



SOUTHERN RHEUMATOLOGY OF TEXAS

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Patient Name: Adam Smith
Patient DOB: 02-25-1954
Patient Sex: Male
Visit Date: 03-07-2016

HPI

Arthritis

He presents with **arthritis** that is **gradual in onset**, with a duration of **2 month(s)** located in **multiple joints**. The patient describes pain as **shooting, stabbing and aching** with **no** pain radiation. The patient has **bilateral hand & foot** paresthesia, and **bilateral hand & foot** pins and needles sensation.

History

MEDICAL HISTORY: Patient has a history of **hypertension**, **hypercholesterolemia** and **DM type 2**.

FAMILY HISTORY: Father has history of **gout**, **hypothyroidism** and **psoriasis**. Mother has history of **HTN**, **DM** and **alzheimer's disease**.

SOCIAL HISTORY: Alcohol consumption is **social**. Patient is **current every day smoker**. Smoking **2 pack/day**. **No illicit IV drug abuse**. Patient works as **school teacher**.

SURGICAL HISTORY: **Patient has history of cholecystectomy** in 2009.

PSYCHIATRIC HISTORY: Patient has **no psychiatric history**.

LABS: Following are the labs:

TG: **350**

LDL: **220**

HDL: **39**

INR: **3.5**

BUN: **45**

Creatinine: **1.5**

Allergies

No Known Drug Allergies

Current Medications

Ambien 10mg Tablet, take 1 tablet (10mg) by oral route once daily at bedtime as needed

Cymbalta 60mg Delayed-Release Capsule, take 1 capsule (60mg) by oral route once daily

Prednisone 20mg Tablet, take 0.5mg/kg by oral route once daily

Metformin Hydrochloride 1000mg Tablet, take 1 tablet (1,000mg) by oral route 2 times per day with morning and evening meals

Lasix 20mg Tablet, take 1 tablet (20mg) by oral route once daily

Exelon 3mg Capsule

Razadyne 4mg Tablet

Problem List

Rubella Arthritis (B06.82)
Unspecified Osteoarthritis, Unspecified Site (M19.90)
Rheumatoid Arthritis, Unspecified (M06.9)
Osteopenia (M85.80)
Systemic Lupus Erythematosus, Unspecified (M32.9)
Alzheimer'S Disease, Unspecified (G30.9)
Essential (Primary) Hypertension (I10)
Type 2 Diabetes Mellitus With Other Specified Complication (E11.69)

ROS

Constitutional: No chills, No fever, No fatigue, No dizziness, No edema and No nausea.

Eye: No blurry vision, No dry eye(s) and No visual abnormality.

ENT: Patient has no ENT symptoms.

Skin: Patient has no skin symptoms.

Musculoskeletal: Positive for **Arthralgia**, Positive for **Arm stiffness**, Positive for **Muscle pain** and Positive for **Muscle weakness**.

CVS: No chest pain and no SOB.

Respiratory: No cough and No wheeze.

GIT: No abdominal pain.

GU: Patient has no GU symptoms.

Neurological: No gait instability, Positive for **Paresthesia**, No tremors, No vertigo and Positive for **Memory loss**.

Psychiatric: Patient has no psychiatric symptoms.

Hem/Lymph: Patient has no hematology/lymphatic symptoms.

Vital Signs

Height: 70 in.

Weight: 190 lbs.

BMI: 27.

BP Systolic: 150 mm Hg.

BP Diastolic: 100 mm Hg.

Physical Exam

General on examination no signs of acute distress and no involuntary movement.

Head/Face on examination no conjunctivitis, no oral ulcer and no dry oral mucosa.

CVS on examination normal S1 S2, no systolic murmur, abnormal pericardial rub and normal pulse .

Respiratory on examination no wheezing, no rales and no costochondritis.

GIT on examination no organomegaly and abdomen soft and non-tender.

Neuro on examination cranial nerve palsy, no weakness and normal reflexes.

Neck on examination no obvious deformities, thyroid: normal, no lymphadenopathy palpable no carotid bruit heard

Hand Joints

There is tenderness of 1st, of 2nd, 3rd, 4th and 5th and swelling of 1st, of 2nd, 3rd, 4th and 5th on right CMC examination.

There is tenderness of 1st, of 2nd, 3rd, 4th and 5th and swelling of 1st, of 2nd, 3rd, 4th and 5th on left CMC examination.

There is effusion of 1st, of 2nd, 3rd, 4th and 5th right MCP joint.

There is effusion of 1st, of 2nd, 3rd, 4th and 5th on left MCP examination.

There is **tenderness and swelling** on right PIP examination.

There is **tenderness and swelling** on left PIP examination.

There is **warmth, tenderness and swelling** on right DIP examination.

There is **warmth, tenderness and swelling** on left DIP examination.



Feet Joints

There is **both sides warmth, swelling and tenderness** on tarsal examination.

There is **both sides warmth, swelling and tenderness** on MTP examination.

There is **both sides warmth, swelling and tenderness** on MPIP examination.

Rest of the joint examination is normal.

Assessment

Rheumatoid Arthritis, Unspecified (M06.9)

Osteopenia (M85.80)

Type 2 Diabetes Mellitus With Other Specified Complication (E11.69)

Essential (Primary) Hypertension (I10)

Gastro-Esophageal Reflux Disease Without Esophagitis (K21.9)

Alzheimer'S Disease, Unspecified (G30.9)

Systemic Lupus Erythematosus, Unspecified (M32.9)

Plan

Lab

ANTI RNP

ACE LEVEL

ANA

ANCA (P&C)

ANTI CENTROMERE

CRP

CBC DIFF PLTS

BASIC METABOLIC/CREATINE
LIPID PANEL
DEXA SCAN

Today's Medication

Methotrexate Sodium 50mg/2ml Solution for Injection (NOVAPLUS) is Prescribed, As directed
Benlysta 120mg Powder for Injection is Prescribed, As directed

Procedure

SMALL JOINT ASPIRATION 20600
INTERMEDIATE JOINT INJECTION 20605

Recommendation

The patient is explained regarding the diagnosis of SLE.

The etiology of positive ANA such as CTDS,liver, thyroid and heart disease,drugs and hepatitis discussed in detail with patient.

The patient is advised on the treatment of SLE with Benlysta infusion.All the side effects of the medicine such as infusion reaction,infection,malignancy.heart problem,mental problem and anaphylaxis is discussed.The patient is given full pamphlet.

The patient is discussed regarding treatment options with DMARDS such as MTX and TNF blockers.

The patient is explained regarding the diagnosis of SLE.

The patient is advised on the steroid injection of the joint/tendon/bursae.The side effects such as infection,fat necrosis ,skin atrophy and bleeding is mentioned

Follow Up

Followup in 1 week.

Health Education

OSTEOPOROSIS
RHEUMATOID ARTHRITIS

The visit was electronically signed off by Susan Rochester, MD on 03/07/2016 05:02:47 PM