

Nicole Birdow: Patient Information
Patient Record Number:6234

Texas Physician House Calls (H)
2925 Skyway Circle North, Irving, TX, USA,
75038-3510
www.texas-housecalls.com, Phone:(972) 675-
7313, Fax:(972) 675-7310,
Email:hhsupport@texas-housecalls.com

To

Notes

Home Health Medical Equipment

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Name: Nicole E Birdow **DOB:** 1978-05-24
External ID: 6234 **Sex:** Female

Address: 3200 S Lancaster
City: Dallas
State: Texas
Postal Code: 75216
Country: USA
Mobile Phone: 214-743-0482

Insurance:

Molina Healthcare of Texas (Z1161)

Priority : Primary
Start Date : 2015-04-01
Relationship to Insured : Self
Type : N/A
Payer : Molina Healthcare of Texas (Z1161)

Copay :
Insured ID Number : 500000022630
Group Number :
Employer Name : Nicole Birdow

Molina Healthcare of Texas (Z1161)

Priority : Secondary
Start Date : 2015-04-01
Relationship to Insured : Self
Type : N/A
Payer : Molina Healthcare of Texas (Z1161)

Copay :
Insured ID Number : 504309897
Group Number :
Employer Name : Nicole Birdow

Family History:

Last Recorded On: 09-17-2016.
Father: Unknown..
Mother: Unknown..
Siblings: Unknown..
Offspring: Unknown..

Social History:

Last Recorded On: 09-17-2016.
Tobacco: Current some day smoker Smokes one packet per day. **Status:** Current
Alcohol: Drinks alcohol. **Status:** Current
Recreational Drugs: Acid/Cocaine/Methyl **Status:** Current
Nutrition History: Regular diet..
Developmental History: Education level is 10th grade..

Nicole Birdow: Vitals
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Seen by Sumana Ketha MD
Seen on 26-August-2016

Service Date	BPS	BPD	Wt	Ht	Temperature	RR	Note	BMI	Head circ
2016-08-26	134	84	282.00	66.00	98.20	18.00	~	0.0	0.00

Chief Complaint:

Follow-up visit to prevent further decline of the following chronic medical conditions of hypertension with vascular complications, asthma, depression, insomnia, urinary incontinence, and schizophrenia. Patient complains of not sleeping through the night and leg pain.

History of Present illness:

A 38-year-old African-American female in NAD with multiple chronic conditions of the following hypertension with vascular complications, asthma, depression, insomnia, urinary incontinence, and schizophrenia. Patient complains of not sleeping through the night. Patient states that she has had a difficult time staying asleep at night. Patient also states she has pain in her leg. Patient denies any other issues upon examination. Patient denies any chest pain, headache, nausea/vomiting at this time.

Allergies:

Description	Status	Start Date	End Date
Divalproex Unknown or N/A	Active		

Surgeries:

Description	Status	Start Date	End Date
Tubal ligation. Unknown or N/A	Active		

Review of Systems:

Constitutional:

- No Weight Change
- No Fatigue
- No Fever
- No Chills
- Insomnia YES
- No Change In Appetite

Eyes:

- No Change In Vision
- No Glaucoma Family History
- No Eye Pain
- No Double Vision
- No Blind Spots

Ears, Nose, Mouth, Throat:

- No Hearing Loss
- No ENT Pain
- No Sore Throat
- No Hoarseness
- No Use Of Dentures

Neck:

- No Neck Pain
- No Masses

No Tenderness

Respiratory:

No Cough

No Shortness Of Breath

Asthma YES

Cardiovascular:

No Chest Pain

No Palpitation

No Edema

Gastrointestinal:

No Dysphagia

No Nausea

No Vomiting

No Changed Bowel

No Diarrhea

No Constipation

Genitourinary General:

Incontinence YES

Musculoskeletal:

No Joint Pain

No Musc Swelling

No Arthritis

No Gout

No Back Pain

No Limitation In Range Of Motion

Extremities:

No Spasms

No Extreme Tremors

Neurologic:

No LOC

No Seizures

No Intellectual Decline

No Dementia

No Tremors

No Migraines

Psychiatric:

Other Details:Schizophrenia Psych Diagnosis YES

Psych Medication YES

Depression YES

No Suicide Thoughts

Endocrine:

No Thyroid Problems

No Diabetes

No Heat Intolerance

No Increased Thirst

Physical Exam:

GEN:

Appearance-Within Normal Limits .

Awake, Alert, Oriented, in No Acute Distress-Within Normal Limits .

HEAD:

Normocephalic, Autramatic-Within Normal Limits .

EYE:

Conjunctive Clear, Tms Intact,Discharge, Wax, Oral Lesions, Gums pink, Bilateral Nasal Turbinates-Within Normal Limits .

PERRLA, EOMI-Within Normal Limits .

ENT:

TMs/EAMs/EE, Ext Nose-Within Normal Limits .

Nasal Mucosa Pink, Septum Midline-Within Normal Limits .

Septum Midline-Within Normal Limits .

NECK:

Supple,Thyromegaly, Carotid of the Nasal Septum, JVD, lymphadenopathy-Within Normal Limits .

BACK:

Normal Curvature, Tenderness-Within Normal Limits .

CV:

RRR-Within Normal Limits .

RESP:

Lungs CTAB-Within Normal Limits .

Respirator Effort Unlabored-Within Normal Limits .

GI:

Soft, Non Tender, Non Distended, Masses-Within Normal Limits .

Bowel Sounds present in all four quadrants-Within Normal Limits .

EXTREMITIES:

Edema, Cyanosis or Clubbing- Abnormal Limits.Clubbing noted in fingers.

MUSC:

ROM-Within Normal Limits .

NEURO:

CN2-12 Intact-Within Normal Limits .

PSYCH:

Affect Normal-Within Normal Limits .

Change In Sleeping Habit- Abnormal Limits.Insomnia .

Patient Appears To Be In Good Mood-Within Normal Limits .

Able To Answer Questions Qppropriately-Within Normal Limits .

SKIN:

Clean & Intact with Good Skin Turgor-Within Normal Limits .

Assessment:

Patient states that she has had a difficult time staying asleep at night. Patient denies sleeping during the day. Patient also has chronic pain in her legs. Educated the patient on the importance of low salt, low-fat, low cholesterol diet and daily exercise as tolerated. Medical complexity of risk of complications medium. Patient nice any chest pain, headache, nausea vomiting at this time. Education material was given to the patient. Reviewed labs.

1. Hypertension with vascular complications.
2. Asthma.
3. Insomnia
4. Depression
5. Urinary incontinence.
6. Schizophrenia.

Plan:

Continue same treatment plan as previous provider. Reviewed and continue same medications, no new medications noted this visit. Medication adherence education was given to the patient and the patient educated on the benefits of low salt, low-fat, low cholesterol diet with current medical conditions. Patient was instructed to go to ER for symptoms of chest pain, shortness of breath, excessive headache, blurry vision or systolic blood pressure greater than 200. Patient encouraged to exercise daily as tolerated. No that's needed this visit. The patient verbalize understanding of the above planning office number for any questions or concerns. Prognosis is fair and patient is stable. Reviewed old records of the patient. Follow up appointment in 4-6 weeks.

1. Hypertension with vascular complications, continue current plan.
2. Asthma, continue current plan.
3. Insomnia continue current plan.
4. Depression continue current plan.
5. Urinary incontinence, continue current plan.
6. Schizophrenia, continue current plan.

No medication refills needed this visit.

Quality Of Care

- 1.Provided Education Resource(s).
- 2.Medication Reconciliation.
- 3.Documentation of current medications.
- 4.Patient Decision Aids / Education Materials Given.

Home Health Plan:

Patient Home Bound or Can't Drive: YES

Is Home Health Care Needed: YES

Does Patient have reliable other Primary Care Physician: NO

Is House Visit Needed: YES

Next Visit Duration (in days): 31

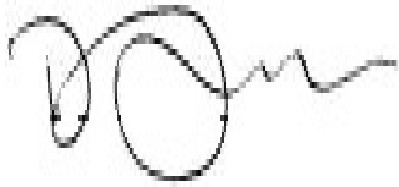
Nursing Required: YES

Clinical Findings To Justify Home Health: Patient is homebound due to mental illness and the inability to self medicate correctly.

Orders:

Patient ID	6234	Order ID	890
Patient Name	Birdow, Nicole E	Ordered By	Love-Jones, Derrick
Order Date	2016-08-26	Print Date	2016-09-27
Order Status	complete	Encounter Date	2016-08-26
Lab	.HH Agency	Specimen Type	

Ordered Procedure	Report				Results						
	Reported	Specimen	Status	Note	Code	Name	Abn	Value	Range	Units	Note
026: Pulse Oximetry	2016-08-26				0097	Pulse Oximetry	No	97%	97% to 100%		

A handwritten signature in black ink, appearing to read 'Derrick Love-Jones', with a stylized, wavy tail.

Electronically Signed by **Derrick Love-Jones** on **2016-09-02**.

Printed on 27-Sep-2016 11:03:24 am.