California Diabetes and Hormone Specialists, Inc.
301 W. Huntington Drive, Suite 212
Arcadia, CA 91007
(626)821-5300

IRENE T. GAW GONZALO, MD
----CONFIDENTIAL--

MR#

OUTPATIENT DIABETES PROGRESS NOTE

CLINIC ☐ Established ☐ Consult Referred by

Interval History

☐ Diarrhea Present ☐ Diarrhea Absent ☐ Weight Gain ☐ Weight Loss

Blood Sugar Range

Pre-Breakfast	Post Breakfast	Pre-Lunch	Post Lunch
Pre-Dinner	**Post Dinner**	**Bedtime**	**2:00-4:00 AM**

Patient experiences hypoglycemic symptons with glucose <70 mg/dL ☐ Yes ☐ No

Patient is having multiple hypoglycemic reactions: ☐ Yes ☐ No

Patient has lost consciousness since last visit: ☐ Yes ☐ No

Hypoglycemic Symptoms ☐ Sweating ☐ Shaky ☐ Disorientation ☐ Lightheaded ☐ Confusion ☐ Sleepy

Exercise ☐ Yes ☐ No If yes, frequency and type of exercise?

Diabetic Diet ☐ Yes ☐ No

Review of Systems

Constitutional	☐ Fever ☐ Weight Loss ☐ Fatigue ☐ tiredness
Head	☐ Headache
ENT	☐ Ear pain ☐ Redness of the eye ☐ Eyeglasses ☐ Blurred vision
Respiratory	☐ Shortness of breath ☐ Difficulty breathing
Cardiovascular	☐ Chest pain ☐ Palpitations
Gastrointestinal	☐ Abdominal pain ☐ Diarrhea ☐ Constipation ☐ Bowel incontinence ☐ Bloatedness
Genitourinary	☐ Pain or burning with urination ☐ Frequent urination ☐ Difficulty controlling your bladder ☐ Difficulty initiating urination
Musculoskeletal	☐ Back pain ☐ Joint pains ☐ Joint swelling
Integumentary (Skin and Breast)	☐ Rashes ☐ Nipple discharge ☐ Breast lump
Neurologic	☐ Unsteady gait ☐ Pins and needle sensations ☐ Numbness ☐ Muscle weakness ☐ Vertigo

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Physical Examination

Constitutional:	Resp ☐ Temp ☐ Wt ☐ PR/HR ☐ BP ☐ Ht ☐
General Appearance	☐ Well developed & well nourised ☐ Obese ☐ Thin ☐ Cachectic
Psychiatric	☐ NAD ☐ agitated ☐ anxious
Eyes	Fundus: ☐ RT present ☐ No RT PERRLA ☐ Yes ☐ No Coniuctivae ☐ Clear ☐ Red Buccal Mucosa ☐ moist Discharge ☐ Yes ☐ No
ENT	Ext. inspection ☐ No lesions Coniuctivae ☐ Clear ☐ Red Denta ☐ Poor dentition ☐ No gingivitis
Neck	Thyroid ☐ goiter ☐ No goiter Lymph nodes: LAD ☐ Yes ☐ No Description goiter: Nodules: ☐ Yes ☐ No Size of LAD ☐ Size of Nodules ☐ Constistency ☐ Soft ☐ Rubbery ☐ Firm Tenderness ☐ Yes ☐ No
Respiratory	Assessment effort: ☐ Unlabored ☐ Labored Auscultation ☐ CTAB
Cardiovascular	Auscultation ☐ RRR ☐ S3 ☐ S4 Carotids ☐ Bruit ☐ No Bruit
Gatrointestinal	Exam: ☐ soft, NT/ND BS ☐ Yes ☐ No Liver & Spleen HSM ☐ Yes ☐ No
Neuro	DTR ☐ 2+knee ☐ 2+ankle ☐ delayed Foot vibration sense ☐ intact ☐ diminished
Foot	Cyanosis: ☐ present ☐ absent Dubbing: ☐ present ☐ absent Edema ☐ present ☐ absent

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OUTPATIENT DIABETES PROGRESS NOTE

Assessment and Plan

1

Plan

2

Plan

3

Plan

4

Plan

5

Plan

6

Plan

Counseled pt on risks and benefits of and patient verbalizes understanding Yes No

Patient verbalizes and understands the risks of NOT monitoring the above medication including death, coma, organ failure. Yes No

Counseled patient to check blood sugar before driving Yes No

Counseled patient on signs, symptoms, treatment, prevention and risks of hyperglycemia and hypoglycemia Yes No

Return to Clinic in

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