

Mrs. Liu	Age: 55 years	Sex: Female	Weight: 110 lbs	MRN:	LOC:
Allergies: Nuts	DOB: 6/2/58	Portal:	Language: English	FN#:	Outpatient:

Diagnosis – Current Visit:

Vitals and Measurements			Common Labs		
Last 2 years for all visits			Last 2 years for all visits		
	Latest Within	Previous Within		Latest Within	Previous Within
BP	108/68	110/65	WBC	4.5	4.6
HR	72	70	Hemoglobin	14.3	14.6
Temp	98.2	98.1	Hematocrit	43	42.3
Respiratory Rate	14	14	Platelet	248	248
Weight (kg)	56.8	56.8	Sodium Level	143	142
Weight (lb)	125	125	Potassium Level	4.2	4.1
Height (in)	60	60	Chloride Level	98	98
Body Mass Index (in)	20	20	Glucose Level	95	95

<p>NOTES:</p> <p>Physician Notes:</p> <p>Presenting Complaint: Annual physical</p> <p>Family History: Mother: Osteoporosis; broke hip age 70 Father: High blood pressure Grandmother: Osteoporosis; died age 75</p> <p>Social History: Married Light exercise Moderate drinker: 1 glass of wine 1x per week Nonsmoker Calcium Multivitamin</p>	<p>Past Medical History: Postmenopausal HRT - none DXA screen - none Recent mammogram - normal Colonoscopy 6 years ago - normal</p> <p>Past Surgical History: T & A (age 5)</p> <p>Review of Systems: General: Negative for fever, chills, malaise or wt. changes Lungs: Negative for SOB or cough CV: Negative for chest pain, edema, or palpitations GI: Negative for n/v/d/c or abdominal pain; negative for heartburn or reflux MS: Negative for arthralgias or myalgias</p> <p>Exam: Gen: Well-nourished female in no acute distress. Pulm: Lungs CTA ant/post bilaterally. CV: RRR, S1 and S2 auscultated, PMI WNL. GI: Abd soft, nontender with BS X 4 Quads. Negative for tenderness or hepatosplenomegaly.</p>
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MS: Motor strength and gait normal with full ROM X 4 extremities.

Assessment:

Routine Physical Exam

Screening for Osteoporosis

Plan:

1. DXA scan.
2. Due to sedentary lifestyle, family history, and postmenopausal status advised patient regarding calcium and vitamin D supplements and lifestyle changes, including increased exercise and decreased alcohol intake.
3. RTC in 2-3 weeks for follow up/results.

NOTES:**Nurses Notes:**

S: “I am here for my annual exam. I recently retired and moved here to be with our son. I am in good shape.”

O: Patient sitting upright, respirations regular and even at 14/minute. Apical pulse visible. Nail beds pink and capillary refill < 2 seconds. Blood Pressure 108/68 diaphoresis or pallor noted.

A: Well postmenopausal woman with risk for osteoporosis based on family history, postmenopausal status X 3 years, and no Estrogen Therapy. BMI, 20.

P: (1) Provide nutrition counseling

(2) Provide exercise counseling

(3) Initiate calcium supplementation (1200-1500 mg/day)

Mr. Jackson	Age: 70 years	Sex: Male	Weight:	MRN:	LOC:
Allergies:	DOB: 04/20/1943	Portal:	Language: English	FN#:	Outpatient:

Diagnosis – Current Visit:

Vitals and Measurements			Common Labs		
Last 2 years for all visits			Last 2 years for all visits		
	Latest Within	Previous Within		Latest Within	Previous Within
BP	136/84	134/82	WBC	5,200	5,100
HR	80	80	Hemoglobin	14g/dL	13.5g/dL
Temp	98.6	98.6	Hematocrit	42%	41%
Respiratory Rate	18	20	Platelet	200,000	195,000
Weight (kg)			Sodium Level	140 mEq/L	140 mEq/L
Weight (lb)	185	180	Potassium Level	4.0 mEq/L	4.0 mEq/L
Height (in)	72	72	Chloride Level	98 mEq/L	99 mEq/L
Body Mass Index (in)	25.1	24.4	Glucose Level	106 mg/dL	100 mg/dL

<p>NOTES:</p> <p>Physician Notes:</p> <p>Presenting Complaint: Annual physical</p> <p>Family History: None</p> <p>Social History: Married Light exercise Smoker</p>	<p>Past Medical History: Prostate cancer – 5 years post treatment Arthritic Flu shot – none Blood pressure - normal</p> <p>Past Surgical History: Prostate surgery</p> <p>Review of Systems: None</p> <p>Comments: Ordering flu shot and DXA scan. Due to sedentary lifestyle, arthritis, smoking history, and prostate cancer history patient at high risk for osteoporosis.</p>
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<p>Nurses Notes</p> <p>S: “I am here for my annual exam. I feeling pretty good but I did take a tumble when I was playing with the grandkids the other day.”</p>	
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O: Patient sitting upright, respirations regular and even at 18/minute. Apical pulse visible. Nail beds pink and capillary refill < 2 seconds. Blood Pressure 136/84; no diaphoresis or pallor noted.

A: Well male with risk for osteoporosis based on smoking history and chemotherapy for prostate cancer.

P: (1) Provide nutrition counseling
(2) Complete referral form for DXA.