Elaine Butterfield 60 year old female **NOTES FROM VISIT 6 MONTHS AGO**

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| **Subjective:** |

**Chief Complaint**

Patient presents with

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| **Chief Complaint** | |
| Patient presents with | |
| • | Hypertension |

**History of Present Illness**

Patient continues to do well. Here for follow up of blood pressure. Takes HCTZ—a few missed doses. Tolerating without issue. No chest pain or shortness of breath. Occasional heartburn? Still not exercising much. Eating a lot of fast food. Taking statin.

The patient is still smoking. Not really interested in quitting.

**History and Medications**

E. Butterfield has a past medical history of:

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| **Patient Active Problem List** | |
| Diagnosis | |
| • | Essential hypertension |
| • | Prediabetes |
| • | Tobacco use disorder |
| • | Overweight |

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| **Social History** |

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| Tobacco Use | | | |
| • | Smoking status: | | Current smoker – 1 ppd |
| • | Smokeless tobacco: | | Never Used |
| Substance Use Topics | | | |
| • | Alcohol use: | | Occasional |
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| **Current Outpatient Medications on File Prior to Visit** | | | | |
| Medication | | Sig | Dispense | Refill |

* Hydrochlorothiazide 25 mg 1 tablet p.o. daily
* Atorvastatin 40 mg 1 tablet p.o. daily

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| No current facility-administered medications on file prior to visit. |

Remainder of review of systems negative except as noted above.  Allergies noted and reviewed.

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| **OBJECTIVE** |

**Physical Examination**

Blood pressure 152/94, pulse 78, temperature 97.8 °F (36.6 °C), temperature source Oral, SpO2 97 %.  ².

Physical Exam

Constitutional: **Well-developed and well-nourished**

Head: Normocephalic and atraumatic.

Mouth/Throat: **Oropharynx is clear and moist.**

Eyes: Conjunctivae and EOM are normal. Pupils are equal, round, and reactive to light.

Neck: Normal range of motion. Neck supple.

Cardiovascular: **Normal rate, regular rhythm and normal heart sounds**

Pulmonary/Chest: **Breath sounds normal. No respiratory distress. No wheezes, rales, or rhonchi**

Abdominal: **Soft. Bowel sounds are normal. Non-tender, non-distended, no guarding or RT**

Musculoskeletal: Normal range of motion;**no edema.**

Lymphadenopathy:

  No cervical adenopathy.

Neurological: **Oriented to person, place, and time. No cranial nerve deficit.**

Skin: Skin is warm and dry.

Psychiatric: **Normal mood and affect.**

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| **HEALTH MAINTENANCE** |

Lipid Panel:

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | CHOL | 199 | 09/02/2020 |
|  | CHOL | 111 | 05/13/2019 |
|  | CHOL | 154 | 03/26/2019 |

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | HDL | 51 | 09/02/2020 |
|  | HDL | 44 | 05/13/2019 |
|  | HDL | 49 | 03/26/2019 |

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | TRIG | 136 | 09/02/2020 |
|  | TRIG | 96 | 05/13/2019 |
|  | TRIG | 62 | 03/26/2019 |

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | LDL | 49 | 05/13/2019 |
|  | LDL | 100 (H) | 03/19/2019 |
|  | LDL | 106 | 12/21/2012 |

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | LDLCALC | 124 (H) | 09/02/2020 |
|  | LDLCALC | 93 | 03/26/2019 |
|  | LDLCALC | 104 (H) | 03/14/2018 |

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | CHOLHDL | 2.5 | 05/13/2019 |
|  | CHOLHDL | 3.14 | 03/26/2019 |
|  | CHOLHDL | 3.5 | 03/19/2019 |

Immunizations

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| **Immunization History** | | |
| Administered | | Date(s) Administered |
| • | Hep A/Hep B | 11/17/2014 |
| • | Hepatitis B (Adult) | 12/03/2013, 01/30/2014, 04/12/2016, 06/21/2016, 10/21/2016 |
| • | Hepatitis B (Unspecified) | 12/03/2013, 01/30/2014 |
| • | PPD Test | 11/25/2013 |
| • | Pfizer SARS-CoV-2 Vaccination | 03/12/2021, 04/02/2021 |
| • | Td | 06/07/2017 |
| • | Tdap | 05/05/2011 |
| • | Tetanus | 01/01/1998 |

Diabetes

    Hemoglobin A1c:

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| **Lab Results** | | | |
| Component | | Value | Date |
|  | HGBA1C | 6.4 (H) | 01/09/2021 |

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| **Assessment:** |

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|  |  | ICD-10-CM |
| **1.** | Hypertension |  |
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| 2. | Dyslipidemia |  |
| 3. | Tobacco use disorder |  |

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| **Plan:** |

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| 1. HTN: BP not at goal; counseled on low sodium diet; no changes to medication; BMP with labs |
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| 1. Dyslipidemia: Remains on statin; check lipids. |
| 1. Smoking: Advised to quit. |
| 1. Health maintenance: COVID vaccine completed. |