

Valdez, Rogelio

MRN: 01255137

Office Visit 5/25/2023University Health Texas Diabetes
Institute Family Medicine

Provider: Valarie A Aktepe, PA-C (Physician Assistant)

Primary diagnosis: Prediabetes

Reason for Visit: medication request • Follow-up

Progress Notes

Valarie A Aktepe, PA-C (Physician Assistant) • Physician Assistant

Subjective

Patient ID: Rogelio Valdez is a 55 y.o. male.

Chief Complaint

Patient presents with

- medication request
cream
- Follow-up
rash

Visit Vitals

BP	143/58
Pulse	78
Temp	36.2 °C (97.1 °F)
Resp	21
Ht	1.829 m
Wt	(!) 213 kg
BMI	63.59 kg/m ²
Smoking Status	Smoker, Current Status Unknown
BSA	3.29 m ²

HPI

55yo M w PMH alc cirrhosis HTN, pre DM, chronic lymphangitis here for follow up

Prediabetes

Elevated Glucose levels in past. denies polyuria, polydipsia, blurry vision. Not compliant with diet and exercise.

Hypertension x many years

Taking all medications regularly. Denies side effects from medication. Patient denies headaches, chest pain, shortness of breath, blurry vision, dizziness, or edema.

BP monitoring: NOT TAKING FULL REGIME

BP Readings from Last 5 Encounters:

05/25/23	143/58
05/18/23	144/59
05/11/23	123/50
05/04/23	132/66
04/27/23	125/63

Cirrhosis:

Patient followed by hepatology. No complaints or new symptoms. No jaundice, abdominal pain, clay colored stools, swelling, itching, bright red blood per rectum, melena or hematemesis. ON RECURRENT paracentesis for his ascites. He missed paracentesis today due to schedule conflict and he is not taking Spironolactone.

Needs supplies for his lymphedema

Skin irritation

Patient complains of RASH TO FOLDS reports foul order x several weeks. Has tried Over the counter creams with no improvement. Denies dysuria, hematuria, urine urgency or frequency, fever, chills.

Current Outpatient Medications

Medication	Sig	Dispense	Refill
• OXcarbazepine (TRILEPTAL) 300 MG tablet	Take 1 tablet (300 mg) by mouth in the morning and 1 tablet (300 mg) before bedtime.	180 tablet	3
• Semaglutide, 0.25 or 0.5 MG/DOS, (Ozempic, 0.25 or 0.5 MG/DOSE,) 2 MG/3ML solution pen-injector	Inject 0.5 mg under the skin 1 (one) time per week.	3 mL	11
• carBAMazepine (TEGretol) 200 MG tablet	Take 1 tablet (200 mg) by mouth at bed time. (Patient not taking: Reported on 2/15/2023)	90 tablet	1
• cholestyramine light (PREVALITE) 4 g packet	Take 1 packet (4 g) by mouth in the morning and 1 packet (4 g) before bedtime. (Patient not taking: Reported on 11/30/2022)	60 packet	11
• furosemide (LASIX) 20 MG tablet	Take 1 tablet (20 mg) by mouth 1 (one) time each day.	90 tablet	3
• hydroCHLORothiazide (HYDRODIURIL) 25 MG tablet	Take 1 tablet (25 mg) by mouth 1 (one) time each day.	90 tablet	3
• hydroXYzine HCl (ATARAX) 25 MG tablet	Take 1 tablet (25 mg) by mouth at night if needed for itching.	90 tablet	1
• lactulose (CHRONULAC) 10 GM/15ML solution	Take 15-30ml po 2-3 times a a day, as needed to prevent	946 mL	11

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- confusion in the setting of cirrhosis.
Goal is clear mentation and 2-3 bm/day (Patient not taking: Reported on 4/20/2023)
- nystatin (MYCOSTATIN) 100000 UNIT/GM powder Apply 1 application. 15 g 1
topically in the morning and 1 application. before bedtime.
 - nystatin (MYCOSTATIN) cream Apply 1 application. 30 g 1
topically in the morning and 1 application. before bedtime. Do all this for 7 days.
 - spironolactone (ALDACTONE) 25 MG tablet Take 1 tab po qd to 90 tablet 3
prevent fluid accumulation in the setting of cirrhosis (Patient not taking: Reported on 4/25/2023)

No current facility-administered medications for this visit.

The following portions of the patient's chart were reviewed in this encounter and updated as appropriate:
Tobacco | Allergies | Meds | Med Hx | Surg Hx | Fam Hx |

Review of Systems

Constitutional: Negative for activity change, fatigue and fever.

Eyes: Negative for visual disturbance.

Respiratory: Negative for cough and shortness of breath.

Cardiovascular: Negative for chest pain.

Gastrointestinal: Negative for abdominal pain, constipation, diarrhea, nausea and vomiting.

Genitourinary: Negative for dysuria and hematuria.

Musculoskeletal: Negative for arthralgias and myalgias.

Skin: Negative for rash.

Neurological: Negative for dizziness, numbness and headaches.

Hematological: Does not bruise/bleed easily.

Psychiatric/Behavioral: Negative for behavioral problems and suicidal ideas.

Objective**Physical Exam****Constitutional:**

Appearance: Normal appearance. He is obese.

HENT:

Head: Normocephalic.

Right Ear: External ear normal.

Left Ear: External ear normal.

Nose: Nose normal.

Mouth/Throat:

Lips: Pink.

Mouth: Mucous membranes are moist.

Pharynx: Oropharynx is clear.

Eyes:

General: Lids are normal.

Extraocular Movements: Extraocular movements intact.

Conjunctiva/sclera: Conjunctivae normal.

Pupils: Pupils are equal, round, and reactive to light.

Cardiovascular:

Rate and Rhythm: Normal rate and regular rhythm.

Pulses: Normal pulses.

Heart sounds: Normal heart sounds.

Pulmonary:

Effort: Pulmonary effort is normal.

Breath sounds: Normal breath sounds and air entry.

Abdominal:

General: Abdomen is flat. Bowel sounds are normal.

Palpations: Abdomen is soft.

Comments: **Ascites**

Musculoskeletal:

General: Normal range of motion.

Cervical back: Normal range of motion.

Right lower leg: Edema present.

Left lower leg: Edema present.

Comments: **Ambulates with Rolator**

Skin:

General: Skin is warm and dry.

Neurological:

General: No focal deficit present.

Mental Status: He is alert and oriented to person, place, and time. Mental status is at baseline.

Gait: Gait is intact.

Psychiatric:

Attention and Perception: Attention and perception normal.

Mood and Affect: Mood and affect normal.

Behavior: Behavior normal. Behavior is cooperative.

Judgment: Judgment normal.

Assessment/Plan

Diagnoses and all orders for this visit:

Prediabetes

- Educated about Diabetic diet and importance of regular exercise
- HGB A1C ordered
- If elevated will also offer diabetic education classes at that time.

Essential (primary) hypertension (CMS/HCC)

Elevated asx, not taking full regime

- Continue current medications as above. Advised to restart spironolactone
- Encourage low salt diet
- Encouraged walking and regular exercise.
- Signs and sx of stroke explained to patient to include weakness on one side of body, confusion, slurred speech, uncontrolled headaches, blurry vision. Explained to go to ER for above sx. Explained sx of low BP including dizziness, changes in vision, lightheadedness, fatigue and if having any sx, need to check BP and/or call for sooner appt or go to ER/express med for this.

Alcoholic cirrhosis of liver with ascites (CMS/HCC)

- Keep follow up with hepatology
- continue current meds
- Advised to restart spironolactone and may need titration
- continue follow up IR

Lymphedema

- General Medical Supplies
- General Medical Supplies

Skin yeast infection

- nystatin (MYCOSTATIN) 100000 UNIT/GM powder; Apply 1 application. topically in the morning and 1 application. before bedtime.
- nystatin (MYCOSTATIN) cream; Apply 1 application. topically in the morning and 1 application. before bedtime. Do all this for 7 days.
- hydroXYzine HCl (ATARAX) 25 MG tablet; Take 1 tablet (25 mg) by mouth at night if needed for itching.

Instructions

AVS - Outpatient (Printed 5/25/2023)

Additional Documentation

Vitals: BP 152/86 Pulse 78 Temp 36.2 °C (97.1 °F) Resp 21 Ht 1.829 m Wt 213 kg ! (Abnormal) BMI 63.59 kg/m²
BSA 3.29 m²

Flowsheets: Method, Abuse Indicators, Depression Scale, Flowsheet

Communications**Orders Placed**

Basic Metabolic Panel

General Medical Supplies

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General Medical Supplies

No questionnaires available.

Patient Encounter Information

Patient MRN	Encounter CSN	Contact Date	Type	Department	Provider	Internal ID
01255137	349174369	5/25/2023 [54912]	Office Visit [101]	TDI FAM PRACTICE [10507004]	AKTEPE, VALARIE A [18387]	[Z87466]

Encounter Orders Information

Order ID	Order Description	Order Type	Order Class
110175090	GENERAL MEDICAL SUPPLIES	General Supply [2]	Clinic Performed [23]
110175091	GENERAL MEDICAL SUPPLIES	General Supply [2]	Clinic Performed [23]
110175092	NYSTATIN 100000 UNIT/GM EX POWD-F	Medications [999]	Normal [1]
110175093	NYSTATIN 100000 UNIT/GM EX CREA-F	Medications [999]	Normal [1]
110175094	HYDROXYZINE HCL 25 MG PO TABS-F	Medications [999]	Normal [1]
110175095	BASIC METABOLIC PANEL	Lab [7]	Lab Collect [4]
111505723	BASIC METABOLIC PANEL	Lab [7]	Lab Collect [4]

Encounter Notes Information

Notes	Letters	Transcriptions	Problem List Entries
690505325			1253806

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UCL ID	Procedure	Created Instant	Service Date	System Flag	Has Error?
	DOCUMENTED [77098]				
80171775	PR MOST RECENT SYSTOLIC BLOOD PRES>/EQUAL 140 MM HG [30985]	5/25/2023 1:04 PM	5/25/2023	2 - DELETED	
80171776	PR CURRENT TOBACCO SMOKER [30833]	5/25/2023 1:04 PM	5/25/2023	2 - DELETED	
80171777	PR MOST RECENT DIASTOLIC BLOOD PRESSURE < 80 MM HG [30989]	5/25/2023 1:04 PM	5/25/2023	2 - DELETED	
80171778	PR MOST RECENT HEMOGLOBIN A1C LEVEL < 7.0% [70668]	5/25/2023 1:04 PM	5/25/2023	2 - DELETED	

EOW Information

EOW ID	Message Status	Message Type
47996684	Done	Msgs Sent To Patients
48216163	Done	Msgs Sent To Patients
48375325	Done	Prior Authorization
48375327	Done	Prior Authorization
48375747	Retract	Future/Standing Orders
48638053	Done	Medication Cancellation

SmartData Elements

Record ID	Context	Associated SDIs	Linked Patient	Values
133345555	NOTE [690505325]	EPIC#0350	Z87466	1.0
133345556	NOTE [690505325]	EPIC#2184	Z87466	1.0
133345557	NOTE [690505325]	EPIC#RSCO0003	Z87466	1.0
133345558	NOTE [690505325]	EPIC#RSEY0017	Z87466	1.0
133345559	NOTE [690505325]	EPIC#RSRP0003	Z87466	1.0
133345560	NOTE [690505325]	EPIC#RSRP0006	Z87466	1.0
133345561	NOTE [690505325]	EPIC#RSCV0003	Z87466	1.0
133345562	NOTE [690505325]	EPIC#RSGI0005	Z87466	1.0
133345563	NOTE [690505325]	EPIC#RSGI0007	Z87466	1.0
133345564	NOTE [690505325]	EPIC#RSGI0006	Z87466	1.0
133345565	NOTE [690505325]	EPIC#RSGI0004	Z87466	1.0
133345566	NOTE [690505325]	EPIC#RSGI0010	Z87466	1.0
133345567	NOTE [690505325]	EPIC#RSGU0003	Z87466	1.0
133345568	NOTE [690505325]	EPIC#RSGU0007	Z87466	1.0
133345569	NOTE [690505325]	EPIC#RSMS0027	Z87466	1.0
133345570	NOTE [690505325]	EPIC#RSMS0003	Z87466	1.0
133345571	NOTE [690505325]	EPIC#RSSK0004	Z87466	1.0
133345572	NOTE [690505325]	EPIC#RSNU0018	Z87466	1.0
133345573	NOTE [690505325]	EPIC#RSHE0003	Z87466	1.0
133345574	NOTE [690505325]	EPIC#RSCO0011	Z87466	1.0
133345575	NOTE [690505325]	EPIC#RSEH0003	Z87466	1.0
133345576	NOTE [690505325]	EPIC#2060	Z87466	1.0

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Record ID	Context	Associated SDIs	Linked Patient	Values
133345577	NOTE [690505325]	EPIC#RSPS0010	Z87466	1. 0
133345578	NOTE [690505325]	EPIC#PENE0001	Z87466	1. 1
133345579	NOTE [690505325]	EPIC#31000134232	Z87466	1. 1
133345580	NOTE [690505325]	EPIC#PECN0003	Z87466	1. 1
133345581	NOTE [690505325]	EPIC#31000134233	Z87466	1. 1
133345582	NOTE [690505325]	EPIC#PENE0063	Z87466	1. 1
133345583	NOTE [690505325]	EPIC#PEAB0101	Z87466	1. 1
133345584	NOTE [690505325]	EPIC#PEHE0005	Z87466	1. 1
133345585	NOTE [690505325]	EPIC#PEHE0041	Z87466	1. 1
133345586	NOTE [690505325]	EPIC#PEHE0042	Z87466	1. 1
133345587	NOTE [690505325]	EPIC#PEHE0003	Z87466	1. 1
133345588	NOTE [690505325]	EPIC#PEHE0120	Z87466	1. 1
133345589	NOTE [690505325]	EPIC#PEHE0128	Z87466	1. 1
133345590	NOTE [690505325]	EPIC#31000134249	Z87466	1. 1
133345591	NOTE [690505325]	EPIC#PEEY0400	Z87466	1. 1
133345592	NOTE [690505325]	EPIC#OPH401	Z87466	1. 1
133345593	NOTE [690505325]	EPIC#PEEY0200	Z87466	1. 1
133345594	NOTE [690505325]	EPIC#PEEY0102	Z87466	1. 1
133345595	NOTE [690505325]	EPIC#PENK0401	Z87466	1. 1
133345596	NOTE [690505325]	EPIC#PECA0006	Z87466	1. 1
133345597	NOTE [690505325]	EPIC#PECA0005	Z87466	1. 1
133345598	NOTE [690505325]	EPIC#PECA0004	Z87466	1. 1
133345599	NOTE [690505325]	EPIC#PECA0002	Z87466	1. 1
133345600	NOTE [690505325]	EPIC#PEPU0100	Z87466	1. 1
133345601	NOTE [690505325]	EPIC#PEPU0200	Z87466	1. 1
133345602	NOTE [690505325]	EPIC#PEPU0108	Z87466	1. 1
133345603	NOTE [690505325]	EPIC#IPPO0068	Z87466	1. 1
133345604	NOTE [690505325]	EPIC#PEAB0102	Z87466	1. 1
133345605	NOTE [690505325]	EPIC#PEAB0400	Z87466	1. 1
133345606	NOTE [690505325]	EPIC#PEMS	Z87466	1. 1
133345607	NOTE [690505325]	EPIC#PESK0004	Z87466	1. 1
133345608	NOTE [690505325]	EPIC#PESK0005	Z87466	1. 1
133345609	NOTE [690505325]	EPIC#PEPS002	Z87466	1. 1
133345610	NOTE [690505325]	EPIC#PEPS028	Z87466	1. 1
133345611	NOTE [690505325]	EPIC#PEPS003	Z87466	1. 1
133345612	NOTE [690505325]	EPIC#PECN0034	Z87466	1. 1
133345613	NOTE [690505325]	EPIC#94907	Z87466	1. 1
133345614	NOTE [690505325]	EPIC#31000132359	Z87466	1. 1
133345615	NOTE [690505325]	EPIC#PEPS001	Z87466	1. 1
133351239	NOTE [690505325]	EPIC#4472	Z87466	1. 1
133351240	NOTE [690505325]	EPIC#PE0038	Z87466	1. Ambulates with Rolator
133352497	NOTE [690505325]	EPIC#PE0016	Z87466	1. Ascites
133352498	NOTE [690505325]	EPIC#PEMS2304	Z87466	1. 1
133352499	NOTE [690505325]	EPIC#PEMS2404	Z87466	1. 1

Regulatory Reporting Reports

QM Attribution Report
OM Attribution Report
TIN Search Trace Report

Visit Disposition

Check-out Note

2-4 weeks rodriguez afternoons

Medication Changes

As of 5/25/2023 12:52 PM

	Refills	Start Date	End Date
Added: hydrOXYzine HCl (ATARAX) 25 MG tablet	1	5/25/2023	
Take 1 tablet (25 mg) by mouth at night if needed for itching. - Oral			
Prior authorization: Closed - Other			
Nystatin			
Added: nystatin (MYCOSTATIN) 100000 UNIT/GM powder	1	5/25/2023	5/31/2023
Apply 1 application. topically in the morning and 1 application. before bedtime. - Topical			
Prior authorization: Closed - Other			
Added: nystatin (MYCOSTATIN) cream	1	5/25/2023	6/1/2023
Apply 1 application. topically in the morning and 1 application. before bedtime. Do all this for 7 days. - Topical			
Prior authorization: Closed - Prior Authorization not required for patient/medication			
Semaglutide			
Discontinued or Completed: Semaglutide,0.25 or 0.5MG/DOS, (Ozempic, 0.25 or 0.5 MG/DOSE,) 2 MG/3ML solution pen-injector			
Unchanged: Semaglutide,0.25 or 0.5MG/DOS, (Ozempic, 0.25 or 0.5 MG/DOSE,) 2 MG/3ML solution pen-injector	11	4/21/2023	7/28/2023
Inject 0.5 mg under the skin 1 (one) time per week. - Subcutaneous			
Notes to Pharmacy: Discussed with AMG< will be ok for every 28 days with 3 ml, t2dm, morbid obesity, cirrhosis of the liver			
Discontinued or Completed: cyclobenzaprine (FLEXERIL) 10 MG tablet			

Medication List at End of Visit

As of 5/25/2023 12:52 PM

	Refills	Start Date	End Date
cholestyramine light (PREVALITE) 4 g packet	11	10/18/2022	10/18/2023
Take 1 packet (4 g) by mouth in the morning and 1 packet (4 g) before bedtime. - Oral			
furosemide (LASIX) 20 MG tablet	3	10/18/2022	10/18/2023
Take 1 tablet (20 mg) by mouth 1 (one) time each day. - Oral			
hydroCHLORothiazide (HYDRODIURIL) 25 MG tablet	3	10/18/2022	10/18/2023
Take 1 tablet (25 mg) by mouth 1 (one) time each day. - Oral			
hydrOXYzine HCl (ATARAX) 25 MG tablet	1	5/25/2023	
Take 1 tablet (25 mg) by mouth at night if needed for itching. - Oral			
Prior authorization: Closed - Other			
lactulose (CHRONULAC) 10 GM/15ML solution	11	11/30/2022	
Take 15-30ml po 2-3 times a a day, as needed to prevent confusion in the setting of cirrhosis. Goal is clear mentation and 2-3 bm/day			
Nystatin			
nystatin (MYCOSTATIN) 100000 UNIT/GM powder	1	5/25/2023	5/31/2023
Apply 1 application. topically in the morning and 1 application. before bedtime. - Topical			
Prior authorization: Closed - Other			
nystatin (MYCOSTATIN) cream	1	5/25/2023	6/1/2023

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	Refills	Start Date	End Date
Apply 1 application. topically in the morning and 1 application. before bedtime. Do all this for 7 days. - Topical			
Prior authorization: Closed - Prior Authorization not required for patient/medication			
OXcarbazepine (TRILEPTAL) 300 MG tablet	3	2/15/2023	2/15/2024
Take 1 tablet (300 mg) by mouth in the morning and 1 tablet (300 mg) before bedtime. - Oral			
Semaglutide,0.25 or 0.5MG/DOS, (Ozempic, 0.25 or 0.5 11 MG/DOSE,) 2 MG/3ML solution pen-injector		4/21/2023	7/28/2023
Inject 0.5 mg under the skin 1 (one) time per week. - Subcutaneous			
Notes to Pharmacy: Discussed with AMG< will be ok for every 28 days with 3 ml, t2dm, morbid obesity, cirrhosis of the liver			
spironolactone (ALDACTONE) 25 MG tablet	3	11/30/2022	
Take 1 tab po qd to prevent fluid accumulation in the setting of cirrhosis			

Visit Diagnoses

Primary: **Prediabetes** R73.03

Essential (primary) hypertension (CMS/HCC) I10

Alcoholic cirrhosis of liver with ascites (CMS/HCC) K70.31

Lymphedema I89.0

Skin yeast infection B37.2