

Vessie White: Patient Information
Patient Record Number:3700

Texas Physician House Calls (H)
2925 Skyway Circle North, Irving, TX, USA,
75038-3510
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To

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Name: Vessie White **DOB:** 1937-10-13
External ID: 3700 **Sex:** Female

Address: 4645 Dolphin Rd Apt 242 **Postal Code:** 75217
City: Dallas **Country:** USA
State: Texas

Vessie White: Vitals
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Seen by Darolyn Perkins
Seen on 12-April-2016

Service Date	BPS	BPD	Wt	Ht	Temperature	RR	Note	BMI	Head circ
2016-04-12	147	76	228.00	71.00	98.60	18.00	~	31.8	0.00

Chief Complaint:

Follow up on visit to prevent further decline and chronic medical conditions of diabetes mellitus type 2, hypothyroidism, hypertension, osteoarthritis, GERD, neuropathy, and insomnia. Patient complains of knees, shoulders, and hands pain.

History of Present illness:

A 78-year-old African-American female in NAD with multiple chronic conditions of: diabetes mellitus type 2, hypertension, hypothyroidism, GERD, osteoarthritis, neuropathy and insomnia. Patient denies any new issues upon examination. Patient complains of knees, shoulders, hand pain. Patient rates pain at 7/10. Patient denies any hypoglycemic episodes and foot check revealed no major issues. Patient denies any chest pain, headache, nausea vomiting at this time.

Review of Systems:

Constitutional:

- No Weight Change
- No Weakness
- No Fever
- No Chills
- No Night Sweats
- Insomnia YES
- No Change In Appetite

Eyes:

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

Ears, Nose, Mouth, Throat:

- No Hearing Loss
- No Sore Throat
- No Hoarseness

Neck:

- No Neck Pain
- No Masses
- No Tenderness

Respiratory:

- No Cough
- No Shortness Of Breath
- No Asthma

Cardiovascular:

- No Chest Pain
- No Palpitation
- No Edema
- No Heart Problem

Gastrointestinal:

- No Dysphagia
- No Nausea
- No Vomiting
- No Changed Bowel
- No Diarrhea
- No Constipation

Genitourinary General:

- No Polyuria
- No Polydypsia
- No Dysuria
- No Incontinence

No Blood In Urine

Musculoskeletal:

Joint Pain YES

No Musc Swelling

Arthritis YES

No Back Pain

No Limitation In Range Of Motion

Extremities:

No Spasms

No Extreme Tremors

Neurologic:

No Intellectual Decline

No Memory Problems

No Dementia

No Tremors

Psychiatric:

No Psych Diagnosis

No Psych Medication

No Depression

No Anxiety

No Suicide Thoughts

Endocrine:

Diabetes YES

No Heat Intolerance

No Cold 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:

Nasal Mucosa Pink, 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-Within Normal Limits .

MUSC:

ROM-Within Normal Limits .

NEURO:

CN2-12 Intact-Within Normal Limits .

PSYCH:

Normal Affect, Judgement and Mood, Alert and Oriented X3-Within Normal Limits .

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

SKIN:

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

Assessment:

Patient complains of knee, shoulder and hand pain. Patient rates pain at 7/10. Educated patient on the importance of low so, low-fat, low cholesterol diet and daily exercise. Medical complexity and risk of complications medium. Patient denies any chest pain, headache, nausea vomiting upon examination. Patient denies any hypoglycemic episodes and foot check revealed no major issues.

1. Diabetes mellitus type 2, stable.
2. Hypertension, stable.
3. Hypothyroidism, stable.
4. GERD, stable.
5. Osteoarthritis, unstable.

6. Neuropathy, stable.
7. Insomnia, stable.

Plan Note:

Continue same treatment plan as previous. 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 time medical conditions. Patient was instructed to go to ER for symptoms of chest pain, shortness of breath, excessive headache, blurred vision or systolic blood pressure greater than 200. Patient verbalized understanding of the above plan and was given the office number for any questions or concerns. Prognosis is fair and patient is stable.

1. Diabetes mellitus type 2, continue current plan.
2. Hypertension, continue current plan.
3. Hypothyroidism, continue current plan.
4. GERD, continue current plan.
5. Osteoarthritis, start pain medication.
6. Neuropathy, continue current plan.
7. Insomnia, continue current plan.

Medication refills are Norco 10/325.

Quality Of Care

1. Provided Education Resource(s).
2. Medication Reconciliation.
3. Documentation of current medications.

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Electronically signed by: Sumana Ketha, M.D. on 05/16/2016