



inovalon™

Scan ID: 01

Training Chart- This chart is used for educational purposes only

DOS 11/05/15

I had the pleasure of seeing your patient, _____, in consultation today. Following is a summary of today's visit and my recommendation(s).

Reason(s) for visit

1. Dm2 . . . year old man with Dm x ~j years referred for DM mgt. He had been on metformin 1 gram bid and glimepiride 4 m qam and 2 mg qpm. He had uncontrolled DM on this regimen as evidenced by an HbA1c of 10 in April of this year. He has since started insulin therapy and MNT and has had a marked improvement in glycemia with a recent hbA1c of 7.6. He is on levemir insulin which has been gradually titrated to 50 units. He denies significant polyuria or polydipsia. He monitors BGs once daily which are generally in the 140s-170s. His activity is limited in the aftermath of a stroke several years ago. He has experienced a modest progressive weight gain since starting insulin.

Chronic Conditions

DM Type II, controlled

Obesity Nos

Asthma

Cerebrovascular Disease, unspec

Essential Hypertension

Past Medical/Surgical History

<u>Condition</u>	<u>Year</u>	<u>Procedure</u>	<u>Year</u>	<u>Comment</u>
Aortic stenosis- mild				
Asthma				Occ mild wheezing in spring.
Benign prostatic hyperplasia		prostate bx		
Cerebrovascular accident		Drug therapy		L hemispheric CVA with full
resolution of R side findings.				
Colonic polyps		colonoscopy with polypectomy		Single small polyp resected with next
colonoscopy in 4/13.				
DM type 2 w/ comp.		drug therapy		
Gunshot wound		laparotomy		
Hearing loss				Reluctant to wear hearing aids.
Hypertension		medications		
Mixed Hyperlipidemia		drug therapy		

Scan ID: 02 -

Diagnostics History:

<u>Completed Date</u>	<u>Test</u>	<u>Status</u>	<u>Results</u>
	flu (split) (3 yrs or older) ordered		

Review of Systems

Constitutional:

Negative for fatigue, fever and night sweats.

Comments: Remainder of ROS negative or as per HPI.

Respiratory:

Negative for cough, dyspnea and wheezing.

Cardiovascular:

Negative for chest pain and irregular heartbeat/palpitations.

Gastrointestinal:

Negative for abdominal pain, constipation, diarrhea and vomiting.

Genitourinary:

Negative for polyuria.

Metabolic/Endocrine:

Negative for cold intolerance, heat intolerance, polydipsia and polyphagia.

Neuro/Psychiatric:

Negative for gait disturbance.

Negative for psychiatric symptoms.

Family History

<u>Yes / No</u>	<u>Disease Detail</u>	<u>Family Member</u>	<u>Name</u>	<u>Age</u>
Yes	CAD	Father		
Yes	CVA	Maternal grandfather		
Yes	COPD	Mother		
Yes	Cholelithiasis	Sister		
Yes	Diabetes	Sister		

Social History

The patient is right-handed.

Primary language is English. Born in

Education / Employment / Occupation / Military Experience

The patient has a(n) high school education.

<u>Employment</u>	<u>Occupation</u>	<u>Emp Status</u>	<u>Retire Date</u>	<u>Restrictions</u>
	Business owner			

Patient has no military experience.

Marital Status / Family / Social Support

Currently widowed.
Has children: 1 daughter(s).
The patient lives with 1 daughter(s).

Tobacco
Patient is a former tobacco user. Type: cigarettes. 1 pack(s) per day. Years of use: 22. Cumulative exposure: 22.00 pack years. Has tried to stop smoking. Quit in the year 1976. No passive smoke exposure.

Alcohol
There is a history of alcohol use, but no current usage. Patient quit drinking in Whiskey was consumed weekly - about 2 drinks. Last alcoholic drink was 2 years ago.

Caffeine
The patient uses caffeine: tea - 8 oz. a day.

Lifestyle
average activity level. Exercises daily.
Diet includes: diabetic.
The patient reports there are animals in the home.
Pets include dogs. The patient cleans up after the animal(s).

Sleep Patterns
Patient has no changes to sleep patterns.

<u>Allergies:</u>	<u>Brand</u>	<u>Reaction:</u>
<u>Allergen/Ingredient</u>		
Latex		

<u>Vital Signs</u>	<u>BP Position</u>	<u>Temp F</u>	<u>Pulse</u>	<u>Resp Rate</u>	<u>Ht In</u>	<u>Wt Lb</u>	<u>BMI</u>	<u>Pulse Oximetry</u>	<u>Head Circ In</u>
BP	sitting				65.5	222.6	36.48		

Comments

Physical exam
Constitutional: No apparent distress. Well nourished and well developed.
Head / Face: Normocephalic.
Eyes: No exophthalmus, pupillary reaction is normal and EOM intact.
Neck / Thyroid: Supple, without adenopathy or enlarged thyroid.
Respiratory: Normal to inspection. Lungs clear to auscultation and percussion.
Cardiovascular: Regular rhythm. No murmurs, gallops, or rubs.
Abdomen: Soft, non-tender, without organomegaly or masses.
Integumentary: No impressive skin lesions are present.
Musculoskeletal: Normal musculature. No skeletal tenderness or joint deformity.
Extremities: Extremities appear normal. No edema or cyanosis.
Neurological: Alert and oriented.
Psychiatric: No unusual anxiety or evidence of depression.

Assessment/ Plan

DM Type II, controlled

... year old man with DM2 now with markedly improved glycemia with addition and progressive titration of basal insulin. Recommended modest further increase in levemir to a total of 60 units/day - will divide as 30 units bid and titrate glimepiride to maximal dose of 4 mg bid. Continue metformin. Encouraged ongoing adherence to diet and revisit with RD. To begin intermittent post prandial BG monitoring - if post prandials are significantly above goal might proceed toward eventual addition of GLP agonist or DPPIV inhibitor. To have repeat A1c in 3-4 months with fu at that time.

Medications new, active or stopped this visit:

<u>Brand</u>	<u>Generic Name</u>	<u>Dose</u>	<u>Instructions</u>
Aggrenox	Aspirin/dipyridamole	25 Mg-200 Mg	Take one tablet by mouth two times per day
Aspirin	Aspirin	325 Mg	take 1 tablet (325MG) by oral route every day
Flomax	Tamsulosin Hcl	0.4 Mg	Take one capsule by mouth daily
Freestyle Lite Strips	Blood Sugar Diagnostic		Testing BID Dx: 250.02
Glimepiride	Glimepiride	4 Mg	take 1 tablet (4MG) by oral route bid
Levemir	Insulin Detemir	100 Unit/ml (3 MI)	30 units bid
Lisinopril	Lisinopril	10 Mg	Take one tablet by mouth two times per day
Metformin Hcl	Metformin Hcl	1,000 Mg	Take one tablet by mouth two times per day
Norvasc	Amlodipine Besylate	10 Mg	take 1 tablet (10MG) by oral route every day
Zocor	Simvastatin	20 Mg	Take 1 tablet by mouth at hour sleep

Thank you for allowing us to participate with this patient's care. Please feel free to contact me with any questions.

Sincerely,

DOS 09/29/15

I had the pleasure of seeing your patient in consultation today. Following is a summary of today's visit and my recommendation(s).

Reason(s) for visit

1. **Diabetes** Her due to poorly controlled type 2 diabetes- Latest lab work showed FBS-273 with HgbA1C 10.1 His daughter very concerned about his diet- drinks 1-2 qts skim milk /day and has been going to work without food- then eats salad with protein mid morning. Drinks almost no water /day- and admits his urine is dark, strong and sticky. He admits he has not been eating good- a lot of junk most of the day- now really trying. I went over the appropriate sites for injection and how to prime the pen. He was able to do this and dialed dose of 15 units Lantus- to be taken at 12 Noon daily- while he can be observed by daughter. He was anxious for the injection and stabbed himself several times in abdomen before injection and delivery of insulin was complete--- I asked him in future to watch while he does this.

To drink 32 oz water/ day or more.
To self monitor his glucose levels with new Freestyle Freedom lite meter FBS and call me 6/17 to have insulin dose titrated.

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Allergies:

Allergen/Ingredient

Brand

Reaction:

Latex

Vital Signs

BP	BP Position	Temp F	Pulse	Resp Rate	Ht In	Wt Lb	BMI	Pulse Oximetry	Head Circ In
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67.0 208.2 32.61

CommentsAssessment/ Plan

Comments: Meal Plan- Breakfast- 30 CHO, 2oz protein; AM snack- 15 CHO, 1oz protein; Lunch- 30 CHO, 3oz protein, 1fat; PM snack- 15 CHO, 1oz protein; Dinner- 30 CHO, 4 oz protein, 1fat; HS- 15 CHO, 1oz protein. This was a counseling session

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Flomax	Tamsulosin Hcl	0.4 Mg	Take one capsule by mouth daily
Freestyle Lite Strips	Blood Sugar Diagnostic		Testing BID Dx: 250.02
Glimpiride the PM	Glimpiride	4 Mg	take 1 tablet (4MG) in AM & 1/2 tablet (2 mg) in
Lisinopril	Lisinopril	10 Mg	Take one tablet by mouth two times per day
Metformin Hcl	Metformin Hcl	1,000 Mg	Take one tablet by mouth two times per day
Norvasc	Amlodipine Besylate	10 Mg	take 1 tablet (10MG) by oral route every day
Zocor	Simvastatin	20 Mg	Take 1 tablet by mouth at hour sleep

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