

... Cynthia Francis (Female)

Age: 56 years old

Reason for encounter: blood pressure recheck

HPI:

- This patient is 56 year old obese female with PMH of hypothyroidism who presents for a blood pressure recheck after attending a workplace health fair 3 weeks ago. Her blood pressure reading at the health fair was 132/74, and the nurse asked her to follow up with primary care within 4 weeks for re-evaluation. She has not been taking her blood pressure at home and recently moved to the area about 5 months ago, but has not established care with a PCP. She reports consuming a high fat, high salt diet, physical inactivity and family history of heart disease. She is asymptomatic and denies chest pain, shortness of breath, leg swelling, polyuria, polydipsia, polyphagia, weakness, numbness, tingling, and fatigue.

Review of systems

Denies any symptoms or issues except slight stress due to work and watching grandchildren; denies depressed or anxious mood

PMH

Hypothyroidism—diagnosed 8 years ago

Obese BMI- diagnosed 10 years ago

Two children delivered full-term; spontaneous vaginal delivery without complications

Hospitalization/surgeries

Laparoscopic myomectomy, 12 years ago-no complication and tolerated anesthesia well

Medications

Levothyroxine 75 mcg PO daily. Take 30 minutes before breakfast

Allergies: NKDA

Last eye exam : 14 months ago

Family history

Mother-hypothyroidism, fibroids, uterine cancer

Father- coronary heart disease, hyperlipidemia, hypertension, died from heart attack

Children- no health issue

Grandfather- atrial fibrillation

Social history

- Nonsmoker, drinks 1 day per week, consumes 2-3 glasses of wine, sedentary lifestyle, is not physically active, no recent travel, lives alone, divorced, managing grandchildren and work, worked as insurance claim adjuster.

Physical exam

BMI 31.3

Pulse: 83 bpm; BP: 118/72 (left), 118/72 (right); RR: 18 bpm, SpO2 99%;

Eyes: 20/20 vision both eyes. No AV nicking or cotton wool spots noted.

Neck: thyroid mobile without masses, tenderness, nodules, or enlargement

Normal CV findings

Normal respiratory findings

Normal abdomen findings

Normal skin findings

Key findings

1. Obesity (long-standing diagnosis), BMI 31.3
2. Hypothyroidism- normal thyroid physical assessment
3. Family history of heart disease
4. Sedentary lifestyle- high fat, high-salt diet
5. Stress r/t caregiving responsibilities
6. Blood pressure at health fair 132/74—current blood pressure 118/72
7. Denies chest pain, SOB, leg swelling, no fatigue, no depressed or anxious mood, no polyuria, polydipsia, no smoking history.
8. No AV nicking or cotton wool spots
9. Yellow waxy lesions above medial bilateral eyes

Problem statement