

Patient Note 1

Patient Name: John Smith

Age: 65

Gender: Male

Current Problem List:

- Type 2 Diabetes (10 years, poorly controlled)
- Hypertension (7 years)
- Chronic Kidney Disease Stage 3 (secondary to diabetes and hypertension)

Past Medical History:

- Type 2 Diabetes
- Hypertension
- Dyslipidemia
- History of myocardial infarction (3 years ago)

Allergy:

- Penicillin (rash)

Family History:

- Father: Type 2 Diabetes, Hypertension
- Mother: Chronic Kidney Disease

Social History:

- Smoker: Quit 5 years ago, smoked 20 pack-years
- Alcohol: Occasional drinker
- Diet: High in processed foods

History of Present Illness: The patient presents for routine follow-up. Reports fatigue, mild swelling in lower legs, and occasional headaches. Blood glucose levels have been consistently above 200 mg/dL despite medications. Blood pressure at home ranges from 140-160/90-95 mmHg. Admits to missing doses of medications due to forgetfulness.

Physical Examination:

- Vital Signs: BP 150/92 mmHg, HR 84 bpm, BMI 28 kg/m²
- HEENT: No abnormalities
- Cardiovascular: Normal S1, S2; no murmurs
- Respiratory: Clear to auscultation
- Extremities: Mild pedal edema

- Neurological: Intact sensation and reflexes

Assessment:

1. Poorly controlled Type 2 Diabetes
2. Hypertension, suboptimally controlled
3. Chronic Kidney Disease, likely progressing

Diagnosis:

- Type 2 Diabetes, uncontrolled
- Hypertension, suboptimally controlled
- Chronic Kidney Disease Stage 3

Plan:

- Increase Metformin to 1000 mg BID
- Add SGLT2 inhibitor: Empagliflozin 10 mg daily
- Adjust Losartan to 100 mg daily
- Refer to a dietitian for a diabetic-friendly renal diet
- Reinforce medication adherence
- Order labs: A1c, BMP, urine microalbumin

Follow-Up: Return in 4 weeks to review labs and adjust therapy.

Medications:

- Metformin 1000 mg BID
- Empagliflozin 10 mg daily
- Losartan 100 mg daily
- Atorvastatin 40 mg nightly
- Aspirin 81 mg daily

Recurring Questions for Monitoring:

1. Have you experienced any symptoms of low blood sugar?
2. What are your average fasting and postprandial blood glucose readings?
3. Have you missed any doses of your medications?
4. Any swelling, fatigue, or shortness of breath?
5. Have you experienced any side effects from the medications?