

Patient Note 5

Patient Name: Mohan Rao

Age: 58

Gender: Male

Current Problem List:

- Type 2 Diabetes (8 years, with gastroparesis)
- Hypertension (controlled)
- Dyslipidemia

Past Medical History:

- Type 2 Diabetes
- Hypertension
- Dyslipidemia
- Peptic Ulcer Disease

Allergy:

- None

Family History:

- Father: Dyslipidemia
- Mother: Type 2 Diabetes

Social History:

- Smoker: Quit 10 years ago, 15 pack-years
- Alcohol: Occasional drinker
- Diet: Irregular meal patterns

History of Present Illness: Reports bloating, early satiety, and occasional vomiting. Blood glucose levels fluctuate significantly after meals. Denies chest pain or palpitations. Admits to occasional alcohol use.

Physical Examination:

- Vital Signs: BP 126/76 mmHg, HR 74 bpm, BMI 29 kg/m²
- HEENT: No abnormalities
- Abdominal: Mild distension, no rebound tenderness
- Cardiovascular: Normal S1, S2; no murmurs
- Extremities: No edema

Assessment:

1. Type 2 Diabetes with gastroparesis
2. Hypertension, controlled
3. Dyslipidemia, stable

Diagnosis:

- Diabetic gastroparesis
- Type 2 Diabetes, moderately controlled
- Hypertension (controlled)

Plan:

- Start Metoclopramide 10 mg TID before meals
- Adjust insulin therapy to manage postprandial spikes
- Recommend smaller, frequent meals
- Continue lipid management with Atorvastatin 40 mg nightly
- Avoid alcohol

Follow-Up: Return in 6 weeks to assess symptom improvement and glucose control.

Medications:

- Metoclopramide 10 mg TID
- Insulin Aspart as per sliding scale
- Lisinopril 20 mg daily
- Atorvastatin 40 mg nightly

Recurring Questions for Monitoring:

1. Have you experienced any nausea, vomiting, or bloating?
2. Are your blood sugar levels fluctuating post meals?
3. Have you adhered to meal recommendations?
4. Any new or worsening symptoms?
5. Have you experienced any side effects from medications?