Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Arthritis pain

Back pain

Patient Denies

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 6 of 13

Bursitis pain,
Gait - Abnormal

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:35 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:35 AM	145.20		65.862	dressed with shoes		27.44	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:35 AM	126/72	sitting	left	brachial	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:35 AM	98.0	36.7	temp strip	86	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:35 AM	99		RA					

PAIN SCALE

Time	Pain Score	Method
9:35 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:35 AM	Mellery Turner

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 7 of 13

Protein Requirement - 79 grams/day

Circumferences (Performed 11/27/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Eyes

General

Right - wears glasses

Left - wears glasses

Lid

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

External Nose - Normal

Neck

Inspection - Normal

Palpation - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - systolic murmur

Peripheral Edema - No

Musculoskeletal

Hip

Right - ROM intact, recent hip replacement

Neurological

Sensory Function

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 8 of 13

Balance and Gait - gait of old age

Comments

walking with walker

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Feet

Normal

Cap Refill - Immediate

Digital Hair - Absent

Dep Rudor - Present

Thick nails

Nails too long

Skin between toes checked

Monofilament Examination

Toe Pulps

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 11/27/19
Page 9 of 13

Heel

Right

Sensation Present

Left

Sensation Present

Foot

Right

Sensation Present

Left

Sensation Present

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screener and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 11/27/19
Page 10 of 13

K	4.3 mmol/L	07/17/2019
Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP

ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019
ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

Date

Normal Range

Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	NA		NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Requires usage of assistive devices (i.e. cane, w/c, walker, furniture)

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 11 of 13

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 3

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

DM type 2 with diabetic mixed hyperlipidemia

Mixed hyperlipidemia

History of right hip replacement

Colon cancer screening

Low vitamin D level

Neuropathy of both feet

Chronic

Body mass index (BMI) 27.0-27.9, adult

Chronic Conditions

History of right hip replacement

Low vitamin D level

Neuropathy of both feet

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia

Atherosclerosis of both carotid arteries

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%

10 Year Stroke Risk - 11%

Global Cardiovascular Risk Score

Current Score - 1.9 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 12 of 13

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Establish goals for treatment

Medications reviewed

Medication Renewed

Medication side effects and benefits discussed

Lab as indicated

Current Medication List Given to Patient

Education/Instructions

Anticipatory Guidance

Teaching, DM care and principles

Cholesterol Education and Diet

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.44 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
08/01/2019	28.15	Overweight
07/24/2019	27.93	Overweight
07/17/2019	27.78	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
11/27/2019	ONETOUCH VERIO		monitor blood sugar daily and as needed DX E11.69
11/27/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day DX E11.69
11/27/2019	ONETOUCH DELICA	33 gauge	monitor blood sugar daily and as needed Dx E11.69
11/27/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
11/27/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
11/27/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
11/27/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
	RED YEAST RICE	600 mg	take one capsule daily.

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 13 of 13

TYLENOL	325 mg	take 2 tablet by oral route every 6 hours as needed
ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Lipids
Weight Management

Lab

Bilirubin, Direct
CBC
CMP, Fasting
Glycohemoglobin
Lipid Panel

Urinalysis
uTSH

Referrals

Status	Priority	Order
ordered	Routine	Refer to: SETMA Ophthalmology

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute
Follow - up
4 month(s)

Approved by Nicole McBryde MSN FNP-C 11/27/19
11/27/2019 09:15 AM



2929 Calder, Suite 100 3570 College, Suite 200 2010 Dowlen 6510 Folsom
Lumberton - 137B LHS Drive
Nederland/Port Arthur - 2400 Highway 365, Suite 201
Orange - 610 Strickland Drive, Suite 140
(409) 833-9797

Chart Note - 11/27/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 75 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

	Status
DM type 2 with diabetic mixed hyperlipidemia	
Mixed hyperlipidemia	
History of right hip replacement	
Colon cancer screening	
Low vitamin D level	
Neuropathy of both feet	Chronic
Body mass index (BMI) 27.0-27.9, adult	

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

recheck/refills/labs

Chief Complaints

- * Diabetes Management
- * Lipid Management

Chronic Conditions

History of right hip replacement
Low vitamin D level
Neuropathy of both feet

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 2 of 13

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Diabetes Management

Frequency - persistently
Duration - year(s)
Severity - 00/10-none
Change - no relief
Aggravated By - diet
Relieved By - Medications

Associated Symptoms

intermittent tingling

Pertinent Negatives

Excessive Hunger
Excessive Sweating
Excessive Thirst
Excessive Urination

Comments

//mt
last eye exam Dr. Hensel unknown

Chief Complaint 2 - * Lipid Management

Frequency - persistently
Duration - year(s)
Severity - 01/10
Change - no change
Context - chronic illness
Aggravated By - diet
Relieved By - red yeast rice

Associated Symptoms

None

Pertinent Negatives

Chest Pain
Muscle Pain

Comments

//mt
pt reports not being on red yeast rice since surgery in October-- nkm

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019	11/27/2019	11/27/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019	11/27/2019		N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//	11/27/2019	07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019	11/27/2019	07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019	11/27/2019	11/27/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019	11/27/2019	11/27/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019	11/27/2019	11/27/2019	N
gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	07/17/2019	11/27/2019	11/27/2019	N
simvastatin 10 mg tablet	take 1 tablet by oral route every day in the evening	10/24/2019	11/27/2019		N
red yeast rice 600 mg capsule	take one capsule daily.	//			Y
Tylenol 325 mg tablet	take 2 tablet by oral route every 6 hours as needed	//			Y

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	Cranberry Concentrate 500 mg capsule	take as directed OTC	N	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 4 of 13

taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks	N	Verified
		route every day		
taking as directed	gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every	N	Verified
		day		
taking as directed	red yeast rice 600 mg capsule	take one capsule daily.	Y	Verified
taking as directed	Tylenol 325 mg tablet	take 2 tablet by oral route every 6 hours	Y	Verified
		as needed		

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 07/17/2019
Chemistry - 11/27/2019
Chest X-Ray - 05/07/2019
Creatinine - 07/17/2019
Foot Exam - 11/27/2019
HFP - 07/17/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hip replacement	10/2019
		left finger infection	07/2019
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Patient: Parr, Lucia
Visit Date: 11/27/19
Page 5 of 13

Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
recheck/refills/labs

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache, Shortness of breath,

Eyes

Patient Confirms

Wears glasses,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough, Peripheral edema,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Diarrhea,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urgency, Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Arthritis pain

Back pain

Patient Denies

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 6 of 13

Bursitis pain,
Gait - Abnormal

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:35 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:35 AM	145.20		65.862	dressed with shoes		27.44	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:35 AM	126/72	sitting	left	brachial	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:35 AM	98.0	36.7	temp strip	86	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:35 AM	99		RA					

PAIN SCALE

Time	Pain Score	Method
9:35 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:35 AM	Mellery Turner

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 7 of 13

Protein Requirement - 79 grams/day

Circumferences (Performed 11/27/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Eyes

General

Right - wears glasses

Left - wears glasses

Lid

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

External Nose - Normal

Neck

Inspection - Normal

Palpation - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - systolic murmur

Peripheral Edema - No

Musculoskeletal

Hip

Right - ROM intact, recent hip replacement

Neurological

Sensory Function

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 8 of 13

Balance and Gait - gait of old age

Comments

walking with walker

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Feet

Normal

Cap Refill - Immediate

Digital Hair - Absent

Dep Rudor - Present

Thick nails

Nails too long

Skin between toes checked

Monofilament Examination

Toe Pulps

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 9 of 13

Heel

Right

Sensation Present

Left

Sensation Present

Foot

Right

Sensation Present

Left

Sensation Present

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screener and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 11/27/19
Page 10 of 13

K	4.3 mmol/L	07/17/2019
Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP

ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019
ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

	Date	Normal Range
Cholesterol	201 mg/dL	05/06/2019 <175 mg/dL
HDL	71 mg/dL	05/06/2019 >50 mg/dL
CHOL/HDL Ratio	2.80	<4.2 NA
LDL	NA	NA
Triglycerides	144 mg/dL	05/06/2019 <150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Requires usage of assistive devices (i.e. cane, w/c, walker, furniture)

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 11 of 13

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 3

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

DM type 2 with diabetic mixed hyperlipidemia

Mixed hyperlipidemia

History of right hip replacement

Colon cancer screening

Low vitamin D level

Neuropathy of both feet

Chronic

Body mass index (BMI) 27.0-27.9, adult

Chronic Conditions

History of right hip replacement

Low vitamin D level

Neuropathy of both feet

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia

Atherosclerosis of both carotid arteries

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%

10 Year Stroke Risk - 11%

Global Cardiovascular Risk Score

Current Score - 1.9 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 12 of 13

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Establish goals for treatment

Medications reviewed

Medication Renewed

Medication side effects and benefits discussed

Lab as indicated

Current Medication List Given to Patient

Education/Instructions

Anticipatory Guidance

Teaching, DM care and principles

Cholesterol Education and Diet

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.44 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
08/01/2019	28.15	Overweight
07/24/2019	27.93	Overweight
07/17/2019	27.78	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
11/27/2019	ONETOUCH VERIO		monitor blood sugar daily and as needed DX E11.69
11/27/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day DX E11.69
11/27/2019	ONETOUCH DELICA	33 gauge	monitor blood sugar daily and as needed Dx E11.69
11/27/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
11/27/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
11/27/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
11/27/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
	RED YEAST RICE	600 mg	take one capsule daily.

Document note on 11/27/2019 9:15 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 11/27/19
Page 13 of 13

TYLENOL	325 mg	take 2 tablet by oral route every 6 hours as needed
ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Lipids
Weight Management

Lab

Bilirubin, Direct
CBC
CMP, Fasting
Glycohemoglobin
Lipid Panel

Urinalysis
uTSH

Referrals

Status	Priority	Order
ordered	Routine	Refer to: SETMA Ophthalmology

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute
Follow - up
4 month(s)

Approved by Nicole McBryde MSN FNP-C 11/27/19
11/27/2019 09:15 AM



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 08/01/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Preoperative clearance
Primary osteoarthritis of right hip
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Body mass index (BMI) 28.0-28.9, adult

Chief Complaints

pre-op clearance

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1- pre-op clearance

Location - Dr. Clark BB & Joint

Radiation - Right hip surgery

Quality - No date yet

Frequency - Fax #409-813-3546

Associated Symptoms

Pain

Pertinent Negatives

Congestion, Chest

Chest Pain

Allergies

Edema

Comments

pt sts that she is hoping that you will give clearnace for her to have hip surgery... Also pt sts Azo has really helped w/the burning//kt,rma she had to get a new clearance for R hip surgery because she had a hand infection and had recovered now. MC

Nursing**Medications (active prior to today)**

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019		07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019		07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019		07/11/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019		07/11/2019	N
gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	07/17/2019			N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified
taking as directed	phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	N	Verified
taking as directed	Cranberry Concentrate 500 mg capsule	take as directed OTC	N	Verified
taking as directed	Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	Y	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
 Bone Density - 02/12/2018
 Cartoid Doppler - 05/13/2019
 CBC - 07/17/2019
 Chemistry - 07/17/2019
 Chest X-Ray - 05/07/2019
 Creatinine - 07/17/2019
 Foot Exam - 07/24/2019
 HFP - 07/17/2019
 HGB - 05/06/2019
 Lipids - 05/06/2019
 Microalbumin - 05/06/2019
 PT/INR - 07/11/2019
 Thyroid Profile - 07/17/2018
 Urinalysis - 07/11/2019
 uTSH - 07/17/2018

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 4 of 14

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel

Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Weakness, Shortness of breath,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 5 of 14

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Psychiatric

Patient Denies

Bites, Cries out, Yells out, Hallucinations,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea, Sweating, Vomitting,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:27 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:27 AM	149.00		67.585	dressed with shoes		28.15	1.71

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:27 AM	120/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 6 of 14

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:27 AM	97.7	36.5	temp strip	74		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:27 AM	98		RA					

PAIN SCALE

Time	Pain Score	Method
9:28 AM	0/10	Numeric Pain Intensity Scale
9:27 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:27 AM	Katherine Thibodeaux

BMR - 1477 kcal/day
Protein Requirement - 81 grams/day
Glucose Finger Stick - 94 mg/dL (Ref Range = 70-120)

Circumferences (Performed 08/01/2019)
Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal
Orientation - Normal
Level of Distress - anxious, uncomfortable
Nourishment - overweight
Overall Appearance - Overweight

Head/Face

Hair and Scalp - Normal
Skull - Normal
Facial Features - Normal

Eyes

General
Right - Normal
Left - Normal
External
Right - Normal
Left - Normal
Lid
Right - Normal
Left - Normal

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 7 of 14

Ears

External Ear

Inspection

Right - Normal

Left - Normal

Palpation

Right - Normal

Left - Normal

Internal Ear

Canals

Right - Normal

Left - Normal

TMs

Right - Normal

Left - Normal

Hearing

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

External Nose - Normal

Mucosa - Normal

Mouth

Teeth/Gums - Normal

Buccal Mucosa - Normal

Throat

Pharynx - Normal

Neck

Inspection - Normal

Palpation - Normal

Lymph Nodes - Normal

Thyroid Gland - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - Absent

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 8 of 14

Bruit - Absent

Pulses Left

Right

Dorsalis Pedis

2+ expected

2+ expected

Peripheral Edema - No

Abdomen

Inspection - protuberant

Palpation - Normal

Musculoskeletal

Overview - weakness, atrophy

Cervical Spine - muscle spasm

Lumbar Spine - muscle spasm

Hip

Right - abduction, pain, abduction, decreased

Knee

Left - crepitus

Right - crepitus

Comments

ambulates with a walker

Psychiatric

Appearance

Physical Evidence of Emotion

Turned down mouth

Wrinkled brow

Mood

Mood - Anxious

Affect

Range - Normal

Labile - No

Appropriateness - Yes

Sensorium

Speech

Appropriate

Responsive

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - anxious, uncomfortable

Nourishment - overweight

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 9 of 14

Overall Appearance - Overweight

Thought

Coherent - Yes

Mini Nutritional Assessment

Last Updated/Reviewed - 08/01/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Greater than or equal to 23

Score - 6 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 10 of 14

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019
K	4.3 mmol/L	07/17/2019
Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP		
ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 11 of 14

ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	101 NA	05/06/2019	NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 12 of 14

Preoperative clearance
Primary osteoarthritis of right hip
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed
Plan was discussed with patient.
The patient indicates they agree with the discussed plan.
Continue current medications & therapy
cleared for R hip replacement
fall precautions
No aspirin products 1 week before
Current Medication List Given to Patient

Education/Instructions

Patient Given Diabetes Follow Up Document
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 13 of 14

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.15 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
07/24/2019	27.93	Overweight
07/17/2019	27.78	Overweight
07/11/2019	28.27	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Lipids
Weight Management

Evaluation and Management

99213 - Established Patient, Expanded Problem

Follow Up

Acute

Follow - up
6 month(s)

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 14 of 14

Approved by Mary J. Castro M.D. 08/01/19

Southeast Texas Medical Associates, LLP

08/01/2019 10:30 AM



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 08/01/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Preoperative clearance
Primary osteoarthritis of right hip
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Body mass index (BMI) 28.0-28.9, adult

Chief Complaints

pre-op clearance

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Patient: Parr , Lucia
 Visit Date: 08/01/19
 Page 2 of 14

Chief Complaint 1- pre-op clearance

Location - Dr. Clark BB & Joint

Radiation - Right hip surgery

Quality - No date yet

Frequency - Fax #409-813-3546

Associated Symptoms

Pain

Pertinent Negatives

Congestion, Chest

Chest Pain

Allergies

Edema

Comments

pt sts that she is hoping that you will give clearnace for her to have hip surgery... Also pt sts Azo has really helped w/the burning//kt,rma she had to get a new clearance for R hip surgery because she had a hand infection and had recovered now. MC

Nursing**Medications (active prior to today)**

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019		07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019		07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019		07/11/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019		07/11/2019	N
gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	07/17/2019			N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified
taking as directed	phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	N	Verified
taking as directed	Cranberry Concentrate 500 mg capsule	take as directed OTC	N	Verified
taking as directed	Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	Y	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	gabapentin 100 mg capsule	take 1 capsule by oral route 3 times every day	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
 Bone Density - 02/12/2018
 Cartoid Doppler - 05/13/2019
 CBC - 07/17/2019
 Chemistry - 07/17/2019
 Chest X-Ray - 05/07/2019
 Creatinine - 07/17/2019
 Foot Exam - 07/24/2019
 HFP - 07/17/2019
 HGB - 05/06/2019
 Lipids - 05/06/2019
 Microalbumin - 05/06/2019
 PT/INR - 07/11/2019
 Thyroid Profile - 07/17/2018
 Urinalysis - 07/11/2019
 uTSH - 07/17/2018

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 4 of 14

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel

Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Weakness, Shortness of breath,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Patient: Parr, Lucia
Visit Date: 08/01/19
Page 5 of 14

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Psychiatric

Patient Denies

Bites, Cries out, Yells out, Hallucinations,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea, Sweating, Vomitting,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:27 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:27 AM	149.00		67.585	dressed with shoes		28.15	1.71

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:27 AM	120/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 6 of 14

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:27 AM	97.7	36.5	temp strip	74		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:27 AM	98		RA					

PAIN SCALE

Time	Pain Score	Method
9:28 AM	0/10	Numeric Pain Intensity Scale
9:27 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:27 AM	Katherine Thibodeaux

BMR - 1477 kcal/day

Protein Requirement - 81 grams/day

Glucose Finger Stick - 94 mg/dL (Ref Range = 70-120)

Circumferences (Performed 08/01/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - anxious, uncomfortable

Nourishment - overweight

Overall Appearance - Overweight

Head/Face

Hair and Scalp - Normal

Skull - Normal

Facial Features - Normal

Eyes

General

Right - Normal

Left - Normal

External

Right - Normal

Left - Normal

Lid

Right - Normal

Left - Normal

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 7 of 14

Ears

External Ear

Inspection

Right - Normal

Left - Normal

Palpation

Right - Normal

Left - Normal

Internal Ear

Canals

Right - Normal

Left - Normal

TMs

Right - Normal

Left - Normal

Hearing

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

External Nose - Normal

Mucosa - Normal

Mouth

Teeth/Gums - Normal

Buccal Mucosa - Normal

Throat

Pharynx - Normal

Neck

Inspection - Normal

Palpation - Normal

Lymph Nodes - Normal

Thyroid Gland - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - Absent

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 8 of 14

Bruit - Absent

Pulses Left

Right

Dorsalis Pedis

2+ expected

2+ expected

Peripheral Edema - No

Abdomen

Inspection - protuberant

Palpation - Normal

Musculoskeletal

Overview - weakness, atrophy

Cervical Spine - muscle spasm

Lumbar Spine - muscle spasm

Hip

Right - abduction, pain, abduction, decreased

Knee

Left - crepitus

Right - crepitus

Comments

ambulates with a walker

Psychiatric

Appearance

Physical Evidence of Emotion

Turned down mouth

Wrinkled brow

Mood

Mood - Anxious

Affect

Range - Normal

Labile - No

Appropriateness - Yes

Sensorium

Speech

Appropriate

Responsive

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - anxious, uncomfortable

Nourishment - overweight

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 9 of 14

Overall Appearance - Overweight

Thought

Coherent - Yes

Mini Nutritional Assessment

Last Updated/Reviewed - 08/01/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Greater than or equal to 23

Score - 6 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screening and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 10 of 14

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019
K	4.3 mmol/L	07/17/2019
Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP		
ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 11 of 14

ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	101 NA	05/06/2019	NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

Preoperative clearance
Primary osteoarthritis of right hip
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed
Plan was discussed with patient.
The patient indicates they agree with the discussed plan.
Continue current medications & therapy
cleared for R hip replacement
fall precautions
No aspirin products 1 week before
Current Medication List Given to Patient

Education/Instructions

Patient Given Diabetes Follow Up Document
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 13 of 14

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.15 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
07/24/2019	27.93	Overweight
07/17/2019	27.78	Overweight
07/11/2019	28.27	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Lipids
Weight Management

Evaluation and Management

99213 - Established Patient, Expanded Problem

Follow Up

Acute

Follow - up
6 month(s)

Document note on 08/01/2019 10:30 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 08/01/19
Page 14 of 14

Approved by Mary J. Castro M.D. 08/01/19

Southeast Texas Medical Associates, LLP

08/01/2019 10:30 AM

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 1 of 11



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/24/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Cellulitis of finger of left hand
Primary osteoarthritis of both hands
Primary osteoarthritis, left hand
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Osteopenia after menopause
Body mass index (BMI) 27.0-27.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

hos. follow up

Chief Complaints

hospital F/up cellulitis

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 2 of 11

Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1- hospital F/up cellulitis

Location - Left finger
Severity - mild
Change - improved
Aggravated By - None
Relieved By - Medications

Associated Symptoms

Pain

Pertinent Negatives

Drainage
redness

Comments

Pt sts that she is here for hos. follow up regarding her left finger that was infected . Pt was in the hos. for 3 days//kt,rma

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019		07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019		07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019		07/11/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019		07/11/2019	N
gabapentin 100 mg	take 1 capsule by oral route	07/17/2019			N

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 3 of 11

capsule 3 times every day

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
Bone Density - 02/12/2018
Carotid Doppler - 05/13/2019
CBC - 07/17/2019
Chemistry - 07/17/2019
Chest X-Ray - 05/07/2019
Creatinine - 07/17/2019
Foot Exam - 07/24/2019
HFP - 07/17/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 4 of 11

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient

Patient's Stated Goal For This Visit

hos. follow up

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath, Light headedness,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Lesions, Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 5 of 11

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
10:19 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
10:19 AM	147.80		67.041	dressed with shoes		27.93	1.70

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
10:19 AM	127/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
10:19 AM	97.5	36.4	temp strip	85		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
10:19 AM	99		RA					

PAIN SCALE

Time	Pain Score	Method
10:19 AM	0/10	Numeric Pain Intensity Scale
10:14 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
10:19 AM	Katherine Thibodeaux

BMR - 1471 kcal/day

Protein Requirement - 80 grams/day

Glucose Finger Stick - 99 mg/dL (Ref Range = 70-120)

Circumferences (Performed 07/24/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Age appropriate

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 6 of 11

Head/Face

Hair and Scalp - Normal
Skull - Normal
Facial Features - Normal
TM Joint - Normal

Respiratory

Inspection - Normal
Auscultation - Normal
Cough - Absent

Cardiovascular

Auscultation - Normal
Murmurs - Absent
JVP - Normal
Peripheral Edema - No

Musculoskeletal

Overview - Normal
Patient requires assistance with turning, positioning and transfers.

Comments

walker
left hand cellulitis better

Neurological

Mental Status

Cognitive Abilities - Normal
Emotional Stability - Normal

Feet

Cap Refill - Immediate
Digital Hair - Present
Dep Rudor - Present
Skin between toes checked

Comments

pt denies any swelling/redness/ulcers to feet & ankles. ktrma

Monofilament Examination

Toe Pulps

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 7 of 11

4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Heel

	<u>Right</u>	<u>Left</u>
	Sensation Present	Sensation Present

Foot

	<u>Right</u>	<u>Left</u>
	Sensation Present	Sensation Present

Mini Nutritional Assessment

Last Updated/Reviewed - 07/24/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Less than 19

Score - 1 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 8 of 11

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screener and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019
K	4.3 mmol/L	07/17/2019

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 9 of 11

Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP

ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019
ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

	Date	Normal Range
Cholesterol	201 mg/dL	05/06/2019 <175 mg/dL
HDL	71 mg/dL	05/06/2019 >50 mg/dL
CHOL/HDL Ratio	2.80	<4.2 NA
LDL	NA	NA
Triglycerides	144 mg/dL	05/06/2019 <150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%

10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed

Current and previous x-rays reviewed

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Continue current medications & therapy

Follow-Up Visit

Maintain fluid and electrolyte balance

Education/Instructions

Anticipatory Guidance

Increase fluids

Tylenol/Ibuprofen prn

Heating pad or moist heat/soaks

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.93 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
07/17/2019	27.78	Overweight
07/11/2019	28.27	Overweight
07/08/2019	27.85	Overweight

Active Medications

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 11 of 11

Start Date	Brand	Dose	Sig Desc
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Weight Management

Evaluation and Management

99495 - Transition of Care Management

Follow Up

Acute

Follow - up
3 month(s)

Approved by Girishkumar Kansara MD 07/24/19
Southeast Texas Medical Associates, LLP
07/24/2019 10:45 AM

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 1 of 11



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/24/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Cellulitis of finger of left hand
Primary osteoarthritis of both hands
Primary osteoarthritis, left hand
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Osteopenia after menopause
Body mass index (BMI) 27.0-27.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

hos. follow up

Chief Complaints

hospital F/up cellulitis

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 2 of 11

Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1- hospital F/up cellulitis

Location - Left finger
Severity - mild
Change - improved
Aggravated By - None
Relieved By - Medications

Associated Symptoms

Pain

Pertinent Negatives

Drainage
redness

Comments

Pt sts that she is here for hos. follow up regarding her left finger that was infected . Pt was in the hos. for 3 days//kt,rma

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspirin-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/11/2019		07/11/2019	N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/11/2019		07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	07/11/2019		07/11/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	07/11/2019		07/11/2019	N
gabapentin 100 mg	take 1 capsule by oral route	07/17/2019			N

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 3 of 11

capsule 3 times every day

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2019
Bone Density - 02/12/2018
Carotid Doppler - 05/13/2019
CBC - 07/17/2019
Chemistry - 07/17/2019
Chest X-Ray - 05/07/2019
Creatinine - 07/17/2019
Foot Exam - 07/24/2019
HFP - 07/17/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 4 of 11

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient

Patient's Stated Goal For This Visit

hos. follow up

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath, Light headedness,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Lesions, Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Patient: Parr, Lucia
Visit Date: 07/24/19
Page 5 of 11

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
10:19 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
10:19 AM	147.80		67.041	dressed with shoes		27.93	1.70

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
10:19 AM	127/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
10:19 AM	97.5	36.4	temp strip	85		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
10:19 AM	99		RA					

PAIN SCALE

Time	Pain Score	Method
10:19 AM	0/10	Numeric Pain Intensity Scale
10:14 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
10:19 AM	Katherine Thibodeaux

BMR - 1471 kcal/day

Protein Requirement - 80 grams/day

Glucose Finger Stick - 99 mg/dL (Ref Range = 70-120)

Circumferences (Performed 07/24/2019)

Chest - 0.00 inches

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Age appropriate

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 6 of 11

Head/Face

Hair and Scalp - Normal
Skull - Normal
Facial Features - Normal
TM Joint - Normal

Respiratory

Inspection - Normal
Auscultation - Normal
Cough - Absent

Cardiovascular

Auscultation - Normal
Murmurs - Absent
JVP - Normal
Peripheral Edema - No

Musculoskeletal

Overview - Normal
Patient requires assistance with turning, positioning and transfers.

Comments

walker
left hand cellulitis better

Neurological

Mental Status

Cognitive Abilities - Normal
Emotional Stability - Normal

Feet

Cap Refill - Immediate
Digital Hair - Present
Dep Rudor - Present
Skin between toes checked

Comments

pt denies any swelling/redness/ulcers to feet & ankles. ktrma

Monofilament Examination

Toe Pulps

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 7 of 11

4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Heel

	<u>Right</u>	<u>Left</u>
	Sensation Present	Sensation Present

Foot

	<u>Right</u>	<u>Left</u>
	Sensation Present	Sensation Present

Mini Nutritional Assessment

Last Updated/Reviewed - 07/24/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Less than 19

Score - 1 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 8 of 11

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screener and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	8.9 x10e3/uL	07/17/2019	x10e3/uL
HGB	12.4 g/dL	07/17/2019	g/dL
HCT	40.3 %	07/11/2019	34.5-45.0 %
PLT	222 10e3/uL	07/17/2019	10e3/uL
RBC	4.53 10*6/	07/11/2019	3.80-4.70 10*6/
MCV	92.0 fl	07/17/2019	fl
MCH	29.4 pg	07/11/2019	27.0-32.0 pg
MCHC33.1 g/dL	07/11/2019	31.8-35.4 g/dL	
Lymph#	2.4 10*3/	07/11/2019	1.1-3.0 10*3/
Lymph%	24.2 %	07/11/2019	18.0-48.3 %
Eos#	0.3 10*3/	07/11/2019	0.0-0.4 %
Eos%	3.1 3.1	07/11/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	DARK YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	10

BMP	Value	Date
Na	136 mmol/L	07/17/2019
K	4.3 mmol/L	07/17/2019

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 9 of 11

Chloride	102 mmol/L	07/17/2019
CO2	30 mmol/L	07/11/2019
Glucose	174 mg/dL	07/17/2019
BUN	11 mg/dL	07/17/2019
Creatinine	0.5 mg/dL	07/17/2019
Ca	9.4	07/17/2019

CMP

ALB	3.6 g/dL	07/17/2019
AST	13 u/L	07/17/2019
ALT	9 u/L	07/17/2019
ALP	90 u/L	07/17/2019
BILI-D	0.1 mg/dL	07/11/2019
BILI-T	0.3 mg/dL	07/17/2019
TP	7.0 g/dL	07/17/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

	Date	Normal Range
Cholesterol	201 mg/dL	05/06/2019 <175 mg/dL
HDL	71 mg/dL	05/06/2019 >50 mg/dL
CHOL/HDL Ratio	2.80	<4.2 NA
LDL	NA	NA
Triglycerides	144 mg/dL	05/06/2019 <150 mg/dL

Other

PT	10.2 seconds	07/11/2019
INR	1	07/11/2019
Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%

10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed

Current and previous x-rays reviewed

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Continue current medications & therapy

Follow-Up Visit

Maintain fluid and electrolyte balance

Education/Instructions

Anticipatory Guidance

Increase fluids

Tylenol/Ibuprofen prn

Heating pad or moist heat/soaks

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.93 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
07/17/2019	27.78	Overweight
07/11/2019	28.27	Overweight
07/08/2019	27.85	Overweight

Active Medications

Document note on 07/24/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/24/19
Page 11 of 11

Start Date	Brand	Dose	Sig Desc
07/17/2019	GABAPENTIN	100 mg	take 1 capsule by oral route 3 times every day
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ASPIR 81	81 mg	take 1 tablet by oral route every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus
Weight Management

Evaluation and Management

99495 - Transition of Care Management

Follow Up

Acute

Follow - up
3 month(s)

Approved by Girishkumar Kansara MD 07/24/19
Southeast Texas Medical Associates, LLP
07/24/2019 10:45 AM

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/11/19
Page 1 of 14



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/11/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Pre-operative clearance
Primary osteoarthritis of right hip
Foraminal stenosis of lumbosacral region
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Acute UTI (urinary tract infection)
Body mass index (BMI) 28.0-28.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

surgery clearance

Chief Complaints

pre-op clearance
pain

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 2 of 14

Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1- pre-op clearance

Location - hip replacement right
Radiation - BBJ Dr. Todd Clarke
Quality - Fax #409-813-3546
Severity - severe
Change - worse
Aggravated By - Inactivity
Relieved By - None

Associated Symptoms

Pain
Weakness
Anxiety

Pertinent Negatives

Chest Pain
Congestion, Chest
Shortness of Breath
Edema

Comments

kt,rma she already had EKG and Cardiac Echo all ok, She can't sit too long her hip would hurt she has to change position every 10 mins, walks with a walker. Had stopped aspirin already.Had been taking the antibiotic she had a UTI 2 days ago no pain has urinary frequency. No blood in urine MC

Chief Complaint 2 - pain

Location - Hip, right
Radiation - right leg
Quality - aching
Frequency - daily
Duration - year(s)
Severity - severe
Change - relief, intermittently
Context - chronic illness
Aggravated By - Physical activity

Associated Symptoms

Weakness

Pertinent Negatives

falls

Comments

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 3 of 14

also has back pains . MC

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018	07/11/2019	07/11/2019	N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019	07/11/2019	07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019	07/11/2019	07/11/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019	07/11/2019	07/11/2019	N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	05/16/2019	07/11/2019	07/11/2019	N
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 05/06/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 07/11/2019
Chemistry - 07/11/2019
Chest X-Ray - 05/07/2019

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/11/19
Page 4 of 14

Creatinine - 07/11/2019
Foot Exam - 07/11/2019
HFP - 05/06/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
surgery clearance

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 5 of 14

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath,

Eyes

Patient Confirms

Wears glasses,

Patient Denies

Redness, Swollen lids,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Arthritis pain

Decreased ROM - Hip R

Extremity pain - Leg R

Joint pain

Joint swelling - Knee R, Hip R

Joint stiffness - Knee Both

Muscle spasms

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 6 of 14

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea, Sweating, Vomitting,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:20 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:20 AM	149.60		67.857	dressed with shoes		28.27	1.71

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:20 AM	139/74	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:20 AM	97.7	36.5	temp strip	80		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:20 AM	97		RA					

PAIN SCALE

Time	Pain Score	Method
9:20 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:20 AM	Katherine Thibodeaux

BMR - 1481 kcal/day

Protein Requirement - 81 grams/day

Glucose Finger Stick - 99 mg/dL (Ref Range = 70-120)

Circumferences (Performed 07/11/2019)

Constitutional

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 7 of 14

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - uncomfortable

Nourishment - overweight

Overall Appearance - Overweight

Head/Face

Hair and Scalp - Normal

Skull - Normal

Facial Features - Normal

Eyes

General

Right - Normal

Left - Normal

External

Right - Normal

Left - Normal

Lid

Right - Normal

Left - Normal

Ears

External Ear

Inspection

Right - Normal

Left - Normal

Palpation

Right - Normal

Left - Normal

Internal Ear

Canals

Right - Normal

Left - Normal

TMs

Right - Normal

Left - Normal

Hearing

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 8 of 14

External Nose - Normal

Mucosa - Normal

Mouth

Teeth/Gums - Normal

Buccal Mucosa - Normal

Throat

Pharynx - Normal

Neck

Inspection - Normal

Palpation - Normal

Lymph Nodes - Normal

Thyroid Gland - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - systolic murmur

Bruit - Absent

Peripheral Edema - No

Abdomen

Inspection - Normal

Palpation - Normal

Musculoskeletal

Overview - weakness

Cervical Spine - muscle spasm

Thoracic Spine - kyphosis

Lumbar Spine - muscle spasm

Hip

Right - abduction, decreased

Knee

Left - crepitus

Right - crepitus

Comments

walks with a walker

Feet

Cap Refill - Immediate

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 9 of 14

Digital Hair - Present
Dep Rudor - Present
Skin between toes checked

Comments

pt denies any swelling & redness to both feet& ankles.// kt,rma

Mini Nutritional Assessment

Last Updated/Reviewed - 07/11/2019

2. Has the patient experienced weight loss during the last 3 months?
6. What is the patient's Body Mass Index (BMI)?

Greater than or equal to 23

Score - 6 points
Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*
I have fewer than 5 alcoholic drinks a week. *Always*
My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*
How many days a week do you participate in activities that increase your strength? *None*
How many days a week do you participate in activities that increase your flexibility? *None*
Indicate that type of grain products you usually eat. *Only or mostly whole grain products*
How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*
How many servings of milk products do you eat daily? *1 serving*
How often do you eat breakfast (more than just coffee or a roll)? *Most days*
What is your smoking status? *Never smoked*
How often do you feel you get the sleep you need? *Most nights*
How well are you coping with your stress load? *Coping fairly well*
How many alcoholic drinks do you usually have each week? *None*
You have been told by your doctor that you have...
Good blood pressure
You have been told by your doctor that you have...
Good cholesterol
Are you a healthy weight?
What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	10.6 x10 ³ /uL	05/06/2019	3.7-10.1 x10 ³ /uL
HGB	12.8 g/dL	05/06/2019	11.5-15.0 g/dL
HCT	39.9 %	05/06/2019	34.5-45.0 %
PLT	252 10 ³ /uL	05/06/2019	155-400 10 ³ /uL
RBC	4.44 10 ⁶ /	05/06/2019	3.80-4.70 10 ⁶ /
MCV	90.0 fl	05/06/2019	81-96 fl
MCH	28.9 pg	05/06/2019	27.0-32.0 pg
MCHC32.1 g/dL	05/06/2019	31.8-35.4 g/dL	
Lymph#	2.3 10 ³ /	05/06/2019	1.1-3.0 10 ³ /
Lymph%	21.7 %	05/06/2019	18.0-48.3 %
Eos#	0.2 10 ³ /	05/06/2019	0.0-0.4 %
Eos%	2.0 2.0	05/06/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	LIGHT YELLOW
Clarity	Hazy
pH	8.00
Spec Grav	1.010
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	500
Nitrates	Positive
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	05/06/2019
K	4.3 mmol/L	05/06/2019
Chloride	102 mmol/L	05/06/2019
CO2	26 mmol/L	05/06/2019
Glucose	117 mg/dL	05/06/2019
BUN	16 mg/dL	05/06/2019
Creatinine	0.6 mg/dL	05/06/2019
Ca	9.7	05/06/2019

CMP	Value	Date
ALB	4.1 g/dL	05/06/2019
AST	20 u/L	05/06/2019

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/11/19
Page 11 of 14

ALT	19 u/L	05/06/2019
ALP	103 u/L	05/06/2019
BILI-D	0.1 mg/dL	05/06/2019
BILI-T	0.3 mg/dL	05/06/2019
TP	7.4 g/dL	05/06/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	NA		NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Assessment

Pre-operative clearance
Primary osteoarthritis of right hip
Foraminal stenosis of lumbosacral region
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 12 of 14

Mixed hyperlipidemia
Acute UTI (urinary tract infection)
Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Continue current medications & therapy
Lab as indicated
no aspirin products NSAIDs like Aleve or Ibuprofen
1 wk before SX
also stop any Fish oil supplements and Vit D
a week before, drink water
Current Medication List Given to Patient

Education/Instructions

Patient Given Diabetes Follow Up Document
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.27 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
------	-----------------------	--------

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 13 of 14

07/08/2019	27.85	Overweight
05/06/2019	28.19	Overweight
01/10/2019	29.44	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ASPIR 81	81 mg	take 1 tablet by oral route every day

Disease Management Tools Accessed

Diabetes Mellitus
Weight Management

Lab

Bilirubin, Direct
CBC
CMP, Fasting

PT/INR
Urinalysis

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute

Follow - up

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 14 of 14

3 month(s)

Approved by Mary J. Castro M.D. 07/11/19
Southeast Texas Medical Associates, LLP
07/11/2019 09:00 AM

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 1 of 14



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/11/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Pre-operative clearance
Primary osteoarthritis of right hip
Foraminal stenosis of lumbosacral region
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Acute UTI (urinary tract infection)
Body mass index (BMI) 28.0-28.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

surgery clearance

Chief Complaints

pre-op clearance
pain

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 2 of 14

Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1- pre-op clearance

Location - hip replacement right
Radiation - BBJ Dr. Todd Clarke
Quality - Fax #409-813-3546
Severity - severe
Change - worse
Aggravated By - Inactivity
Relieved By - None

Associated Symptoms

Pain
Weakness
Anxiety

Pertinent Negatives

Chest Pain
Congestion, Chest
Shortness of Breath
Edema

Comments

kt,rma she already had EKG and Cardiac Echo all ok, She can't sit too long her hip would hurt she has to change position every 10 mins, walks with a walker. Had stopped aspirin already.Had been taking the antibiotic she had a UTI 2 days ago no pain has urinary frequency. No blood in urine MC

Chief Complaint 2 - pain

Location - Hip, right
Radiation - right leg
Quality - aching
Frequency - daily
Duration - year(s)
Severity - severe
Change - relief, intermittently
Context - chronic illness
Aggravated By - Physical activity

Associated Symptoms

Weakness

Pertinent Negatives

falls

Comments

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 3 of 14

also has back pains . MC

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018	07/11/2019	07/11/2019	N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019	07/11/2019	07/11/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019	07/11/2019	07/11/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019	07/11/2019	07/11/2019	N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	05/16/2019	07/11/2019	07/11/2019	N
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N
phenazopyridine 100 mg tablet	take 1 Tablet by oral route 3 times every day after meals as needed painful urination	07/08/2019			N
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	07/08/2019			N
Cranberry Concentrate 500 mg capsule	take as directed OTC	07/08/2019			N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	//		07/11/2019	Y

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 05/06/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 07/11/2019
Chemistry - 07/11/2019
Chest X-Ray - 05/07/2019

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 4 of 14

Creatinine - 07/11/2019
Foot Exam - 07/11/2019
HFP - 05/06/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
PT/INR - 07/11/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/11/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
surgery clearance

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 5 of 14

Constitutional

Patient Denies

Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath,

Eyes

Patient Confirms

Wears glasses,

Patient Denies

Redness, Swollen lids,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea, Cramping, Abdominal pain,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Arthritis pain

Decreased ROM - Hip R

Extremity pain - Leg R

Joint pain

Joint swelling - Knee R, Hip R

Joint stiffness - Knee Both

Muscle spasms

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 6 of 14

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea, Sweating, Vomitting,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
9:20 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
9:20 AM	149.60		67.857	dressed with shoes		28.27	1.71

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
9:20 AM	139/74	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
9:20 AM	97.7	36.5	temp strip	80		

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
9:20 AM	97		RA					

PAIN SCALE

Time	Pain Score	Method
9:20 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
9:20 AM	Katherine Thibodeaux

BMR - 1481 kcal/day

Protein Requirement - 81 grams/day

Glucose Finger Stick - 99 mg/dL (Ref Range = 70-120)

Circumferences (Performed 07/11/2019)

Constitutional

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 7 of 14

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - uncomfortable

Nourishment - overweight

Overall Appearance - Overweight

Head/Face

Hair and Scalp - Normal

Skull - Normal

Facial Features - Normal

Eyes

General

Right - Normal

Left - Normal

External

Right - Normal

Left - Normal

Lid

Right - Normal

Left - Normal

Ears

External Ear

Inspection

Right - Normal

Left - Normal

Palpation

Right - Normal

Left - Normal

Internal Ear

Canals

Right - Normal

Left - Normal

TMs

Right - Normal

Left - Normal

Hearing

Right - Normal

Left - Normal

Nasopharynx

Nose and Sinuses

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 8 of 14

External Nose - Normal

Mucosa - Normal

Mouth

Teeth/Gums - Normal

Buccal Mucosa - Normal

Throat

Pharynx - Normal

Neck

Inspection - Normal

Palpation - Normal

Lymph Nodes - Normal

Thyroid Gland - Normal

Respiratory

Inspection - Normal

Auscultation - Normal

Cough - Absent

Cardiovascular

Auscultation - Normal

Murmurs - systolic murmur

Bruit - Absent

Peripheral Edema - No

Abdomen

Inspection - Normal

Palpation - Normal

Musculoskeletal

Overview - weakness

Cervical Spine - muscle spasm

Thoracic Spine - kyphosis

Lumbar Spine - muscle spasm

Hip

Right - abduction, decreased

Knee

Left - crepitus

Right - crepitus

Comments

walks with a walker

Feet

Cap Refill - Immediate

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 9 of 14

Digital Hair - Present
Dep Rudor - Present
Skin between toes checked

Comments

pt denies any swelling & redness to both feet& ankles.// kt,rma

Mini Nutritional Assessment

Last Updated/Reviewed - 07/11/2019

2. Has the patient experienced weight loss during the last 3 months?
6. What is the patient's Body Mass Index (BMI)?

Greater than or equal to 23

Score - 6 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*
I have fewer than 5 alcoholic drinks a week. *Always*
My weight is appropriate for my height. *Overweight*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*
How many days a week do you participate in activities that increase your strength? *None*
How many days a week do you participate in activities that increase your flexibility? *None*
Indicate that type of grain products you usually eat. *Only or mostly whole grain products*
How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*
How many servings of milk products do you eat daily? *1 serving*
How often do you eat breakfast (more than just coffee or a roll)? *Most days*
What is your smoking status? *Never smoked*
How often do you feel you get the sleep you need? *Most nights*
How well are you coping with your stress load? *Coping fairly well*
How many alcoholic drinks do you usually have each week? *None*
You have been told by your doctor that you have...
Good blood pressure
You have been told by your doctor that you have...
Good cholesterol
Are you a healthy weight?
What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 10 of 14

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	10.6 x10 ³ /uL	05/06/2019	3.7-10.1 x10 ³ /uL
HGB	12.8 g/dL	05/06/2019	11.5-15.0 g/dL
HCT	39.9 %	05/06/2019	34.5-45.0 %
PLT	252 10 ³ /uL	05/06/2019	155-400 10 ³ /uL
RBC	4.44 10 ⁶ /	05/06/2019	3.80-4.70 10 ⁶ /
MCV	90.0 fl	05/06/2019	81-96 fl
MCH	28.9 pg	05/06/2019	27.0-32.0 pg
MCHC32.1 g/dL	05/06/2019	31.8-35.4 g/dL	
Lymph#	2.3 10 ³ /	05/06/2019	1.1-3.0 10 ³ /
Lymph%	21.7 %	05/06/2019	18.0-48.3 %
Eos#	0.2 10 ³ /	05/06/2019	0.0-0.4 %
Eos%	2.0 2.0	05/06/2019	0.6-7.3 %

Urinalysis	07/11/2019
Color	LIGHT YELLOW
Clarity	Hazy
pH	8.00
Spec Grav	1.010
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	500
Nitrates	Positive
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	05/06/2019
K	4.3 mmol/L	05/06/2019
Chloride	102 mmol/L	05/06/2019
CO2	26 mmol/L	05/06/2019
Glucose	117 mg/dL	05/06/2019
BUN	16 mg/dL	05/06/2019
Creatinine	0.6 mg/dL	05/06/2019
Ca	9.7	05/06/2019

CMP		
ALB	4.1 g/dL	05/06/2019
AST	20 u/L	05/06/2019

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/11/19
Page 11 of 14

ALT	19 u/L	05/06/2019
ALP	103 u/L	05/06/2019
BILI-D	0.1 mg/dL	05/06/2019
BILI-T	0.3 mg/dL	05/06/2019
TP	7.4 g/dL	05/06/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	NA		NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

Glyco Hemoglobin	6.5 %	05/06/2019
Mean Plasma Glucose	154.1 mg/dL	
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Assessment

Pre-operative clearance
Primary osteoarthritis of right hip
Foraminal stenosis of lumbosacral region
Fredrickson type 2a hyperlipoproteinemia
DM type 2 with diabetic mixed hyperlipidemia

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 12 of 14

Mixed hyperlipidemia
Acute UTI (urinary tract infection)
Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia
Multilevel facet arthritis
Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Continue current medications & therapy
Lab as indicated
no aspirin products NSAIDs like Aleve or Ibuprofen
1 wk before SX
also stop any Fish oil supplements and Vit D
a week before, drink water
Current Medication List Given to Patient

Education/Instructions

Patient Given Diabetes Follow Up Document
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.27 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
------	-----------------------	--------

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 13 of 14

07/08/2019	27.85	Overweight
05/06/2019	28.19	Overweight
01/10/2019	29.44	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
07/11/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
07/11/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
07/11/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
07/11/2019	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ASPIR 81	81 mg	take 1 tablet by oral route every day

Disease Management Tools Accessed

Diabetes Mellitus
Weight Management

Lab

Bilirubin, Direct
CBC
CMP, Fasting

PT/INR
Urinalysis

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute

Follow - up

Document note on 07/11/2019 9:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/11/19
Page 14 of 14

3 month(s)

Approved by Mary J. Castro M.D. 07/11/19
Southeast Texas Medical Associates, LLP
07/11/2019 09:00 AM

Patient: Parr, Lucia
Visit Date: 07/08/19
Page 1 of 10



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/08/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Dysuria

Body mass index (BMI) 27.0-27.9, adult

Atherosclerosis of both carotid arteries

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

to feel better

Chief Complaints

bladder infection

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia

Atherosclerosis of both carotid arteries

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 2 of 10

Chief Complaint 1- bladder infection

Location - urinary

Frequency - persistently

Duration - 1 day(s)

Severity - mild

Change - no change

Aggravated By - unknown

Relieved By - None

Associated Symptoms

urinary burnin

dysuria

foul odor

lower abd pain

Pertinent Negatives

Fever

hematuria

Comments

//mt

Nursing**Medications (active prior to today)**

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019		01/10/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019		01/10/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019		01/10/2019	N
ciprofloxacin 250 mg tablet	take 1 tablet by oral route every 12 hours	05/06/2019	07/08/2019		N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	05/16/2019			N
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	Y	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Aspir-81 81 mg tablet,delayed release	take 1 tablet by oral route every day	N	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 05/06/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 05/06/2019
Chemistry - 05/06/2019
Chest X-Ray - 05/07/2019
Creatinine - 05/06/2019
Foot Exam - 05/06/2019
HFP - 05/06/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/08/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Patient: Parr, Lucia
Visit Date: 07/08/19
Page 4 of 10

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

Review of Systems

Source of Information

Patient

Patient's Stated Goal For This Visit

to feel better

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Hematemesis, Coffee ground emesis, Constipation,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urge incontinence, Stress incontinence,

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 5 of 10

Musculoskeletal

Patient is right-handed.

Patient Denies

Arthritis pain, Bursitis pain, Back pain, Dislocation, Deformities,

Gait - Abnormal

Integumentary**Patient Confirms**

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine**Patient Confirms**

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam**Vital Signs****HEIGHT**

Time	ft	in	cm	Last Measured	Height Position	%
3:32 PM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
3:32 PM	147.40		66.860	dressed with shoes		27.85	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
3:32 PM	108/60	sitting	left	brachial	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
3:32 PM	97.9	36.6	temp strip	87	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
3:32 PM	99		RA					

PAIN SCALE

Time	Pain Score	Method
3:32 PM	0/10	Numeric Pain Intensity Scale

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/08/19
Page 6 of 10

MEASURED BY

Time	Measured by
3:32 PM	Mellery Turner

Protein Requirement - 80 grams/day

Circumferences (Performed 07/08/2019)

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - mild distress

Nourishment - overweight

Overall Appearance - Normal

Abdomen

Palpation - suprapubic tenderness

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - mild distress

Nourishment - overweight

Overall Appearance - Normal

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	10.6 $\times 10^3/\mu\text{L}$	05/06/2019	3.7-10.1 $\times 10^3/\mu\text{L}$
HGB	12.8 g/dL	05/06/2019	11.5-15.0 g/dL
HCT	39.9 %	05/06/2019	34.5-45.0 %
PLT	252 $10^3/\mu\text{L}$	05/06/2019	155-400 $10^3/\mu\text{L}$

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 7 of 10

RBC	4.44 10 ⁶ /	05/06/2019	3.80-4.70 10 ⁶ /
MCV	90.0 fl	05/06/2019	81-96 fl
MCH	28.9 pg	05/06/2019	27.0-32.0 pg
MCHC32.1 g/dL	05/06/2019	31.8-35.4 g/dL	
Lymph#	2.3 10 ³ /	05/06/2019	1.1-3.0 10 ³ /
Lymph%	21.7 %	05/06/2019	18.0-48.3 %
Eos#	0.2 10 ³ /	05/06/2019	0.0-0.4 %
Eos%	2.0 2.0	05/06/2019	0.6-7.3 %

Urinalysis 07/08/2019

Color	YELLOW
Clarity	Hazy
pH	6.00
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	250
Nitrates	Positive
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	05/06/2019
K	4.3 mmol/L	05/06/2019
Chloride	102 mmol/L	05/06/2019
CO2	26 mmol/L	05/06/2019
Glucose	117 mg/dL	05/06/2019
BUN	16 mg/dL	05/06/2019
Creatinine	0.6 mg/dL	05/06/2019
Ca	9.7	05/06/2019

CMP		
ALB	4.1 g/dL	05/06/2019
AST	20 u/L	05/06/2019
ALT	19 u/L	05/06/2019
ALP	103 u/L	05/06/2019
BILI-D	0.1 mg/dL	05/06/2019
BILI-T	0.3 mg/dL	05/06/2019
TP	7.4 g/dL	05/06/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	NA		NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

Glyco Hemoglobin	6.5 %	05/06/2019
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

Dysuria

Body mass index (BMI) 27.0-27.9, adult

Atherosclerosis of both carotid arteries

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points
(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed
Plan was discussed with patient.
The patient indicates they agree with the discussed plan.
Establish goals for treatment
UA today
Cipro-Cranberry PO
Current Medication List Given to Patient

Education/Instructions

Anticipatory Guidance
Limit caffeine-carbonation-SF products
Increase fluids
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.85 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
05/06/2019	28.19	Overweight
01/10/2019	29.44	Overweight
11/07/2018	28.95	Overweight

Active Medications

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 10 of 10

Start Date	Brand	Dose	Sig Desc
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
05/16/2019	ASPIR 81	81 mg	take 1 tablet by oral route every day
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Weight Management

Lab

Urinalysis

Evaluation and Management

99212 - Established Patient, Problem Focused

Follow Up

Acute

Based on test results

Approved by Nicole McBryde MSN FNP-C 07/08/19
Southeast Texas Medical Associates, LLP
07/08/2019 03:45 PM

Patient: Parr, Lucia
Visit Date: 07/08/19
Page 1 of 10



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 07/08/19 SETMA Lumberton

Patient	Lucia Parr
Date of Birth	01/24/1944
Age	75 Years
Race	Declined to specify
Preferred Language	English
Sex	F
Visit Type	Office Visit
Medical Record	451534

Acute Diagnoses

Status

Dysuria

Body mass index (BMI) 27.0-27.9, adult

Atherosclerosis of both carotid arteries

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

to feel better

Chief Complaints

bladder infection

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia

Atherosclerosis of both carotid arteries

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 2 of 10

Chief Complaint 1- bladder infection

Location - urinary
Frequency - persistently
Duration - 1 day(s)
Severity - mild
Change - no change
Aggravated By - unknown
Relieved By - None

Associated Symptoms

urinary burnin
dysuria
foul odor
lower abd pain

Pertinent Negatives

Fever
hematuria

Comments

//mt

Nursing**Medications (active prior to today)**

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019		01/10/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019		01/10/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019		01/10/2019	N
ciprofloxacin 250 mg tablet	take 1 tablet by oral route every 12 hours	05/06/2019	07/08/2019		N
Aspir-81 81 mg tablet, delayed release	take 1 tablet by oral route every day	05/16/2019			N
VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	05/22/2019		05/22/2019	N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	Y	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Aspir-81 81 mg tablet,delayed release	take 1 tablet by oral route every day	N	Verified
taking as directed	VITAMIN D2 (ERGO)50,000 IU CAP	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 05/06/2019
Bone Density - 02/12/2018
Cartoid Doppler - 05/13/2019
CBC - 05/06/2019
Chemistry - 05/06/2019
Chest X-Ray - 05/07/2019
Creatinine - 05/06/2019
Foot Exam - 05/06/2019
HFP - 05/06/2019
HGB - 05/06/2019
Lipids - 05/06/2019
Microalbumin - 05/06/2019
Thyroid Profile - 07/17/2018
Urinalysis - 07/08/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 4 of 10

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino

Occupation - Retired

Marital Status - widow

Tobacco Use

Smoking status: Never smoker.

Review of Systems

Source of Information

Patient

Patient's Stated Goal For This Visit

to feel better

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Hematemesis, Coffee ground emesis, Constipation,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urge incontinence, Stress incontinence,

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 5 of 10

Musculoskeletal

Patient is right-handed.

Patient Denies

Arthritis pain, Bursitis pain, Back pain, Dislocation, Deformities,

Gait - Abnormal

Integumentary**Patient Confirms**

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine**Patient Confirms**

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam**Vital Signs****HEIGHT**

Time	ft	in	cm	Last Measured	Height Position	%
3:32 PM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
3:32 PM	147.40		66.860	dressed with shoes		27.85	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
3:32 PM	108/60	sitting	left	brachial	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
3:32 PM	97.9	36.6	temp strip	87	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
3:32 PM	99		RA					

PAIN SCALE

Time	Pain Score	Method
3:32 PM	0/10	Numeric Pain Intensity Scale

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 07/08/19
Page 6 of 10

MEASURED BY

Time	Measured by
3:32 PM	Mellery Turner

Protein Requirement - 80 grams/day

Circumferences (Performed 07/08/2019)

Constitutional

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - mild distress

Nourishment - overweight

Overall Appearance - Normal

Abdomen

Palpation - suprapubic tenderness

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - mild distress

Nourishment - overweight

Overall Appearance - Normal

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	10.6 x10 ³ /uL	05/06/2019	3.7-10.1 x10 ³ /uL
HGB	12.8 g/dL	05/06/2019	11.5-15.0 g/dL
HCT	39.9 %	05/06/2019	34.5-45.0 %
PLT	252 10 ³ /uL	05/06/2019	155-400 10 ³ /uL

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 7 of 10

RBC	4.44 10*6/	05/06/2019	3.80-4.70 10*6/
MCV	90.0 fl	05/06/2019	81-96 fl
MCH	28.9 pg	05/06/2019	27.0-32.0 pg
MCHC32.1 g/dL	05/06/2019	31.8-35.4 g/dL	
Lymph#	2.3 10*3/	05/06/2019	1.1-3.0 10*3/
Lymph%	21.7 %	05/06/2019	18.0-48.3 %
Eos#	0.2 10*3/	05/06/2019	0.0-0.4 %
Eos%	2.0 2.0	05/06/2019	0.6-7.3 %

Urinalysis 07/08/2019

Color	YELLOW
Clarity	Hazy
pH	6.00
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	250
Nitrates	Positive
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	05/06/2019
K	4.3 mmol/L	05/06/2019
Chloride	102 mmol/L	05/06/2019
CO2	26 mmol/L	05/06/2019
Glucose	117 mg/dL	05/06/2019
BUN	16 mg/dL	05/06/2019
Creatinine	0.6 mg/dL	05/06/2019
Ca	9.7	05/06/2019

CMP		
ALB	4.1 g/dL	05/06/2019
AST	20 u/L	05/06/2019
ALT	19 u/L	05/06/2019
ALP	103 u/L	05/06/2019
BILI-D	0.1 mg/dL	05/06/2019
BILI-T	0.3 mg/dL	05/06/2019
TP	7.4 g/dL	05/06/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range	
Cholesterol	201 mg/dL	05/06/2019	<175 mg/dL
HDL	71 mg/dL	05/06/2019	>50 mg/dL
CHOL/HDL Ratio	2.80		<4.2 NA
LDL	NA		NA
Triglycerides	144 mg/dL	05/06/2019	<150 mg/dL

Other

Glyco Hemoglobin	6.5 %	05/06/2019
Micral Strip	Negative	05/06/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

Dysuria

Body mass index (BMI) 27.0-27.9, adult

Atherosclerosis of both carotid arteries

Chronic Conditions

DM type 2 with diabetic mixed hyperlipidemia

Multilevel facet arthritis

Fredrickson type 2a hyperlipoproteinemia
Atherosclerosis of both carotid arteries
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 6%

Global Cardiovascular Risk Score

Current Score - 2.3 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed
Plan was discussed with patient.
The patient indicates they agree with the discussed plan.
Establish goals for treatment
UA today
Cipro-Cranberry PO
Current Medication List Given to Patient

Education/Instructions

Anticipatory Guidance
Limit caffeine-carbonation-SF products
Increase fluids
setma83_hosp_plan{Unexpected Value}
Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 27.85 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
05/06/2019	28.19	Overweight
01/10/2019	29.44	Overweight
11/07/2018	28.95	Overweight

Active Medications

Document note on 07/08/2019 3:45 PM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 07/08/19
Page 10 of 10

Start Date	Brand	Dose	Sig Desc
07/08/2019	PHENAZOPYRIDINE HCL	100 mg	take 1 Tablet by oral route 3 times every day after meals as needed painful urination
07/08/2019	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
07/08/2019	CRANBERRY CONCENTRATE	500 mg	take as directed OTC
05/22/2019	VITAMIN D2	50,000 unit	TAKE 1 CAPSULE BY MOUTH ONCE A WEEK
05/16/2019	ASPIR 81	81 mg	take 1 tablet by oral route every day
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Weight Management

Lab

Urinalysis

Evaluation and Management

99212 - Established Patient, Problem Focused

Follow Up

Acute

Based on test results

Approved by Nicole McBryde MSN FNP-C 07/08/19
Southeast Texas Medical Associates, LLP
07/08/2019 03:45 PM

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 1 of 13



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 05/06/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 75 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

	Status
DM type 2 with diabetic mixed hyperlipidemia	
Mixed hyperlipidemia	
Fredrickson type 2a hyperlipoproteinemia	
Osteopenia after menopause	
Multilevel facet arthritis	
Multilevel facet arthritis	
Lumbar spondylosis	Specialist following
Right groin pain	New
Colon cancer screening	
Low vitamin D level	
Right carotid bruit	New
Family history of cardiac disorder	
Cigarette smoker	
Body mass index (BMI) 28.0-28.9, adult	

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

recheck

Chief Complaints

* Diabetes Management

* Lipid Management

pain

Chronic Conditions

Multilevel facet arthritis
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Diabetes Management

Duration - year(s)

Change - no change

Associated Symptoms

numbness/tingling of feet

Pertinent Negatives

Excessive Hunger

Excessive Sweating

Excessive Thirst

Excessive Urination

Comments

//mt

Chief Complaint 2 - * Lipid Management

Duration - year(s)

Severity - mild

Change - no change

Context - chronic illness

Relieved By - Red Yeast Rice

Associated Symptoms

None

Pertinent Negatives

Chest Pain

Muscle Pain

Comments

//mt

Chief Complaint 3 - pain

Location - R leg

Radiation - R hip down leg

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 3 of 13

Severity - mild

Change - no change

Associated Symptoms

discomfort

altered gait

Pertinent Negatives

Edema

Comments

//mt

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	11/07/2018	05/06/2019		N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019		01/10/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019		01/10/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019		01/10/2019	N
Vitamin D2 50,000 unit capsule	take 1 capsule by oral route every week	01/16/2019			N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	Y	Verified

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 4 of 13

taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Vitamin D2 50,000 unit capsule	take 1 capsule by oral route every week	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 01/10/2019
Bone Density - 02/12/2018
CBC - 01/10/2019
Chemistry - 05/06/2019
Creatinine - 01/10/2019
Foot Exam - 05/06/2019
HFP - 01/10/2019
HGB - 01/10/2019
Lipids - 01/10/2019
Microalbumin - 05/06/2019
Thyroid Profile - 07/17/2018
Urinalysis - 01/10/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 5 of 13

Review of Systems

Source of Information

Patient

Family member

Patient's Stated Goal For This Visit

recheck

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache,

Eyes

Patient Confirms

Wears glasses,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Hematemesis, Coffee ground emesis, Post tussive emesis,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urgency, Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Joint pain - Hip R

Patient Denies

Arthritis pain, Bursitis pain, Back pain, Dislocation, Deformities,

Gait - Normal

Integumentary

Patient Confirms

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 6 of 13

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
10:13 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
10:13 AM	149.20		67.676	dressed with shoes		28.19	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
10:13 AM	100/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
10:13 AM	97.5	36.4	temp strip	87	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
10:13 AM	98		RA					

PAIN SCALE

Time	Pain Score	Method
10:13 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
10:13 AM	Mellery Turner

Protein Requirement - 81 grams/day

Glucose Finger Stick - 108 mg/dL (Ref Range = 70-120)

Circumferences (Performed 05/06/2019)

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 7 of 13

Constitutional

Level of Consciousness - Normal
Orientation - Normal
Level of Distress - Normal
Nourishment - overweight
Overall Appearance - Normal

Head/Face

Hair and Scalp - Normal
Skull - Normal

Eyes

General
Right - Normal
Left - Normal

Ears

External Ear
Inspection
Right - Normal
Left - Normal

Nasopharynx

Nose and Sinuses
External Nose - Normal

Respiratory

Inspection - Normal
Auscultation - Normal
Cough - Absent

Cardiovascular

Auscultation - Normal
Peripheral Edema - No

Abdomen

Inspection - Normal

Musculoskeletal

Overview - Normal

Neurological

Sensory Function

Balance and Gait - Normal

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Feet

Normal

Monofilament Examination

Toe Pulp

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Heel

<u>Right</u>	<u>Left</u>
Sensation Present	Sensation Present

Foot

<u>Right</u>	<u>Left</u>
Sensation Present	Sensation Present

Pain Assessment

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 9 of 13

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	7.6 x10 ³ /uL	01/10/2019	3.7-10.1 x10 ³ /uL
HGB	13.0 g/dL	01/10/2019	11.5-15.0 g/dL
HCT	43.3 %	01/10/2019	34.5-45.0 %
PLT	258 10 ³ /uL	01/10/2019	155-400 10 ³ /uL
RBC	4.74 10 ⁶ /	01/10/2019	3.80-4.70 10 ⁶ /
MCV	91.0 fl	01/10/2019	81-96 fl
MCH	27.5 pg	01/10/2019	27.0-32.0 pg
MCHC30.1 g/dL	01/10/2019	31.8-35.4 g/dL	
Lymph#	1.7 10 ³ /	01/10/2019	1.1-3.0 10 ³ /
Lymph%	22.1 %	01/10/2019	18.0-48.3 %
Eos#	0.2 10 ³ /	01/10/2019	0.0-0.4 %
Eos%	2.4 2.4	01/10/2019	0.6-7.3 %

Urinalysis	01/10/2019
Color	LIGHT YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	01/10/2019
K	4.3 mmol/L	01/10/2019
Chloride	105 mmol/L	01/10/2019
CO2	27 mmol/L	01/10/2019
Glucose	153 mg/dL	01/10/2019
BUN	15 mg/dL	01/10/2019
Creatinine	0.7 mg/dL	01/10/2019
Ca	9.4	01/10/2019

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 10 of 13

CMP

ALB	3.9 g/dL	01/10/2019
AST	17 u/L	01/10/2019
ALT	17 u/L	01/10/2019
ALP	86 u/L	01/10/2019
BILI-D	0.1 mg/dL	07/17/2018
BILI-T	0.3 mg/dL	01/10/2019
TP	7.3 g/dL	01/10/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

	Date	Normal Range
Cholesterol	225 mg/dL	01/10/2019 <175 mg/dL
HDL	70 mg/dL	01/10/2019 >50 mg/dL
CHOL/HDL Ratio	3.20	<4.2 NA
LDL	NA	NA
Triglycerides	154 mg/dL	01/10/2019 <150 mg/dL

Other

Glyco Hemoglobin	6.3 %	01/10/2019
Mean Plasma Glucose	147.0 mg/dL	
Micral Strip	Negative	01/10/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics, Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

DM type 2 with diabetic mixed hyperlipidemia

Mixed hyperlipidemia

Fredrickson type 2a hyperlipoproteinemia

Osteopenia after menopause

Multilevel facet arthritis

Multilevel facet arthritis

Lumbar spondylosis

Specialist
following
New

Right groin pain

Colon cancer screening

Low vitamin D level

Right carotid bruit

New

Family history of cardiac disorder

Cigarette smoker

Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

Multilevel facet arthritis

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

DM type 2 with diabetic mixed hyperlipidemia

Fredrickson type 2a hyperlipoproteinemia

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 6%

10 Year Stroke Risk - 8%

Global Cardiovascular Risk Score

Current Score - -0.5 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Establish goals for treatment

Lab as indicated

Schedule carotid US

EKG- SR

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 12 of 13

Chest X-Ray

Appt to Dr. Lo tomorrow

Education/Instructions

Anticipatory Guidance

Calcium intake reviewed

Teaching, DM care and principles

Teaching, Diet/Weight Loss management

Cholesterol Education and Diet

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.19 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
01/10/2019	29.44	Overweight
11/07/2018	28.95	Overweight
07/19/2018	29.29	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
01/16/2019	VITAMIN D2	50,000 unit	take 1 capsule by oral route every week
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus

Lipids

Weight Management

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 13 of 13

Lab

Bilirubin, Direct
CBC
CMP, Fasting
Glycohemoglobin
Lipid Panel

Micral Strip
Occult Blood
Urinalysis
Urine, Albumin/Creatinine Ratio

Diagnostics

Status	Priority	Order
ordered	Routine	Carotid Doppler

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute

Follow - up
4 month(s)

Approved by Nicole McBryde MSN FNP-C 05/06/19
Southeast Texas Medical Associates, LLP

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 1 of 13



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 05/06/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 75 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

	Status
DM type 2 with diabetic mixed hyperlipidemia	
Mixed hyperlipidemia	
Fredrickson type 2a hyperlipoproteinemia	
Osteopenia after menopause	
Multilevel facet arthritis	
Multilevel facet arthritis	
Lumbar spondylosis	Specialist following
Right groin pain	New
Colon cancer screening	
Low vitamin D level	
Right carotid bruit	New
Family history of cardiac disorder	
Cigarette smoker	
Body mass index (BMI) 28.0-28.9, adult	

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

recheck

Chief Complaints

* Diabetes Management

* Lipid Management

pain

Chronic Conditions

Multilevel facet arthritis
Osteopenia after menopause
Family history of cardiac disorder
Cigarette smoker
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Diabetes Management

Duration - year(s)

Change - no change

Associated Symptoms

numbness/tingling of feet

Pertinent Negatives

Excessive Hunger

Excessive Sweating

Excessive Thirst

Excessive Urination

Comments

//mt

Chief Complaint 2 - * Lipid Management

Duration - year(s)

Severity - mild

Change - no change

Context - chronic illness

Relieved By - Red Yeast Rice

Associated Symptoms

None

Pertinent Negatives

Chest Pain

Muscle Pain

Comments

//mt

Chief Complaint 3 - pain

Location - R leg

Radiation - R hip down leg

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 3 of 13

Severity - mild

Change - no change

Associated Symptoms

discomfort

altered gait

Pertinent Negatives

Edema

Comments

//mt

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	11/07/2018	05/06/2019		N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	01/10/2019		01/10/2019	N
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/10/2019		01/10/2019	N
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	01/10/2019		01/10/2019	N
Vitamin D2 50,000 unit capsule	take 1 capsule by oral route every week	01/16/2019			N

Medication Reconciliation

Medications reconciled today.

Medication Reviewed

Adherence	Medication Name	Sig Desc	Elsewhere	Status
taking as directed	Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	Y	Verified
taking as directed	Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		Y	Verified
taking as directed	OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	N	Verified
taking as directed	metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	N	Verified
taking as directed	gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	Y	Verified

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 4 of 13

taking as directed	Januvia 50 mg tablet	take 1 Tablet by oral route every day	N	Verified
taking as directed	glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	N	Verified
taking as directed	Vitamin D2 50,000 unit capsule	take 1 capsule by oral route every week	N	Verified

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 01/10/2019
Bone Density - 02/12/2018
CBC - 01/10/2019
Chemistry - 05/06/2019
Creatinine - 01/10/2019
Foot Exam - 05/06/2019
HFP - 01/10/2019
HGB - 01/10/2019
Lipids - 01/10/2019
Microalbumin - 05/06/2019
Thyroid Profile - 07/17/2018
Urinalysis - 01/10/2019
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 5 of 13

Review of Systems

Source of Information

Patient
Family member

Patient's Stated Goal For This Visit
recheck

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies

Malaise, Fatigue, Fever, Chills, Headache,

Eyes

Patient Confirms

Wears glasses,

Cardiac

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Choking/Gagging, Cold symptoms, Fever,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Hematemesis, Coffee ground emesis, Post tussive emesis,

Female Genitourinary

Patient Denies

Dysuria, Frequency, Hesitancy, Urgency, Urge incontinence, Stress incontinence,

Musculoskeletal

Patient is right-handed.

Patient Confirms

Joint pain - Hip R

Patient Denies

Arthritis pain, Bursitis pain, Back pain, Dislocation, Deformities,

Gait - Normal

Integumentary

Patient Confirms

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 6 of 13

Intact, Warm/Dry

Patient Denies

Tightness, Lesions, Rash, Hives, Scars, Nodules/bumps,

Endocrine

Patient Confirms

Diabetes Mellitus,

Patient Denies

Nausea,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
10:13 AM	5.0	1.00	154.94	01/26/2018	Standing	

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
10:13 AM	149.20		67.676	dressed with shoes		28.19	

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
10:13 AM	100/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
10:13 AM	97.5	36.4	temp strip	87	regular	18

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
10:13 AM	98		RA					

PAIN SCALE

Time	Pain Score	Method
10:13 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
10:13 AM	Mellery Turner

Protein Requirement - 81 grams/day

Glucose Finger Stick - 108 mg/dL (Ref Range = 70-120)

Circumferences (Performed 05/06/2019)

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 7 of 13

Constitutional

Level of Consciousness - Normal
Orientation - Normal
Level of Distress - Normal
Nourishment - overweight
Overall Appearance - Normal

Head/Face

Hair and Scalp - Normal
Skull - Normal

Eyes

General
Right - Normal
Left - Normal

Ears

External Ear
Inspection
Right - Normal
Left - Normal

Nasopharynx

Nose and Sinuses
External Nose - Normal

Respiratory

Inspection - Normal
Auscultation - Normal
Cough - Absent

Cardiovascular

Auscultation - Normal
Peripheral Edema - No

Abdomen

Inspection - Normal

Musculoskeletal

Overview - Normal

Neurological

Sensory Function

Balance and Gait - Normal

Integumentary

Inspection - Normal

Palpation - Normal

Psychiatric

Mood

Mood - Euthymic

Sensorium

Orientation

Level of Consciousness - Normal

Orientation - Normal

Level of Distress - Normal

Nourishment - overweight

Overall Appearance - Normal

Feet

Normal

Monofilament Examination

Toe Pulp

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Metatarsal Heads

	<u>Right</u>	<u>Left</u>
1	Sensation Present	Sensation Present
2	Sensation Present	Sensation Present
3	Sensation Present	Sensation Present
4	Sensation Present	Sensation Present
5	Sensation Present	Sensation Present

Heel

<u>Right</u>	<u>Left</u>
Sensation Present	Sensation Present

Foot

<u>Right</u>	<u>Left</u>
Sensation Present	Sensation Present

Pain Assessment

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 05/06/19
Page 9 of 13

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	7.6 x10 ³ /uL	01/10/2019	3.7-10.1 x10 ³ /uL
HGB	13.0 g/dL	01/10/2019	11.5-15.0 g/dL
HCT	43.3 %	01/10/2019	34.5-45.0 %
PLT	258 10 ³ /uL	01/10/2019	155-400 10 ³ /uL
RBC	4.74 10 ⁶ /	01/10/2019	3.80-4.70 10 ⁶ /
MCV	91.0 fl	01/10/2019	81-96 fl
MCH	27.5 pg	01/10/2019	27.0-32.0 pg
MCHC30.1 g/dL	01/10/2019	31.8-35.4 g/dL	
Lymph#	1.7 10 ³ /	01/10/2019	1.1-3.0 10 ³ /
Lymph%	22.1 %	01/10/2019	18.0-48.3 %
Eos#	0.2 10 ³ /	01/10/2019	0.0-0.4 %
Eos%	2.4 2.4	01/10/2019	0.6-7.3 %

Urinalysis	01/10/2019
Color	LIGHT YELLOW
Clarity	Clear
pH	5.50
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	Negative
Nitrates	Negative
Bilirubin	Negative
Blood	Negative
Protein	Negative

BMP	Value	Date
Na	142 mmol/L	01/10/2019
K	4.3 mmol/L	01/10/2019
Chloride	105 mmol/L	01/10/2019
CO2	27 mmol/L	01/10/2019
Glucose	153 mg/dL	01/10/2019
BUN	15 mg/dL	01/10/2019
Creatinine	0.7 mg/dL	01/10/2019
Ca	9.4	01/10/2019

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 10 of 13

CMP

ALB	3.9 g/dL	01/10/2019
AST	17 u/L	01/10/2019
ALT	17 u/L	01/10/2019
ALP	86 u/L	01/10/2019
BILI-D	0.1 mg/dL	07/17/2018
BILI-T	0.3 mg/dL	01/10/2019
TP	7.3 g/dL	01/10/2019

Thyroid

T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result

	Date	Normal Range	
Cholesterol	225 mg/dL	01/10/2019	<175 mg/dL
HDL	70 mg/dL	01/10/2019	>50 mg/dL
CHOL/HDL Ratio	3.20		<4.2 NA
LDL	NA		NA
Triglycerides	154 mg/dL	01/10/2019	<150 mg/dL

Other

Glyco Hemoglobin	6.3 %	01/10/2019
Mean Plasma Glucose	147.0 mg/dL	
Micral Strip	Negative	01/10/2019

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert

History of Falls in Past 3 Months - No falls

Ambulation/Elimination Status - Ambulatory/Continent

Vision Status (With or Without Glasses) - Adequate

Gait/Balance - Gait/Balance Normal

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 2

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Outpatient Fall Risk Guidelines

Patient cautioned about increase risk of falls.

Patient cautioned to gain their balance and stability before beginning to walk after standing up.

Assessment

DM type 2 with diabetic mixed hyperlipidemia

Mixed hyperlipidemia

Fredrickson type 2a hyperlipoproteinemia

Osteopenia after menopause

Multilevel facet arthritis

Multilevel facet arthritis

Lumbar spondylosis

Specialist
following
New

Right groin pain

Colon cancer screening

Low vitamin D level

Right carotid bruit

New

Family history of cardiac disorder

Cigarette smoker

Body mass index (BMI) 28.0-28.9, adult

Chronic Conditions

Multilevel facet arthritis

Osteopenia after menopause

Family history of cardiac disorder

Cigarette smoker

DM type 2 with diabetic mixed hyperlipidemia

Fredrickson type 2a hyperlipoproteinemia

Lumbar spondylosis

Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 6%

10 Year Stroke Risk - 8%

Global Cardiovascular Risk Score

Current Score - -0.5 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Establish goals for treatment

Lab as indicated

Schedule carotid US

EKG- SR

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 12 of 13

Chest X-Ray

Appt to Dr. Lo tomorrow

Education/Instructions

Anticipatory Guidance

Calcium intake reviewed

Teaching, DM care and principles

Teaching, Diet/Weight Loss management

Cholesterol Education and Diet

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 28.19 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
01/10/2019	29.44	Overweight
11/07/2018	28.95	Overweight
07/19/2018	29.29	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
01/16/2019	VITAMIN D2	50,000 unit	take 1 capsule by oral route every week
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	

Disease Management Tools Accessed

Diabetes Mellitus

Lipids

Weight Management

Document note on 05/06/2019 10:00 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 05/06/19
Page 13 of 13

Lab

Bilirubin, Direct
CBC
CMP, Fasting
Glycohemoglobin
Lipid Panel

Micral Strip
Occult Blood
Urinalysis
Urine, Albumin/Creatinine Ratio

Diagnostics

Status	Priority	Order
ordered	Routine	Carotid Doppler

Evaluation and Management

99214 - Established Patient, Detailed Problem

Follow Up

Acute

Follow - up
4 month(s)

Approved by Nicole McBryde MSN FNP-C 05/06/19
Southeast Texas Medical Associates, LLP

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 1 of 11



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 01/10/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 74 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

Status

Annual physical exam
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Osteopenia after menopause
Multilevel facet arthritis
Foraminal stenosis of lumbosacral region
Lumbar spondylosis
Diabetic foot
Body mass index (BMI) 29.0-29.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

maintain health

Chief Complaints

- * Medicare Wellness Exam
- * Diabetes Management
- * Lipid Management

Chronic Conditions

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 2 of 11

Multilevel facet arthritis
Osteopenia after menopause
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Medicare Wellness Exam

Aggravated By - None

Relieved By - None

Associated Symptoms

None

Pertinent Negatives

Chest Pain

dizziness

Headache

Comments

///kt,rma

Chief Complaint 2 - * Diabetes Management

Duration - extended

Severity - 00/10-none

Change - no change

Context - chronic illness

Aggravated By - None

Relieved By - Medications

Associated Symptoms

None

Pertinent Negatives

Excessive Hunger

Excessive Sweating

Excessive Urination

Comments

pt sts b/s was running a little high during Christmas time due to all the sweets, but its ok now. pts sts. Pt sts that she would like a handicapped card///kt,rma

Chief Complaint 3 - * Lipid Management

Duration - extended

Severity - 00/10-none

Change - no change

Context - chronic illness

Aggravated By - None

Relieved By - Medications

Associated Symptoms

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 3 of 11

None

Pertinent Negatives

Muscle Pain

Cramping

Comments

Pt would like to now if she can continue taking aleve daily.// kt,rma

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
Sleep-Tabs 25 mg tablet	take 1 tablet by oral route every 4 hours as needed	//			Y
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/22/2018	01/10/2019	01/10/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/19/2018	01/10/2019	01/10/2019	N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/19/2018	01/10/2019	01/10/2019	N
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	11/07/2018			N

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2018

Bone Density - 02/12/2018

CBC - 07/17/2018

Chemistry - 01/22/2018

Creatinine - 07/17/2018

Foot Exam - 07/19/2018

HFP - 07/17/2018

HGB - 07/17/2018

Lipids - 07/17/2018

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 4 of 11

Microalbumin - 07/17/2018
Thyroid Profile - 07/17/2018
Urinalysis - 11/07/2018
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
maintain health

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies
Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath,

Cardiac

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 5 of 11

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
11:03 AM	5.0	1.00	154.94	01/26/2018		

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
11:03 AM	155.80		70.670	dressed with shoes		29.44	1.74

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
11:03 AM	129/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
11:03 AM				107		

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 6 of 11

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
11:03 AM	97		RA					

PAIN SCALE

Time	Pain Score	Method
11:03 AM	0/10	Numeric Pain Intensity Scale
10:52 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
11:03 AM	Katherine Thibodeaux

BMR - 1519 kcal/day
Protein Requirement - 84 grams/day

Circumferences (Performed 01/10/2019)

Visual Acuity

With Glasses

OS - 20 / 30
OD - 20 / 30
OU - 20 / 30

Mini Nutritional Assessment

Last Updated/Reviewed - 01/10/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Less than 19

Score - 1 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 7 of 11

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	7.5 x10 ³ /uL	07/17/2018	3.7-10.1 x10 ³ /uL
HGB	13.5 g/dL	07/17/2018	11.5-15.0 g/dL
HCT	40.3 %	07/17/2018	34.5-45.0 %
PLT	189 10 ³ /uL	07/17/2018	155-400 10 ³ /uL
RBC	4.43 10 ⁶ /	07/17/2018	3.80-4.70 10 ⁶ /
MCV	91.0 fl	07/17/2018	81-96 fl
MCH	30.4 pg	07/17/2018	27.0-32.0 pg
MCHC33.4 g/dL	07/17/2018	31.8-35.4 g/dL	
Lymph#	2.0 10 ³ /	07/17/2018	1.1-3.0 10 ³ /
Lymph%	27.1 %	07/17/2018	18.0-48.3 %
Eos#	0.2 10 ³ /	07/17/2018	0.0-0.4 %
Eos%	3.2 3.2	07/17/2018	0.6-7.3 %

Urinalysis	11/07/2018
Color	YELLOW
Clarity	Hazy
pH	5.00
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	500
Nitrates	Positive
Bilirubin	Negative
Blood	Negative

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 8 of 11

Protein Negative

BMP	Value	Date
Na	142 mmol/L	07/17/2018
K	4.1 mmol/L	07/17/2018
Chloride	105 mmol/L	07/17/2018
CO2	26 mmol/L	07/17/2018
Glucose	120 mg/dL	07/17/2018
BUN	12 mg/dL	07/17/2018
Creatinine	0.7 mg/dL	07/17/2018
Ca	9.0	07/17/2018

CMP		
ALB	3.7 g/dL	07/17/2018
AST	16 u/L	07/17/2018
ALT	17 u/L	07/17/2018
ALP	80 u/L	07/17/2018
BILI-D	0.1 mg/dL	07/17/2018
BILI-T	0.2 mg/dL	07/17/2018
TP	6.9 g/dL	07/17/2018

Thyroid		
T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range
Cholesterol	211 mg/dL	07/17/2018 <175 mg/dL
HDL	69 mg/dL	07/17/2018 >50 mg/dL
CHOL/HDL Ratio	3.10	<4.2 NA
LDL	NA	NA
Triglycerides	188 mg/dL	07/17/2018 <150 mg/dL

Other		
Glyco Hemoglobin	6.7 %	07/17/2018
Mean Plasma Glucose	161.2 mg/dL	
Micral Strip	Positive 20mg/L	07/17/2018

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert
History of Falls in Past 3 Months - No falls
Ambulation/Elimination Status - Ambulatory/Continent
Vision Status (With or Without Glasses) - Adequate

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 9 of 11

Gait/Balance - Requires usage of assistive devices (i.e. cane, w/c, walker, furniture)

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 3

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Assessment

Annual physical exam
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Osteopenia after menopause
Multilevel facet arthritis
Foraminal stenosis of lumbosacral region
Lumbar spondylosis
Diabetic foot
Body mass index (BMI) 29.0-29.9, adult

Chronic Conditions

Multilevel facet arthritis
Osteopenia after menopause
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 11%

Global Cardiovascular Risk Score

Current Score - 2.7 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed
Current and previous x-rays reviewed
Plan was discussed with patient.
The patient indicates they agree with the discussed plan.
Continue current medications & therapy

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 10 of 11

Hydration Alert

Future Lab

follow up with Dr Lo, fall precautions

will call for results

Medication Change, referred to Dr Burrell

may take aleve 220 bid

Education/Instructions

If BS goes up above 175 may take a

glipizide

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 29.44 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
11/07/2018	28.95	Overweight
07/19/2018	29.29	Overweight
03/07/2018	29.66	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
11/07/2018	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	
	SLEEP TABS	25 mg	take 1 tablet by oral route every 4 hours as needed

Disease Management Tools Accessed

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 11 of 11

Diabetes Mellitus
Lipids
Weight Management

Referrals

Status	Priority	Order
ordered	Immediate	Refer to Podiatry: Dr. Neil Burrell

Evaluation and Management

99214 - Established Patient, Detailed Problem
G0439 - Annual Wellness Visit, Subsequent (Medicare)

Follow Up

Acute
Follow - up
6 month(s)

Approved by Mary J. Castro M.D. 01/10/19
Southeast Texas Medical Associates, LLP

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 1 of 11



SETMA I - 2929 Calder, Suite 100

SETMA II - 3570 College, Suite 200

Mark Wilson Clinic - 2010 Dowlen

Lumberton - 137B LHS Drive

Nederland/Port Arthur - 2400 Highway 365, Suite 201

Orange - 610 Strickland Drive, Suite 140

(409) 833-9797

www.setma.com

Chart Note - 01/10/19 SETMA Lumberton

Patient Lucia Parr
Date of Birth 01/24/1944
Age 74 Years
Race Declined to specify
Preferred Language English
Sex F
Visit Type Office Visit
Medical Record 451534

Acute Diagnoses

Status

Annual physical exam
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Osteopenia after menopause
Multilevel facet arthritis
Foraminal stenosis of lumbosacral region
Lumbar spondylosis
Diabetic foot
Body mass index (BMI) 29.0-29.9, adult

Patient-Centered Medical Home: Patient's Stated Goal For This Visit

maintain health

Chief Complaints

- * Medicare Wellness Exam
- * Diabetes Management
- * Lipid Management

Chronic Conditions

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 2 of 11

Multilevel facet arthritis
Osteopenia after menopause
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Chief Complaint 1 - * Medicare Wellness Exam

Aggravated By - None

Relieved By - None

Associated Symptoms

None

Pertinent Negatives

Chest Pain

dizziness

Headache

Comments

///kt,rma

Chief Complaint 2 - * Diabetes Management

Duration - extended

Severity - 00/10-none

Change - no change

Context - chronic illness

Aggravated By - None

Relieved By - Medications

Associated Symptoms

None

Pertinent Negatives

Excessive Hunger

Excessive Sweating

Excessive Urination

Comments

pt sts b/s was running a little high during Christmas time due to all the sweets, but its ok now. pts sts. Pt sts that she would like a handicapped card///kt,rma

Chief Complaint 3 - * Lipid Management

Duration - extended

Severity - 00/10-none

Change - no change

Context - chronic illness

Aggravated By - None

Relieved By - Medications

Associated Symptoms

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 3 of 11

None

Pertinent Negatives

Muscle Pain

Cramping

Comments

Pt would like to know if she can continue taking aleve daily.// kt,rma

Nursing

Medications (active prior to today)

Medication Name	Sig Desc	Start Date	Stop Date	Refilled	Elsewhere
Aleve 220 mg capsule	take 1 Tablet by Oral route every 12 hours as needed	//			Y
Glucosamine Msm 1,500 mg-500 mg/30 mL oral liquid		//			Y
Sleep-Tabs 25 mg tablet	take 1 tablet by oral route every 4 hours as needed	//			Y
metformin 500 mg tablet	take 1 tablet by oral route 2 times every day with morning and evening meals	01/22/2018	01/10/2019	01/10/2019	N
OneTouch Verio Flex meter	accuchecks 1 Lancet by By accuchecks route every day	01/22/2018			N
Januvia 50 mg tablet	take 1 Tablet by oral route every day	07/19/2018	01/10/2019	01/10/2019	N
gabapentin 300 mg capsule	take 1 capsule by oral route 2 times every day	//			Y
glipizide ER 2.5 mg tablet, extended release 24 hr	take 1 Capsule by oral route every day when BS is above 175	07/19/2018	01/10/2019	01/10/2019	N
ciprofloxacin 500 mg tablet	take 1 tablet by oral route every 12 hours	11/07/2018			N

Medication Reconciliation

Medications reconciled today.

Health Maintenance

The patient's health maintenance was reviewed today.

BMP - 07/17/2018

Bone Density - 02/12/2018

CBC - 07/17/2018

Chemistry - 01/22/2018

Creatinine - 07/17/2018

Foot Exam - 07/19/2018

HFP - 07/17/2018

HGB - 07/17/2018

Lipids - 07/17/2018

Patient: Parr, Lucia
Visit Date: 01/10/19
Page 4 of 11

Microalbumin - 07/17/2018
Thyroid Profile - 07/17/2018
Urinalysis - 11/07/2018
uTSH - 07/17/2018

Patient's Preferred Specialists

Ophthalmology - Dr. Hensel
Orthopedics - Beaumont Bone and Joint

Histories

Past Medical History

PAST MEDICAL/SURGICAL HISTORY

Disease/disorder	Onset Date	Management	Date
		Hysterectomy, total	
		Appendectomy	
		Knee replacement	
		oophorectomy	

Social History

Ethnicity - Hispanic or Latino
Occupation - Retired
Marital Status - widow
Tobacco Use
Smoking status: Never smoker.

SMOKING STATUS

Use Status	Type	Smoking Status	Usage Per Day	Years Used	Total Pack Years
no/never		Never smoker			

Review of Systems

Source of Information

Patient
Patient's Stated Goal For This Visit
maintain health

Allergies

Description	Onset
CODEINE	
PENICILLINS	

Constitutional

Patient Denies
Fatigue, Fever, Chills, Headache, Dizziness, Shortness of breath,

Cardiac

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 5 of 11

Patient Denies

Chest pain at rest, Chest pain with exertion, Chest pressure, Palpitations, Nausea, Fatigue, Cough,

Respiratory

Patient Denies

Difficulty breathing at night, Cough, Chest pain, Fever, Shortness of breath,

Gastrointestinal

Patient Denies

Nausea, Vomiting, Constipation, Diarrhea,

Female Genitourinary

Patient Denies

Urge incontinence, Stress incontinence,

Integumentary

Patient Confirms

Intact, Warm/Dry

Patient Denies

Rash, Hives,

Neurologic

Patient Denies

Dizziness, Headache,

Physical Exam

Vital Signs

HEIGHT

Time	ft	in	cm	Last Measured	Height Position	%
11:03 AM	5.0	1.00	154.94	01/26/2018		

WEIGHT/BSA/BMI

Time	lb	oz	kg	Context	%	BMI kg/m2	BSA m2
11:03 AM	155.80		70.670	dressed with shoes		29.44	1.74

BLOOD PRESSURE

Time	BP mm/Hg	Position	Side	Site	Method	Cuff Size
11:03 AM	129/60	sitting	left	arm	manual	adult

Mid-Arm Circumference - 0.0 inches

TEMPERATURE/PULSE/RESPIRATION

Time	Temp F	Temp C	Temp Site	Pulse/min	Pattern	Resp/ min
11:03 AM				107		

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 6 of 11

PULSE OXIMETRY/FIO2

Time	Pulse Ox (Rest %)	Pulse Ox (Amb %)	O2 Sat	O2 LPM	Timing	FiO2 %	L/min	Delivery Method
11:03 AM	97		RA					

PAIN SCALE

Time	Pain Score	Method
11:03 AM	0/10	Numeric Pain Intensity Scale
10:52 AM	0/10	Numeric Pain Intensity Scale

MEASURED BY

Time	Measured by
11:03 AM	Katherine Thibodeaux

BMR - 1519 kcal/day
Protein Requirement - 84 grams/day

Circumferences (Performed 01/10/2019)

Visual Acuity

With Glasses

OS - 20 / 30
OD - 20 / 30
OU - 20 / 30

Mini Nutritional Assessment

Last Updated/Reviewed - 01/10/2019

2. Has the patient experienced weight loss during the last 3 months?

6. What is the patient's Body Mass Index (BMI)?

Less than 19

Score - 1 points

Assessment - Malnourished

Stress Assessment

I smoke fewer than 10 cigarettes a day. *Always*

I have fewer than 5 alcoholic drinks a week. *Always*

Wellness Assessment

How many days a week do you participate in at least 30 minutes of physical activity? *None*

How many days a week do you participate in activities that increase your strength? *None*

How many days a week do you participate in activities that increase your flexibility? *None*

Indicate that type of grain products you usually eat. *Only or mostly whole grain products*

How many servings of vegetables and fruit do you eat each day? *1 to 2 servings*

How many servings of milk products do you eat daily? *1 serving*

How often do you eat breakfast (more than just coffee or a roll)? *Most days*

What is your smoking status? *Never smoked*

How often do you feel you get the sleep you need? *Most nights*

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 7 of 11

How well are you coping with your stress load? *Coping fairly well*

How many alcoholic drinks do you usually have each week? *None*

You have been told by your doctor that you have...

Good blood pressure

You have been told by your doctor that you have...

Good cholesterol

Are you a healthy weight?

What is your waist circumference? *Your waist circumference is inches which is considered normal.*

Overall Assessment - Good

Pain Assessment

On a scale from 0 to 10, the patient reports a pain level of 0 (None) today.

Screeners and Opioid Assessment for Patients with Pain (SOAPP)

Latest Lab Results

CBC	Value	Date	Normal Range
WBC	7.5 x10 ³ /uL	07/17/2018	3.7-10.1 x10 ³ /uL
HGB	13.5 g/dL	07/17/2018	11.5-15.0 g/dL
HCT	40.3 %	07/17/2018	34.5-45.0 %
PLT	189 10 ³ /uL	07/17/2018	155-400 10 ³ /uL
RBC	4.43 10 ⁶ /	07/17/2018	3.80-4.70 10 ⁶ /
MCV	91.0 fl	07/17/2018	81-96 fl
MCH	30.4 pg	07/17/2018	27.0-32.0 pg
MCHC33.4 g/dL	07/17/2018	31.8-35.4 g/dL	
Lymph#	2.0 10 ³ /	07/17/2018	1.1-3.0 10 ³ /
Lymph%	27.1 %	07/17/2018	18.0-48.3 %
Eos#	0.2 10 ³ /	07/17/2018	0.0-0.4 %
Eos%	3.2 3.2	07/17/2018	0.6-7.3 %

Urinalysis	11/07/2018
Color	YELLOW
Clarity	Hazy
pH	5.00
Spec Grav	1.019
Glucose	Negative
URO	
Ketones	Negative
Leukocytes	500
Nitrates	Positive
Bilirubin	Negative
Blood	Negative

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 8 of 11

Protein Negative

BMP	Value	Date
Na	142 mmol/L	07/17/2018
K	4.1 mmol/L	07/17/2018
Chloride	105 mmol/L	07/17/2018
CO2	26 mmol/L	07/17/2018
Glucose	120 mg/dL	07/17/2018
BUN	12 mg/dL	07/17/2018
Creatinine	0.7 mg/dL	07/17/2018
Ca	9.0	07/17/2018

CMP		
ALB	3.7 g/dL	07/17/2018
AST	16 u/L	07/17/2018
ALT	17 u/L	07/17/2018
ALP	80 u/L	07/17/2018
BILI-D	0.1 mg/dL	07/17/2018
BILI-T	0.2 mg/dL	07/17/2018
TP	6.9 g/dL	07/17/2018

Thyroid		
T3	1.00 ng/mL	07/17/2018
T4	8.00 ng/dL	07/17/2018
TSH	1.52 ulu/mL	07/17/2018

Lipids Result	Date	Normal Range
Cholesterol	211 mg/dL	07/17/2018 <175 mg/dL
HDL	69 mg/dL	07/17/2018 >50 mg/dL
CHOL/HDL Ratio	3.10	<4.2 NA
LDL	NA	NA
Triglycerides	188 mg/dL	07/17/2018 <150 mg/dL

Other		
Glyco Hemoglobin	6.7 %	07/17/2018
Mean Plasma Glucose	161.2 mg/dL	
Micral Strip	Positive 20mg/L	07/17/2018

Fall Risk Assessment

Level of Consciousness/Mental Status - Alert
History of Falls in Past 3 Months - No falls
Ambulation/Elimination Status - Ambulatory/Continent
Vision Status (With or Without Glasses) - Adequate

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 9 of 11

Gait/Balance - Requires usage of assistive devices (i.e. cane, w/c, walker, furniture)

Medications - Takes 1-2 of these medications currently and/or within the last seven days

Anesthetics, Antihistamines, Antihypertensives, Antiseizure, Benzodiazepines, Cathartics, Diuretics, Hypoglycemics,
Narcotics, Psychotropics, Sedatives/ Hypnotics

Total Fall Risk Score - 3

A score above 10 indicates HIGH RISK.

For patients with a score above 10, steps should be taken to protect the patient from preventable falls.

Assessment

Annual physical exam
DM type 2 with diabetic mixed hyperlipidemia
Mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Osteopenia after menopause
Multilevel facet arthritis
Foraminal stenosis of lumbosacral region
Lumbar spondylosis
Diabetic foot
Body mass index (BMI) 29.0-29.9, adult

Chronic Conditions

Multilevel facet arthritis
Osteopenia after menopause
DM type 2 with diabetic mixed hyperlipidemia
Fredrickson type 2a hyperlipoproteinemia
Lumbar spondylosis
Foraminal stenosis of lumbosacral region

Framingham Cardiovascular Risk

10 Year CVD Risk - 10%
10 Year Stroke Risk - 11%

Global Cardiovascular Risk Score

Current Score - 2.7 points

(A Global Cardiovascular Risk Score below 4 is desirable. Above 4, the patient is at increased risk of a cardiovascular event.)

Plan

Current and previous labs reviewed

Current and previous x-rays reviewed

Plan was discussed with patient.

The patient indicates they agree with the discussed plan.

Continue current medications & therapy

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 10 of 11

Hydration Alert

Future Lab

follow up with Dr Lo, fall precautions

will call for results

Medication Change, referred to Dr Burrell

may take aleve 220 bid

Education/Instructions

If BS goes up above 175 may take a

glipizide

Patient Given Diabetes Follow Up Document

setma83_hosp_plan{Unexpected Value}

Patient given SETMA's LESS initiative.

Self-Management

Excess body weight can negatively affect your health. As a patient, managing your weight is one of the best things you can do for your health. As determined by SETMA's LESS Initiative, your Body Mass Index (BMI) should be at or below 25.0 for optimal health.

As of today's visit, your BMI is 29.44 and IS NOT to goal.

Here are some of your recent BMI values so that you can see your progress in maintaining a healthy weight.

Date	Body Mass Index (BMI)	Status
11/07/2018	28.95	Overweight
07/19/2018	29.29	Overweight
03/07/2018	29.66	Overweight

Active Medications

Start Date	Brand	Dose	Sig Desc
01/10/2019	JANUVIA	50 mg	take 1 Tablet by oral route every day
01/10/2019	METFORMIN HCL	500 mg	take 1 tablet by oral route 2 times every day with morning and evening meals
01/10/2019	GLIPIZIDE ER	2.5 mg	take 1 Capsule by oral route every day when BS is above 175
11/07/2018	CIPROFLOXACIN HCL	500 mg	take 1 tablet by oral route every 12 hours
01/22/2018	ONETOUCH VERIO FLEX		accuchecks 1 Lancet by By accuchecks route every day
	GABAPENTIN	300 mg	take 1 capsule by oral route 2 times every day
	ALEVE	220 mg	take 1 Tablet by Oral route every 12 hours as needed
	GLUCOSAMINE MSM	1,500 mg-500 mg/30 mL	
	SLEEP TABS	25 mg	take 1 tablet by oral route every 4 hours as needed

Disease Management Tools Accessed

Document note on 01/10/2019 10:45 AM for Lucia Parr

Patient: Parr , Lucia
Visit Date: 01/10/19
Page 11 of 11

Diabetes Mellitus
Lipids
Weight Management

Referrals

Status	Priority	Order
ordered	Immediate	Refer to Podiatry: Dr. Neil Burrell

Evaluation and Management

99214 - Established Patient, Detailed Problem
G0439 - Annual Wellness Visit, Subsequent (Medicare)

Follow Up

Acute
Follow - up
6 month(s)

Approved by Mary J. Castro M.D. 01/10/19
Southeast Texas Medical Associates, LLP