

Encounter Summary (October 29, 2025, 2:36:14PM -0400)

Patient	Legal: Jennifer Jennifer PATEL Patient-ID: 980077178 (1.2.840.114350.1.13.415.2.7.5.737384.143) Date of Birth: February 11, 1964 Gender: Male
Encounter	ID: 1000424571792 (1.2.840.114350.1.13.415.2.7.3.698084.8), Type: Ambulatory - Clinical Support translation: Clinical Support translation: 0 (1.2.840.114350.1.72.1.30.1) , Date/Time: August 19, 2025 10AM -0400 - 11:29:33AM -0400 Location: unknown - Nephrology translation: Nephrology
Documentation Of	Care provision, Date/Time: from August 19, 2025, 10AM -0400 to August 26, 2025, 10:42:14AM -0400, Performer: Legal: No PCP MD
Author	Epic - Version 11.3, Organization: Melbourne Health Network, Authored On: October 29, 2025, 2:36:14PM -0400

Encounter Details

Date	Type	Department	Care Team (Latest Contact Info)	Description
08/19/2025 10:00 AM EDT	Clinical Support	Carolina Nephrology-Spartanburg 1410-B John B White Sr Blvd SPARTANBURG, SC 29306-3927 864-529-9390	Sims, Meredith K, RD 203 MILLS AVENUE Melbourne VIC 29605-4019 864-346-0275 (Work) 864-271-2147 (Fax)	Stage 3b chronic kidney disease (HCC) (Primary Dx)

Social History

Tobacco Use	Types	Packs/Day	Years Used	Date
Smoking Tobacco: Light Smoker	Cigarettes			
Smokeless Tobacco: Never				
Alcohol Use	Standard Drinks/Week	Comments		
No	0 (1 standard drink = 0.6 oz pure alcohol)			
Intimate Partner Violence		Answer	Date Recorded	
Fear of Current or Ex-Partner		Not asked	07/10/2023	
Emotionally Abused		Not asked	07/10/2023	
Physically Abused		Not asked	07/10/2023	
Sexually Abused		Not asked	07/10/2023	
Social Connections		Answer	Date Recorded	
Frequency of Communication with Friends and Family		Not asked	07/10/2023	
Frequency of Social Gatherings with Friends and Family		Not asked	07/10/2023	
Housing Stability		Answer	Date Recorded	
Was there a time when you did not have a steady place to sleep		Unrecognized value	03/09/2022	
Worried that the place you are staying is making you sick		Unrecognized value	03/09/2022	
Sex and Gender Information		Value	Date Recorded	
Sex Assigned at Birth		Not on file		
Legal Sex		Male	04/07/2015 12:26 AM EDT	
Gender Identity		Not on file		
Sexual Orientation		Not on file		

[1]. documented as of this encounter

Patient Instructions

- **Patient Instructions**
 - Sims, Meredith K, RD - 08/19/2025 10:00 AM EDT
 - Formatting of this note might be different from the original.
 - Low Na diet
 - Increase water intake
 - Stay active- check BP
 - Electronically signed by Sims, Meredith K, RD at 08/19/2025 10:34 AM EDT

[2]. documented in this encounter

Progress Notes

- **Sims, Meredith K, RD - 08/19/2025 10:00 AM EDT**
 - Formatting of this note is different from the original.
 - Patient: Jennifer Patel DOB: 2/11/1964 MRN: 980077178
 - DIETITIAN-MNT INITIAL ASSESSMENT
8/19/2025
 - Problem List:
Problem List[1]
 - History:
Past Medical History: Medical History[2]
Past Surgical History: Surgical History[3]
Past Family History: Family History[4]
Past Social History: Social History[5]
 - Labs:

No results found for: "NA", "K", "CL", "CO2", "BUN", "CREATININE", "CA", "GLUCOSE", "MG", "PHOS", "EGFR"
 - Lab Results
Component Value Date
MG 2.4 (H) 10/09/2024
ALBUMIN 4.6 10/09/2024
PHOS 2.4 (L) 10/09/2024

No results found for: "WBC", "HGB", "HCT", "PLT"
 - Lab Results
Component Value Date
URPROCLEARAT 223 (H) 02/06/2024
URPROCLEARAT 418 (H) 10/25/2023
 - Lab Results
Component Value Date
PROTEINUR 3+ (A) 10/25/2023

No results found for: "CHOL", "LDL", "HDL", "TRIG"
 - Lab Results
Component Value Date
HGBA1C 7.9 (H) 02/06/2024
 - Lab Results
Component Value Date
VTD25 17.5 (L) 10/25/2023

No results found for: "PTH"
 - Allergies:
Allergies[6]
 - Medications
Current Medications[7]

There were no vitals taken for this visit.

Assessment and Plan

ASSESSMENT: s/p stroke in March still some right sided weakness. Lives with his wife both on disability. Dm2, HLD on statin, HTN (since 30s), CKD-3b (Bcr 1.7-2.1), CAD, anxiety/ depression on prozac, cocaine abuse, ED, left hydrocelectomy (1/12/24-Dr. Pryor), white coat syndrome, BPH, GERD on PPI. Pt states he doesn't drink enough water and has a high sodium diet with a salt shaker on the table and using Lowrys to cook. Labs reviewed. Encouraged low Na diet and reading food labels. Increase water intake and stay active. Pt states he is taking meds regularly and checks bp at home.

BP checks at home: yes

BS checks at home: none

Diets followed at home: regular

Nutrition history:

Food allergies or intolerances:

Home nutrition supplements/Herbal supplements:

Problems with chewing/swallowing: none issues but no teeth

N/V/D/C: none

BM:

Appetite: good

Energy levels:

ADL's:

Physical Activity:

Edema:

Wounds/lesions:

HT: No data recorded

WT:

Wt Readings from Last 3 Encounters:

07/15/25 72.6 kg (160 lb)

03/05/24 72.5 kg (159 lb 12.8 oz)

11/14/23 79.1 kg (174 lb 6.4 oz)

WT: 72.6 kg (160 lb)

BMI: BMI (Calculated): 27.46

SBW:

BMI:

Weight History per patient:

Nutrition Goals per day for Kidney Health:

Calories: 1700-2000 calories/day

Protein: 55-65 gms/day

Sodium: >1500 mg < 2300 mg/day

Fluid: No restriction at this time

Phosphorus: 1000 mg/day (avoiding phosphate additives, decrease processed food in diet and decrease eating out)

Potassium: 2500 mg/day

24 hour food recall:

BREAKFAST: grits and eggs or fast food breakfast

LUNCH: sandwich with turkey, chips

DINNER: mashed potatoes and meatloaf

SNACKS: none

Bev- water, mountain dew, coffee

Meals cook at home: most meals

Type of meals when eating out: sometimes

PLAN:

Nutrition Recommendations with goal of preserving kidney function:

Track food intake: to work towards meeting nutritional goals for CKD Stage 3b by keeping food diary or using food tracker ie: cronometer

Calories: established to promote weight gain or stable weight. Weight loss/weight gain goal is 1/2-1# per week. Start/Increase exercise as tolerated to goal of 150 minutes per week. Educated the importance of adding health fats to meet calorie goals while decreasing protein intake.

3. Protein: decrease intake to protein goal by decreasing overall animal protein/type -chicken fish over red meat/shellfish/processed meats/organ meats and to add plant-based protein to meet protein goal. Choosing un-enriched milk/dairy alternatives to further decrease animal protein in diet

4. Sodium: intake to goal by decreasing processed foods, decrease

eating out and adding herbs and seasonings over salt (avoid salt substitute) If not meeting sodium goal can add salt to cooking measure out amount using, It can add up quickly- 1/4 tsp of Salt contains 589.5 mg Sodium.

5. Fluid: no restriction at this time, adequate water intake important for kidney health. Read labels of all bottled drinks to avoid

phosphate additives and potassium additives.

(Only restrict fluid if MD has ordered this)

6. Potassium: Monitor K+ intake *avoid salt substitute

7. Phosphorus: avoiding foods w/ added phosphate additives

8. Handouts given: copy of labs, CKD diet

Session duration:45 min

In office face to face or telehealth: face to face

F/U requested: yes

Front office notified: yes

Meredith Sims RD, LD

[1]

Patient Active Problem List

Diagnosis

Right wrist pain

Contusion of wrist

Abnormal nuclear stress test

Abnormal EKG

Acute renal failure

Chronic bilateral low back pain

Colon cancer screening

Diabetes mellitus (HCC)

Coronary artery disease involving native coronary artery of native heart without angina pectoris

Epigastric pain

Generalized abdominal pain

History of cardiovascular disorder

White coat syndrome with diagnosis of hypertension

Hypertensive urgency

Left hydrocele

Lesion of lung

Nausea & vomiting

Other hyperlipidemia

Overweight with body mass index (BMI) 25.0-29.9

Tobacco abuse

Uncontrolled type 2 diabetes mellitus

Benign prostatic hyperplasia without lower urinary tract symptoms

Hematuria

Microscopic hematuria

Type 2 diabetes mellitus with diabetic chronic kidney disease (HCC)

Other male erectile dysfunction

Major depressive disorder

Acute gastric ulcer without hemorrhage or perforation

Acute upper GI bleed

CKD (chronic kidney disease)

Hypokalemia

Other specified anemias

Syncope

Acute blood loss anemia

ICH (intracerebral hemorrhage) (HCC)

Nontraumatic cortical hemorrhage of left cerebral hemisphere (HCC)

Stage 3b chronic kidney disease (HCC)

Stenosis of right subclavian artery

Type 2 diabetes mellitus with hyperglycemia, without long-term current use of insulin (HCC)

[2]

Past Medical History:

Diagnosis Date

Chronic kidney disease

Diabetes mellitus (HCC)

Fracture of wrist

High blood pressure

Hyperlipidemia

[3]

Past Surgical History:

Procedure Laterality Date

CHOLECYSTECTOMY
CHOLECYSTECTOMY
SHOULDER SURGERY
WRIST FRACTURE SURGERY
RT ORIF

[4]

Family History
Problem Relation Age of Onset
Hypertension Mother
Hypertension Father
Kidney disease Sister
No known problems Maternal Grandmother
No known problems Maternal Grandfather
No known problems Paternal Grandmother
No known problems Paternal Grandfather

[5]

Social History
Tobacco Use
Smoking status: Light Smoker
Current packs/day: 0.50
Types: Cigarettes
Smokeless tobacco: Never
Substance Use Topics
Alcohol use: No
Drug use: Yes
Types: Marijuana
Comment: occ.

[6]

Allergies
Allergen Reactions
Lisinopril Swelling
Oral swelling
Ultram [Tramadol] Unknown-Unspecified
SHAKING

[7]

Current Outpatient Medications:
amLODIPine (NORVASC) 10 mg tablet, Take 1 tablet (10 mg) by mouth daily, Disp: 90 tablet, Rfl: 3
aspirin (Bayer Low Dose Aspirin) 81 mg EC tablet, Take 81 mg by mouth daily, Disp: , Rfl:
atorvastatin (LIPITOR) 40 mg tablet, Take 1 tablet (40 mg) by mouth nightly, Disp: 90 tablet, Rfl: 3
carvedilol (COREG) 3.125 mg tablet, Take 1 tablet (3.125 mg) by mouth 2 (two) times a day, Disp: 180
tablet, Rfl: 3
hydrALAZINE (APRESOLINE) 100 MG tablet, Take 100 mg by mouth every 8 (eight) hours, Disp: , Rfl:
indapamide (LOZOL) 2.5 mg tablet, Take 1 tablet (2.5 mg) by mouth daily, Disp: 90 tablet, Rfl: 3
losartan (COZAAR) 50 mg tablet, Take 1 tablet (50 mg) by mouth 2 (two) times a day, Disp: 180 tablet, Rfl:
3
sildenafil (VIAGRA) 100 MG tablet, Take 1 tablet (100 mg) by mouth daily as needed for erectile dysfunction,
Disp: 30 tablet, Rfl: 11

Electronically signed by Sims, Meredith K, RD at 08/19/2025 10:35 AM EDT

[3]. documented in this encounter

Plan of Treatment

Upcoming Encounters

Date	Type	Department	Care Team (Latest Contact Info)	Description
11/05/2025 3:30 PM EST	Office Visit	Carolina Nephrology- Spartanburg 1410-B John B White Sr Blvd SPARTANBURG, SC 29306-3927 864-529-9390	Blanton, Deana Alicia, NP 203 MILLS AVENUE Melbourne VIC 29605- 4019 864-271-1844 (Work) 864-271-2147 (Fax)	

[4]. documented as of this encounter

Visit Diagnoses

Diagnosis
Stage 3b chronic kidney disease (HCC) - Primary

[5]. documented in this encounter

Care Teams

Team Member	Relationship	Specialty	Start Date	End Date
Pcp, No, MD Melbourne VIC 29605	PCP - General		9/7/16	

[6]. documented as of this encounter

Document	ID Version Set-ID	1.2.840.114350.1.13.415.2.7.8.688883.2379391567 1 d534cb0c-b4f5-11f0-b60b-005056873d73 (1.2.840.114350.1.13.415.2.7.1.1)	Created On	October 29, 2025, 2:36:14PM -0400
Custodian	Melbourne Health Network	Contact Details	Workplace: 456 Bourke Street Melbourne, VIC 3000 USA	

Patient	Legal: Jennifer Jennifer PATEL	Contact Details	Home Primary: 123 Collins Street Melbourne Melbourne, VIC 3000 USA Period from April 28, 2022 to Home Primary: 123 Collins Street Melbourne Melbourne, VIC 3000 USA Period from March 18, 2020 to April 27, 2022 Tel Mobile: +61-3-9999-0001, Tel Home Primary: +61-3-9999-0001, Mail: jennifer.patel@example.com
Date of Birth	February 11, 1964	Gender	Male
Race	Black or African American	Ethnicity	Non-Hispanic or Non-Latino
Patient-IDs	980077178 (1.2.840.114350.1.13.415.2.7.5.737384.143)	Language Communication	eng, Expressed Written, preferred: yes
Provider Organization	Melbourne Health Network ID 33100 (1.2.840.114350.1.13.415.2.7.2.688879)	Contact Details (Organization)	Workplace: 456 Bourke Street Melbourne, VIC 3000 USA

Documentation Of - care provision	from August 19, 2025, 10AM -0400 to August 26, 2025, 10:42:14AM -0400		
Performer - Primary Care Provider - General	Legal: No PCP MD of Melbourne Health Network	Contact Details	Workplace: Melbourne, VIC 3000 USA
Encounter	ID Type	1000424571792 (1.2.840.114350.1.13.415.2.7.3.698084.8) Ambulatory - Clinical Support translation: Clinical Support translation: 0 (1.2.840.114350.1.72.1.30.1)	Encounter Date August 19, 2025 10AM -0400 - 11:29:33AM -0400
Encounter Location	Carolina Nephrology-Spartanburg (Workplace: 1410-B John B White Sr Blvd SPARTANBURG SPARTANBURG, VIC 29306-3927 USA) of		

Responsible Party	Meredith K SIMS of Melbourne Health Network	Contact Details	Workplace: 203 MILLS AVENUE Melbourne, VIC 29605- 4019 USA Tel Workplace: +1-864- 346-0275, Fax: +1- 864-271- 2147
attender (at August 19, 2025, 10AM -0400)	Legal: Meredith K SIMS RD	Contact Details	Workplace: 203 MILLS AVENUE GREENVILLE Melbourne, VIC 29605- 4019 USA Tel Workplace: +1-864- 346-0275, Fax: +1- 864-271- 2147

Author	Epic - Version 11.3, Organization: Melbourne Health Network	Contact Details	not applicable
		Contact Details (Organization)	Workplace: 456 Bourke Street Melbourne, VIC 3000 USA
Indirect target - emergency contact Mother - Mother	Emily Patel, Mother - Mother, ID: 11207830 (1.2.840.114350.1.13.415.2.7.2.827665)at November 28, 2017	Contact Details	unknown Tel Home Primary: +61-3- 9999- 0002
Legal Authenticator	unknown signed at October 29, 2025, 2:36:14PM -0400	Contact Details	unknown