

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 3/21/2019

**Office Visit**

3/21/2019

**Benetia A James****MRN: 000011467795****Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
3/21/2019 2:00 PM	Chu, Kenneath Kamfat (M.D.), M.D.	INTERNAL MEDICINE 2ND FLOOR	800-780-1230	893239398

**Reason for Call/Visit****SHINGLES** possible per pt**Call Documentation**

No notes of this type exist for this encounter.

**Vitals**

Most recent update: 3/21/2019 2:13 PM

BP	Pulse	Temp	Ht	Wt
127/78	70	98 °F (36.7 °C)	5' 9" (1.753 m)	180 lb (81.6 kg)

LMP  
(LMP Unknown)

**Nursing Notes****Chu, Kenneath Kamfat (M.D.), M.D. at 3/21/2019 2:27 PM**

Status: Signed

I verified TDAP im for medical assistant Eva Jimenez.

**Jimenez, Eva A (M.A.), M.A. at 3/21/2019 2:37 PM**

Status: Signed

tdap given im rd per md order

**Progress Notes****Chu, Kenneath Kamfat (M.D.), M.D. at 3/21/2019 2:12 PM**

Author Type: Physician

Status: Signed

**History:**

Patient presents with:  
SHINGLES: possible per pt

PCP Gulati, Neil (M.D.)

Patient complain of possible shingles onset 2 days.  
Pain on rash on neck and chest.  
Patient not sure if drug eruption from Nabumetone prescribed by workman's comp physician.

Smoking status: Never Smoker

**Progress Notes (continued)****Chu, Kenneath Kamfat (M.D.), M.D. at 3/21/2019 2:12 PM (continued)**Smokeless tobacco: Never Used  
Alcohol use: NoHistory Reviewed:

I have reviewed the Social history as displayed in HealthConnect on the date of the encounter or the portion(s) as noted in the progress note.

Review of Systems

Constitutional: Negative for fever.

Physical Exam

Constitutional: No distress.

Eyes: Conjunctivae are normal.

Neck: No edema present.

Musculoskeletal:

Left shoulder: She exhibits no swelling.

Left upper arm: She exhibits no swelling.

Skin: Rash noted. Rash is vesicular (**erythema groups of vesicular rash on L neck and upper chest**).

Vitals reviewed.

## ASSESSMENT:

1. **HERPES ZOSTER**
2. **VACCINATION FOR DIPHTHERIA, TETANUS AND ACCELLULAR PERTUSSIS**

ICD-10-CM  
**B02.9**  
Z23

## PLAN:

Medicine order as below.

Off work form done.

Follow up as needed.

**Orders Placed This Encounter**

- VACC Tdap [90715C]
- valACYclovir (VALTREX) 1 gram Oral Tab
- predniSONE (DELTASONE) 20 mg Oral Tab

**Patient Instructions**

I order anti viral medicine Valtrex for shingles.

I also order steroid Prednisone for shingles pain. Do not take Nabumetone when on Prednisone.

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James, Benetia A  
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Visit date: 3/21/2019

**Progress Notes (continued)**

**Chu, Kenneath Kamfat (M.D.), M.D. at 3/21/2019 2:12 PM (continued)**

**Nursing Notes**

**Chu, Kenneath Kamfat (M.D.), M.D. at 3/21/2019 2:27 PM**

Status: Signed

I verified TDAP im for medical assistant Eva Jimenez.

**Jimenez, Eva A (M.A.), M.A. at 3/21/2019 2:37 PM**

Status: Signed

tdap given im rd per md order

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
HERPES ZOSTER - Primary	B02.9	
VACCINATION FOR DIPHTHERIA, TETANUS AND ACELLULAR PERTUSSIS	Z23	

**Imaging - All Orders and Results****MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1316804157]**

Electronically signed by: **Jimenez, Eva A (M.A.), M.A. on 03/21/19 1408** Status: **Cancel Pend**  
 Ordering user: Jimenez, Eva A (M.A.), M.A. 03/21/19 1408 Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.  
 Frequency: Routine 03/21/19 - Pended by: Jimenez, Eva A (M.A.), M.A. 03/21/19 1408  
 Canceled by: Chu, Kenneath Kamfat (M.D.), M.D. 03/21/19 1424  
 Order comments: Reason: Screening Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

**Immunization/Injection - All Orders and Results****VACC TDAP (ADACEL) [1316804156]**

Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 03/21/19 1425** Status: **Completed**  
 Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 03/21/19 1425 Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.  
 Ordering mode: Standard  
 Frequency: Routine 03/21/19 - Released by: Chu, Kenneath Kamfat (M.D.), M.D. 03/21/19 1425  
 Diagnoses  
 VACCINATION FOR DIPHTHERIA, TETANUS AND ACELLULAR PERTUSSIS  
 Order comments: Adacel (Tdap) vaccine, 0.5mL intramuscular (IM). For age 10+yrs.

**Lab - All Orders and Results****GLOBIN, FECAL [1316804155]**

Electronically signed by: **Jimenez, Eva A (M.A.), M.A. on 03/21/19 1408** Status: **Cancel Pend**  
 Ordering user: Jimenez, Eva A (M.A.), M.A. 03/21/19 1408 Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.  
 Frequency: Routine 03/21/19 - Pended by: Jimenez, Eva A (M.A.), M.A. 03/21/19 1408  
 Canceled by: Chu, Kenneath Kamfat (M.D.), M.D. 03/21/19 1424  
 Specimen Information

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James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 3/21/2019

**Lab - All Orders and Results (continued)****GLOBIN, FECAL [1316804155] (continued)**

Type	Source	Collected By
—	STOOL	—

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Medications the Patient Reported Taking**

valACYclovir (VALTREX) 1 gram Oral Tab (Taking/Discontinued)  
predniSONE (DELTASONE) 20 mg Oral Tab (Taking/Discontinued)

**Prescriptions Ordered This Encounter**

	Disp	Refills	Start	End
valACYclovir (VALTREX) 1 gram Oral Tab (Discontinued) Sig: Take 1 tablet by mouth 3 times a day for 1 week for shingles treatment Class: Fill Now Route: Oral	21	0/0	3/21/2019	8/12/2019
predniSONE (DELTASONE) 20 mg Oral Tab (Discontinued) Sig: Take 1 tablet orally daily for 1 week for shingles pain Class: Fill Now Route: Oral	7	0/0	3/21/2019	8/12/2019

**Social Documentation as of 3/21/2019**

No social documentation on file.

**Patient Instructions**

I order anti viral medicine Valtrex for shingles.  
I also order steroid Prednisone for shingles pain. Do not take Nabumetone when on Prednisone.

**All Flowsheet Data (all recorded)****Encounter Vitals**

Row Name	03/21/19 1402	03/21/19 1412
Enc Vitals		
BP	(I) 140/93 -EJ	127/78 -EJ
Pulse	66 -EJ	70 -EJ
Temp	98 °F (36.7 °C) -EJ	—
Wt (gms)	180 lb (81.6 kg) -EJ	—
Height	5' 9" (1.753 m) -EJ	—

**Custom Formula Data**

Row Name	03/21/19 1402	03/21/19 1412
Vitals		
Pct Wt Change	0 % -EJ	—
OTHER		
BSA (System Calculated)	1.99 -EJ	—
Body Mass	20.87 -EJ	—

**All Flowsheet Data (all recorded) (continued)**

**Custom Formula Data (continued)**

Row Name	03/21/19 1402	03/21/19 1412
Index		
Body Mass Index	27 -EJ	—
Birth Weight	0 -EJ	—
% Change from Birth Weight	816494400 -EJ	—
Weight change from previous (gm)	0 -EJ	—
BSA (Dubois)	1.974 -EJ	—
Ideal Body Weight (calculated)	63.52 -EJ	—
BSA (Last Ht)	1.99 -EJ	—
BMI (Last Ht)	27 -EJ	—
Mean Arterial Pressure (MAP)	109 -EJ	94 -EJ

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
EJ	Jimenez, Eva A (M.A.), M.A.	01/12/19 - 05/02/19	MEDICAL ASSISTANT	—

Encounter-Level Documents - 03/21/2019:

AFTER VISIT SUMMARY

Benetia A. James MRN: 000011467795

3/21/2019 2:00 PM INTERNAL MEDICINE 2ND FLOOR



Instructions from KENNEATH KAMFAT CHU MD, M.D.  
Your personalized instructions can be found at the end of this document.

Today's Visit

You saw KENNEATH KAMFAT CHU MD, M.D. on Thursday March 21, 2019. The following issues were addressed:  
• VACCINATION FOR DIPHTHERIA, TETANUS AND ACELLULAR PERTUSSIS (DTAP)  
• HERPES ZOSTER (SHINGLES)

What's Next

OB/GYN 3RD FLOOR  
3900 E PACIFIC COAST HWY  
LONG BEACH CA 90804-2013  
800-780-1230  
Wednesday May 15 9:40 AM

OB/GYN 3RD FLOOR  
3900 E PACIFIC COAST HWY  
LONG BEACH CA 90804-2013  
800-780-1230

	Blood Pressure		BMI
	127/78		26.58
	Weight		Height
	180 lb		5' 9"
	Temperature		Pulse
	98 °F		70

Medications

New Medications

valACYclovir (VALTRES) 1 gram Oral Tab  
predniSONE (DELTASONE) 20 mg Oral Tab

Visit Medication List

Patient

reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
valACYclovir (VALTRES) 1 gram Oral Tab (Taking)	1 pill three times daily for 1 week for shingles treatment
predniSONE (DELTASONE) 20 mg Oral Tab (Taking)	1 pill daily 1 week for shingles pain

New Orders

Normal Orders This Visit  
VACC TDAP (ADACEL) [90715 CPT(R)]

Common Medication Direction Abbreviations  
PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed

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**Encounter-Level Documents - 03/21/2019: (continued)**

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QHS = Every night at bedtime, AC = Before meals, PC = After meals, c =  
With, s = Without

Allergies as of 3/21/2019

Reviewed On: 3/21/2019 By: Jimenez, Eva A (M.A.), M.A.

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	<b>Not Specified</b>	06/22/2001		

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**Encounter-Level Documents - 03/21/2019: (continued)**

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**Instructions:** from KENNEATH KAMFAT CHU MD, M.D.

I order anti viral medicine Valtrex for shingles.

I also order steroid Prednisone for shingles pain. Do not take Nabumetone when on Prednisone.

## General Information

### Protect yourself from the flu. Get vaccinated.

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)



Encounter-Level Documents - 03/21/2019: (continued)

AFTER VISIT SUMMARY

Benetia A. James MRN: 000011467795

3/21/2019 2:00 PM INTERNAL MEDICINE 2ND FLOOR



Instructions from KENNEATH KAMFAT CHU MD, M.D.

Your personalized instructions can be found at the end of this document.

What's Next

You currently have no upcoming appointments scheduled.

Medications

New Medications

valACYclovir (VALTREX) 1 gram Oral Tab  
predniSONE (DELTASONE) 20 mg Oral Tab

Visit Medication List

Patient

reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
valACYclovir (VALTREX) 1 gram Oral Tab (Taking)	1 pill three times daily for 1 week for shingles treatment
predniSONE (DELTASONE) 20 mg Oral Tab (Taking)	1 pill daily 1 week for shingles pain

Today's Visit

You saw KENNEATH KAMFAT CHU MD, M.D. on Thursday March 21, 2019. The following issues were addressed:

- VACCINATION FOR DIPHTHERIA, TETANUS AND ACELLULAR PERTUSSIS (DTAP)
- HERPES ZOSTER (SHINGLES)

Blood Pressure	BMI
127/78	26.58
Weight	Height
180 lb	5' 9"
Temperature	Pulse
98 °F	70

New Orders

Normal Orders This Visit  
VACC TDAP (ADACEL) [90715 CPT(R)]

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 3/21/2019

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**Encounter-Level Documents - 03/21/2019: (continued)**

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Allergies as of 3/21/2019

Reviewed On: 3/21/2019 By: Jimenez, Eva A (M.A.), M.A.

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	<b>Not Specified</b>	06/22/2001		

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**Encounter-Level Documents - 03/21/2019: (continued)**

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**Instructions:** from KENNEATH KAMFAT CHU MD, M.D.

I order anti viral medicine Valtrex for shingles.

I also order steroid Prednisone for shingles pain. Do not take Nabumetone when on Prednisone.

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Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

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**Order-Level Documents:**

There are no order-level documents.

```
{*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
```

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 3/21/2019

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**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 3/21/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 5/15/2019

**Office Visit**

5/15/2019

**Benetia A James**

**MRN: 000011467795**

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
5/15/2019 9:40 AM	Park, Rachel D (N.P.), N.P.	OB/GYN 3RD FLOOR	800-780-1230	893340801

**Reason for Call/Visit**

ENCOUNTER CREATED IN ERROR

**Call Documentation**

No notes of this type exist for this encounter.

**Progress Notes**

**Park, Rachel D (N.P.), N.P. at 5/16/2019 8:40 AM**

Author Type: NURSE PRACTITIONER (N.P.) Status: Signed

Error

**MISSED APPOINTMENT NOTE**

Benetia A James is a 54 year old female who did not keep appointment on this encounter date. Since there was no face to face visit, Medication Reconciliation/Review was not done. The Reviewed button was clicked solely to fulfill workflow requirements to close the chart.

Electronically signed by:

RACHEL D PARK NP

5/16/2019

8:41 AM

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
ADMINISTRATIVE ENCOUNTER FOR CHART BEING OPENED IN ERROR NO SHOW	Z02.89 Z02.9	

**All Orders and Results**

No orders and results found

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Social Documentation as of 5/15/2019**

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 5/15/2019

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**Social Documentation as of 5/15/2019 (continued)**

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No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 5/15/2019

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**Encounter-Level Documents:**

There are no encounter-level documents.

**Order-Level Documents:**

There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

No documentation.



**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 5/15/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

DOWNEY MEDICAL  
 CENTER L  
 9333 E IMPERIAL HWY  
 .  
 DOWNEY CA 90242-2812  
 SCAL HIM ROI ALMR

James, Benetia A  
 MRN: 000011467795, DOB: 1/8/1965, Sex: F  
 Visit date: 6/3/2019

**Telephone**  
 6/3/2019

**Benetia A James**  
 MRN: 000011467795

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
6/3/2019 2:01 PM	Lee, Robert F (Rph), RPH	PHARMACY 1ST FLOOR 3355	562-461-4213	918676146

**Reason for Call/Visit**

**PRESCRIPTION REFILL REQUESTED** Pt is almost out of Atenolol 50mg

**Call Documentation**

**Chu, Kenneath Kamfat (M.D.), M.D. at 6/3/2019 5:25 PM**

Status: Signed

Robert  
 I believe you have verified with outside pharmacy.  
 30 pills ordered

**Orders Placed This Encounter**

- Atenolol (TENORMIN) 50 mg Oral Tab

**Lee, Robert F (Rph), RPH at 6/3/2019 2:01 PM**

Status: Signed

**FROM: Robert Lee PharmD, KLBeach rx**

**To: Dr. Ken Chu, KLB**

**REQUEST:** Pt is new and has been taking Atenolol 50mg 1t DAILY, from the neighborhood clinic. She has an appointment to see you in about a month, but is almost out of medicine. Can the Pt be given #30 until her appt?

Medication Atenolol 50mg

Strength -

Sig: 1T QD

Qty: 30

- If approved, document approval and "**REPLY TO SENDER**".
- Any changes to medication below should be entered and "**REPLY TO SENDER**".
- If you wish to substitute the medication below with another, write the full prescription details in your reply below or enter via order entry and "**REPLY TO SENDER**".



**Progress Notes (continued)**

**Lee, Robert F (Rph), RPH at 6/3/2019 2:01 PM (continued)**

- If approved, document approval and **"REPLY TO SENDER"**.
- Any changes to medication below should be entered and **"REPLY TO SENDER"**.
- If you wish to substitute the medication below with another, write the full prescription details in your reply below or enter via order entry and **"REPLY TO SENDER"**.
- If denied, please **route your response to your back office staff with instructions. Do not send back to pharmacy.**

Electronically signed by:  
ROBERT F LEE RPH  
6/3/2019  
2:01 PM

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
MEDICATION REFILL	Z76.0	

**All Orders and Results**

No orders and results found

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Medications the Patient Reported Taking**

**Atenolol (TENORMIN) 50 mg Oral Tab (Taking/Discontinued)**

**Prescriptions Ordered This Encounter**

	Disp	Refills	Start	End
<b>Atenolol (TENORMIN) 50 mg Oral Tab (Discontinued)</b> Sig: Take 1 tablet by mouth daily Class: Fill Later Route: Oral Reason for Discontinue: <b>Replaced by Pharmacy</b>	30	0/0	6/3/2019	7/8/2019

**Social Documentation as of 6/3/2019**

No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.

**Encounter-Level Documents - 06/03/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795



**Today's Visit**

You saw ROBERT F LEE RPH, RPH on Monday June 3, 2019.

**What's Next**

JUN 21 Office Visit with KIM ILENE IKEMOTO OD, O.D.  
2019 Friday June 21 11:25 AM

OPTOMETRY 1ST FLOOR  
3900 E PACIFIC COAST HWY  
LONG BEACH CA 90804-2013  
833-574-2273

JUN 27 Physical Exam with KENNEATH KAMFAT CHU MD, M.D.  
2019 Thursday June 27 9:30 AM

INTERNAL MEDICINE 2ND FLOOR  
3900 E PACIFIC COAST HWY  
LONG BEACH CA 90804-2013  
800-780-1230

**Medications**

**NEW Medications**

**Atenolol (TENORMIN) 50 mg Oral Tab**

**Visit Medication List**

Patient reported, restarted, and new medications relevant to this visit.  
This may not reflect all medications the patient is taking.

<b>Atenolol (TENORMIN) 50 mg Oral Tab</b>	Dosage
<b>(Taking)</b>	Take 1 tablet by mouth daily

**Common Medication Direction Abbreviations**

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 6/3/2019**

Reviewed by Jimenez, Eva A (M.A.), M.A. on 3/21/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	<b>Not Specified</b>	06/22/2001		

**General Information**

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**Encounter-Level Documents - 06/03/2019: (continued)**

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**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

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Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

**Order-Level Documents:**

---

There are no order-level documents.

{\\*EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

DOWNEY MEDICAL  
CENTER L  
9333 E IMPERIAL HWY

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 6/3/2019

.  
DOWNEY CA 90242-2812  
SCAL HIM ROI ALMR

---

**Encounter-Level E-Signatures: (continued)**

---



**KAISER PERMANENTE**

DOWNEY MEDICAL  
CENTER L  
9333 E IMPERIAL HWY

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 6/3/2019

.  
DOWNEY CA 90242-2812  
SCAL HIM ROI ALMR

---

---

**END OF ENCOUNTER**

---

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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Office Visit**  
8/12/2019

**Benetia A James**  
MRN: 000011467795

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
8/12/2019 2:00 PM	Chu, Kenneath Kamfat (M.D.), M.D.	INTERNAL MEDICINE 2ND FLOOR	800-780-1230	929214571

**Reason for Call/Visit**

PHYSICAL EXAMINATION  
HEADACHE

**Call Documentation**

No notes of this type exist for this encounter.

**Vitals**

Most recent update: 8/12/2019 2:19 PM

BP	Pulse	Temp	Ht	Wt
129/89	74	98.2 °F (36.8 °C)	5' 9" (1.753 m)	200 lb (90.7 kg)

**Nursing Notes**

Jimenez, Eva A (M.A.), M.A. at 8/12/2019 2:12 PM

Status: Signed

**Back Office Intake Note**

**Confirmed patient identification using two patient identifiers:** yes

**Proactive Office Encounter Actions:**

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: Mammogram ordered today (staged)  
Patient declines Pap Test today

**Health Maintenance procedures due:****Health Maintenance Due****Topic**

- MAMMOGRAM SCREENING
- CERVICAL CA SCREENING

**Date Due**

01/08/2015  
01/08/1995

**Confirmed Preferred Pharmacy:** yes

**In clinic forms to be filled out by provider:** no

**Nursing Notes (continued)**

Jimenez, Eva A (M.A.), M.A. at 8/12/2019 2:12 PM (continued)

**BP Readings from Last 3 Encounters:**

03/21/19 127/78

**BP Elevated:** No**Progress Notes**

Chu, Kenneath Kamfat (M.D.), M.D. at 8/12/2019 2:19 PM

Author Type: Physician

Status: Signed

**Chief Complaint**

Patient presents with

- PHYSICAL EXAMINATION
- HEADACHE

Patient here for physical.

Exercise none.

Patient has been diagnosis with hypertension on atenolol outside KP 1 year.

Patient said without Pap for a while.

PMH: hypertension

**Outpatient Medications Marked as Taking for the 8/12/19 encounter (Office Visit) with Chu, Kenneath Kamfat (M.D.), M.D.**

Medication Sig

- Atenolol (TENORMIN) 50 mg Take 1 tablet by mouth daily  
Oral Tab

Review of Systems

Cardiovascular: Negative for chest pain.

Respiratory: Positive for shortness of breath (**sometimes w walking**).

Gastrointestinal: Negative for abdominal pain, blood in stool, constipation, diarrhea and melena.

Genitourinary: Negative for dysuria.

Neurological: Positive for headaches (**tightness in back of neck, admit to stress**). Negative for dizziness.

Psychiatric/Behavioral: The patient has insomnia.

Physical Exam

**Progress Notes (continued)****Chu, Kenneath Kamfat (M.D.), M.D. at 8/12/2019 2:19 PM (continued)****HENT:**

Mouth/Throat: Oropharynx is clear and moist.

Eyes: Conjunctivae are normal.

Neck: Normal range of motion. Normal carotid pulses present. Muscular tenderness present. No spinous process tenderness present. Carotid bruit is not present. No thyromegaly present.

Cardiovascular: Normal rate, regular rhythm and normal heart sounds. Exam reveals no gallop and no friction rub.

No murmur heard.

**Pulses:**

Dorsalis pedis pulses are 2+ on the right side, and 2+ on the left side.

Pulmonary/Chest: Effort normal and breath sounds normal. No respiratory distress. She has no wheezes. She has no rales.

Abdominal: Soft. She

exhibits no distension and no mass. There is no hepatosplenomegaly. There is no tenderness.

Musculoskeletal: She

exhibits no edema.

Lymphadenopathy:

She

has no cervical adenopathy.

Vitals reviewed.

**Social History****Tobacco Use**

- Smoking status: Never Smoker
- Smokeless tobacco: Never Used

**Substance Use Topics**

- Alcohol use: No
- Drug use: No tobacco or alcohol history on file - go to History activity and update tobacco and alcohol use

**ASSESSMENT:**

1.	ROUTINE ADULT HEALTH CHECK UP EXAM	ICD-10- CM Z00.00
2.	HTN (HYPERTENSION)	I10
3.	INSOMNIA	G47.00
4.	TENSION HEADACHE	G44.209

**Progress Notes (continued)****Chu, Kenneath Kamfat (M.D.), M.D. at 8/12/2019 2:19 PM (continued)****5. OVERWEIGHT**

E66.3

**PLAN:**

Patient wants to change atenolol to different blood pressure medicine.

Titrate to stop atenolol, patient only had 1 pill left.

Start Norvasc.

Nurse clinic blood pressure check in 2 weeks.

Encourage start exercise.

Provide and encourage patient to enroll with weight program to loose weight regard obesity.

Order Trazodone as needed insomnia.

Order Motrin as needed headache/neck pain, relate to stress.

Health screen lab order.

Patient said prefer to call back and schedule Pap/breast exam with PA/NP.

**Orders Placed This Encounter**

- CBC NO DIFFERENTIAL
- CREATININE
- GLUCOSE
- HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
- LIPID PANEL
- TSH
- traZODone (DESYREL) 50 mg Oral Tab
- amLODIPine (NORVASC) 2.5 mg Oral Tab
- Ibuprofen (MOTRIN) 600 mg Oral Tab

**Patient Instructions**

Do lab work today.

If lab results acceptable, you will not be contacted. Otherwise, I will e-mail or have nurse call you.

Walk in mammogram today.

I order new blood pressure medicine Amlodipine 2.5 mg 1 pill daily. Start this medicine tomorrow.

Reduce your Atenolol 50 mg to 1/2 pill tomorrow and day after, then stop.

Nurse clinic blood pressure check in 2 weeks.

Start aerobic exercise such as walking/biking/swimming/jogging, start with 10 min, increase by 5 min per week, goal 30-45 min 4-5 times a week.

Work on diet to lose weight, consider calling weight control program kaiser offer (866) 862-4295.

Kaiser Permanente

Page 30

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Progress Notes (continued)**

**Chu, Kenneath Kamfat (M.D.), M.D. at 8/12/2019 2:19 PM (continued)**

Consider weight watchers.

I order Trazodone as needed insomnia.

I order Motrin 600 mg as needed headache or pain.

Follow up with me 6-7 month(s), schedule appointment one month(s) in advance

**Nursing Notes**

**Jimenez, Eva A (M.A.), M.A. at 8/12/2019 2:12 PM**

Status: Signed

**Back Office Intake Note**

**Confirmed patient identification using two patient identifiers: yes**

**Proactive Office Encounter Actions:**

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: Mammogram ordered today (staged)  
Patient declines Pap Test today

**Health Maintenance procedures due:****Health Maintenance Due**

Topic	Date Due
• MAMMOGRAM SCREENING	01/08/2015
• CERVICAL CA SCREENING	01/08/1995

**Confirmed Preferred Pharmacy: yes**

**In clinic forms to be filled out by provider: no**

**BP Readings from Last 3 Encounters:**

Kaiser Permanente

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Nursing Notes (continued)**

**Jimenez, Eva A (M.A.), M.A. at 8/12/2019 2:12 PM (continued)**

03/21/19 127/78

**BP Elevated: No**

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
ROUTINE ADULT HEALTH CHECK UP EXAM	Z00.00	
HTN (HYPERTENSION)	I10	
INSOMNIA	G47.00	
TENSION HEADACHE	G44.209	
OVERWEIGHT	E66.3	

**Lab - All Orders and Results****CBC NO DIFFERENTIAL [1389697773]**

Electronically signed by: **Chu, Kenneth Kamfat (M.D.), M.D. on 08/12/19 1436** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneth Kamfat (M.D.), M.D. 08/12/19 1436

Authorized by: Chu, Kenneth Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 -

Released by: Chu, Kenneth Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

HTN (HYPERTENSION)

INSOMNIA

TENSION HEADACHE

Specimen Information

Type	Source	Collected By
—	BLOOD	S989987 08/12/19 1506

**CBC NO DIFFERENTIAL [1389697773]**

Resulted: 08/12/19 1726, Result status: Final result

Order status: Completed

Resulting lab: SOUTH BAY LABORATORY

Narrative:

RMS ACCN: 665389787

Specimen Information

ID	Type	Source	Collected On
C00002201922405 7824	—	BLOOD	08/12/19 1506

Components

Component	Value	Reference Range	Flag
WBC'S AUTO	6.4	4.0 - 11.0 x1000/mcL	—
RBC, AUTO	4.65	4.20 - 5.40 Mill/mcL	—
HGB	13.3	12.0 - 16.0 g/dL	—
HCT, AUTO	41.6	37.0 - 47.0 %	—
MCV	89.5	81.0 - 99.0 fL	—
MCH	28.6	27.0 - 35.0 pg/cell	—
MCHC	32.0	32.0 - 37.0 g/dL	—
RDW, BLOOD	12.5	11.5 - 14.5 %	—
PLATELETS, AUTOMATED COUNT	278	130 - 400 x1000/mcL	—

**KAISER PERMANENTE**

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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Lab - All Orders and Results (continued)**

**CBC NO DIFFERENTIAL [1389697773] (continued)**

**CREATININE [1389697774]**

Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 08/12/19 1436** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 -

Released by: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

HTN (HYPERTENSION)

Specimen Information

Type	Source	Collected By
—	BLOOD	S989987 08/12/19 1506

CREATININE [1389697774] Resulted: 08/13/19 0418, Result status: Final result

Order status: Completed

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 665389788

Specimen Information

ID	Type	Source	Collected On
C00002201922405 7824	—	BLOOD	08/12/19 1506

Components

Component	Value	Reference Range	Flag
CREATININE	1.00	<=1.10 mg/dL	—
GLOMERULAR FILTRATION RATE	74	mL/min/BSA	—

Comment:

Estimated GFR (eGFR) is calculated by the CKD-Epi formula using serum creatinine, sex, age and race. Result is normalized to a standard body surface area (BSA, 1.73m2). This result is invalid if serum creatinine is not in steady state, if patient is receiving dialysis, or if muscle mass is significantly above or below population norm for age and gender.

-GFR Ranges-

- GFR >89 Normal (or CKD1\*)
- 60-89 Mildly reduced (CKD2\*)
- 30-59 Moderately reduced (CKD3 if >3mos)
- 15-29 Severely reduced (CKD4 if >3mos)

GFR <15 Kidney failure (CKD5 if >3mos)

\* GFR >60 is not diagnostic of CKD1 or 2 unless another marker of kidney damage is present (e.g. excessive urine albumin or urine protein on 2 occasions, or renal biopsy or imaging abnormality).

RACE	Black	—	—
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**GLUCOSE [1389697775]**

Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 08/12/19 1436** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 -

Released by: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

HTN (HYPERTENSION)

Specimen Information



**Lab - All Orders and Results (continued)**

**GLUCOSE [1389697775] (continued)**

Type —	Source BLOOD	Collected By S989987 08/12/19 1506
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GLUCOSE [1389697775] Resulted: 08/13/19 0418, Result status: Final result

Order status: Completed	Resulting lab: SHERMAN WAY REGIONAL LABORATORY
Narrative:	
RMS ACCN: 665389788	

Specimen Information

ID	Type	Source	Collected On
C00002201922405 7824	—	BLOOD	08/12/19 1506

Components

Component	Value	Reference Range	Flag
GLUCOSE, RANDOM	97	70 - 140 mg/dL	—

**HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1389697776]**

Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 08/12/19 1436** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436 Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 - Released by: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

Specimen Information

Type —	Source BLOOD	Collected By S989987 08/12/19 1506
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HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1389697776] Resulted: 08/13/19 0818, Result status: Final result  
(Abnormal)

Order status: Completed	Resulting lab: SHERMAN WAY REGIONAL LABORATORY
Narrative:	
RMS ACCN: 665389788	

Specimen Information

ID	Type	Source	Collected On
C00002201922405 7825	—	BLOOD	08/12/19 1506

Components

Component	Value	Reference Range	Flag
HGBA1C%	5.9	4.6 - 5.6 %	<b>H</b>

Comment:

A repeatable HbA1c > or = 6.5% is diagnostic of diabetes. A single HbA1c > or = 6.5% can also be confirmed by a fasting plasma glucose measurement > 125 mg/dL, a random plasma glucose > or = 200 mg/dL, or a 2 hour oral glucose tolerance test result > or = 200 mg/dL. Patients with HbA1c of 5.7-6.4% are at increased risk for future diabetes.

**LIPID PANEL [1389697777]**

Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 08/12/19 1436** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436 Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 - Released by: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Lab - All Orders and Results (continued)****LIPID PANEL [1389697777] (continued)**

## Specimen Information

Type	Source	Collected By
—	BLOOD	Huynh, Lang T 08/12/19 1506

LIPID PANEL [1389697777] (Abnormal)

Resulted: 08/13/19 0418, Result status: Final result

Order status: Completed

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 665389788

OTHER PROVIDERS HAVE RECEIVED THIS RESULT DUE TO DUPLICATE ORDERS FOR THIS TEST. YOU MAY HAVE ORDERED THIS EXACT TEST OR ONE OF ITS COMPONENTS. THUS, COORDINATION OF CARE IS NECESSARY. CLICK ON THE ORDER DETAILS HYPERLINK FOR INDICATION OF ALL PROVIDERS WHO HAVE RECEIVED NOTIFICATION OF THIS RESULT. FASTING? YES

## Specimen Information

ID	Type	Source	Collected On
C00002201922405 7824	—	BLOOD	08/12/19 1506

## Components

Component	Value	Reference Range	Flag
CHOLESTEROL	262	<=199 mg/dL	<b>H</b>
TRIGLYCERIDE	111	<=149 mg/dL	—
Comment: Note that if triglycerides (TG) are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.			
HDL	46	>=40 mg/dL	—
LDL CALCULATED	194	<=99 mg/dL	<b>H</b>
CHOLESTEROL/HIGH DENSITY LIPOPROTEIN	5.7	<=3.9	<b>H</b>
Comment: See LabNet for more information.			
CHOLESTEROL, NON-HDL	216	mg/dL	—
Comment: NonHDL targets are 30 mg/dL higher than LDL targets.			

**TSH [1389697778]**Electronically signed by: **Chu, Kenneath Kamfat (M.D.), M.D. on 08/12/19 1436**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Authorized by: Chu, Kenneath Kamfat (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/12/19 -

Released by: Chu, Kenneath Kamfat (M.D.), M.D. 08/12/19 1436

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM

HTN (HYPERTENSION)

INSOMNIA

## Specimen Information

Type	Source	Collected By
—	BLOOD	S989987 08/12/19 1506

TSH [1389697778]

Resulted: 08/13/19 0351, Result status: Final result

Order status: Completed

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 665389788

## Specimen Information

ID	Type	Source	Collected On
C00002201922405 7826	—	BLOOD	08/12/19 1506

## Components

Component	Value	Reference Range	Flag
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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

**Lab - All Orders and Results (continued)****TSH [1389697778] (continued)**

TSH	1.33	0.35 - 4.00 mIU/mL	—
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**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
<b>240 - 956</b>	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present
<b>421 - 101</b>	SOUTH BAY LABORATORY	Sony Wirio, M.D.	25825 S. Vermont Ave. HARBOR CITY CA 90710	06/01/12 1306 - Present

**Final Spectacle Rx**

[Click to see and print Final Spectacle Rx](#)

**Final CL Rx**

[Click to see and print Final Contact Lens Rx](#)

Audit Trail for Eye Care Forms

**Medications the Patient Reported Taking**

traZODone (DESYREL) 50 mg Oral Tab (Taking)  
amLODIPine (NORVASC) 2.5 mg Oral Tab (Taking)  
Ibuprofen (MOTRIN) 600 mg Oral Tab (Taking)  
Atenolol (TENORMIN) 50 mg Oral Tab (Taking)

**Medications Discontinued During This Encounter**

Reason for Discontinue

 valACYclovir (VALTREX) 1 gram Oral Tab  
 predniSONE (DELTASONE) 20 mg Oral Tab

**Prescriptions Ordered This Encounter**

	Disp	Refills	Start	End
<b>traZODone (DESYREL) 50 mg Oral Tab</b> Sig: Take 1 to 2 tablets by mouth at bedtime as needed for insomnia Class: Fill Now Route: Oral	60	3/3	8/12/2019	10/23/2021
<b>amLODIPine (NORVASC) 2.5 mg Oral Tab</b> Sig: Take 1 tablet by mouth daily Class: Fill Now Route: Oral	100	1/3	8/12/2019	8/11/2021
<b>Ibuprofen (MOTRIN) 600 mg Oral Tab</b> Sig: Take 1 tablet by mouth every 8 hours as needed for pain or headache . Take with food Class: Fill Now Route: Oral	50	2/2	8/12/2019	8/11/2021

**Social Documentation as of 8/12/2019**

No social documentation on file.

**Patient Instructions**

Do lab work today.  
If lab results acceptable, you will not be contacted. Otherwise, I will e-mail or have nurse call you.

Walk in mammogram today.

I order new blood pressure medicine Amlodipine 2.5 mg 1 pill daily. Start this medicine tomorrow.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

Reduce your Atenolol 50 mg to 1/2 pill tomorrow and day after, then stop.  
Nurse clinic blood pressure check in 2 weeks.

Start aerobic exercise such as walking/biking/swimming/jogging, start with 10 min, increase by 5 min per week, goal 30-45 min 4-5 times a week.

Work on diet to lose weight, consider calling weight control program kaiser offer (866) 862-4295.  
Consider weight watchers.

I order Trazodone as needed insomnia.

I order Motrin 600 mg as needed headache or pain.

Follow up with me 6-7 month(s), schedule appointment one month(s) in advance

**All Flowsheet Data (all recorded)****Encounter Vitals**

Row Name 08/12/19 1358

## Enc Vitals

BP 129/89 -EJ  
Pulse 74 -EJ  
Temp 98.2 °F (36.8 °C) -EJ  
Wt (gms) 200 lb (90.7 kg) -EJ  
Height 5' 9" (1.753 m) -EJ

**Custom Formula Data**

Row Name 08/12/19 1358

## OTHER

Ideal Body Weight (calculated) 63.52 -EJ  
BSA (System Calculated) 2.1 -EJ  
Body Mass Index 23.19 -EJ  
Body Mass Index 30 -EJ  
Birth Weight 0 -EJ  
% Change from Birth Weight 907216000 -EJ  
Weight change from previous (gm) 0 -EJ  
BSA (Dubois) 2.064 -EJ  
BSA (Last Ht) 2.1 -EJ  
BMI (Last Ht) 30 -EJ  
Mean Arterial Pressure (MAP) 102 -EJ

**KAISER PERMANENTE**

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 LONG BEACH CA 90804-  
 2013  
 SCAL HIM ROI ALMR

James, Benetia A  
 MRN: 000011467795, DOB: 1/8/1965, Sex: F  
 Visit date: 8/12/2019

**All Flowsheet Data (all recorded) (continued)****Exercise Vitals**

Row Name	08/12/19 1413	08/12/19 1415
<b>Exercise Level of Effort</b>		
Days per week of moderate to strenuous exercise (like a brisk walk)	0 -EJ	0 -EJ
On average, minutes per day of exercise at this level	0 -EJ	0 -EJ

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
EJ	Jimenez, Eva A (M.A.), M.A.	05/22/19 - 12/07/19	MEDICAL ASSISTANT	—

**Encounter-Level Documents - 08/12/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795

8/12/2019 2:00 PM INTERNAL MEDICINE 2ND FLOOR



**Instructions** from KENNEATH KAMFAT CHU MD, M.D.  
Your personalized instructions can be found at the end of this document.

**What's Next**

AUG 12 2019 Diagnostic Imaging  
Monday August 12 2:45 PM

RADIOLOGY  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA  
90804-2013  
310-517-2956

**Today's Visit**

You saw KENNEATH KAMFAT CHU MD, M.D. on Monday August 12, 2019. The following issues were addressed:

- HYPERTENSION (HIGH BLOOD PRESSURE)
- INSOMNIA
- TENSION TYPE HEADACHE
- OVERWEIGHT

Blood Pressure **129/89**    BMI **29.53**  
Weight **200 lb**    Height **5' 9"**  
Temperature **98.2 °F**    Pulse **74**

**Medications**

**NEW Medications**

traZODone (DESYREL) 50 mg Oral Tab  
amLODIPine (NORVASC) 2.5 mg Oral Tab  
Ibuprofen (MOTRIN) 600 mg Oral Tab

**Visit Medication List**

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

traZODone (DESYREL) 50 mg Oral Tab (Taking)	Dosage 1-2 TAB PO DAILY AT BEDTIME as needed for insomnia
amLODIPine (NORVASC) 2.5 mg Oral Tab (Taking)	1 TAB PO DAILY
Ibuprofen (MOTRIN) 600 mg Oral Tab (Taking)	1 TAB PO Q8H WITH FOOD PRN PAIN or HEADACHE
Atenolol (TENORMIN) 50 mg Oral Tab (Taking)	Take 1 tablet by mouth daily

**kp.org Sign-Up**

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/honline/ie/>, click "Sign Up Now", and enter your personal activation code: VKTRQ-3SBDE. Activation code expires 11/10/2019.

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**Encounter-Level Documents - 08/12/2019: (continued)**

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New Orders

Normal Orders This Visit

CBC NO DIFFERENTIAL [85027 CPT(R)]

CREATININE [82565 CPT(R)]

GLUCOSE [82947 CPT(R)]

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [83036 CPT(R)]

LIPID PANEL [250613 Custom]

TSH [84443 CPT(R)]

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed

QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Allergies as of 8/12/2019

Reviewed by Jimenez, Eva A (M.A.), M.A. on 8/12/2019

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	<b>Not Specified</b>	06/22/2001		

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**Encounter-Level Documents - 08/12/2019: (continued)**

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**Instructions** from KENNEATH KAMFAT CHU MD, M.D.

Do lab work today.

If lab results acceptable, you will not be contacted. Otherwise, I will e-mail or have nurse call you.

Walk in mammogram today.

I order new blood pressure medicine Amlodipine 2.5 mg 1 pill daily. Start this medicine tomorrow.

Reduce your Atenolol 50 mg to 1/2 pill tomorrow and day after, then stop.

Nurse clinic blood pressure check in 2 weeks.

Start aerobic exercise such as walking/biking/swimming/jogging, start with 10 min, increase by 5 min per week, goal 30-45 min 4-5 times a week.

Work on diet to lose weight, consider calling weight control program kaiser offer (866) 862-4295.

Consider weight watchers.

I order Trazodone as needed insomnia.

I order Motrin 600 mg as needed headache or pain.

Follow up with me 6-7 month(s), schedule appointment one month(s) in advance

## General Information

**SKIP THE TRIP. Have our pharmacy come to you!**

**New and refill prescriptions mailed to your home.**

**When using the mail order option for obtaining prescriptions:**

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

**4 ways to receive prescriptions by mail:**

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.



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**Encounter-Level Documents - 08/12/2019: (continued)**

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- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.  
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

**For questions, call member services at**

800-464-4000 or TTY 711  
800-788-0616 (Spanish)  
800-757-7585 (Chinese dialects)

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays

**Medicare members**

800-443-0815 or TTY 711

**Hours**

Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

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**Encounter-Level Documents - 08/12/2019: (continued)**

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Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

**Order-Level Documents:**

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There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
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2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

---

**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/12/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/13/2019

**Telephone**  
8/13/2019

**Benetia A James**  
MRN: 000011467795

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
8/13/2019 4:21 PM	Chu, Kenneath Kamfat (M.D.), M.D.	INTERNAL MEDICINE 2ND FLOOR	800-780-1230	943472287

**Reason for Call/Visit**

**APPOINTMENT** TAV

**Call Documentation**

**Jimenez, Eva A (M.A.), M.A. at 8/16/2019 2:00 PM**

Status: Signed

Patient aware and booked

**Jimenez, Eva A (M.A.), M.A. at 8/14/2019 1:15 PM**

Status: Signed

**Left Message for Patient to return call to 562-986-2218 Dr. Chu Office**

**Chu, Kenneath Kamfat (M.D.), M.D. at 8/13/2019 4:21 PM**

Status: Signed

Please call patient and inform schedule TAV appointment to discuss recent lab, inform cholesterol very high, also pre diabetes.  
Inform TAV schedule time only 5-10 min but free.

**Progress Notes**

**Jimenez, Eva A (M.A.), M.A. at 8/16/2019 2:00 PM**

Author Type: MEDICAL ASSISTANT Status: Signed

Patient aware and booked

**Jimenez, Eva A (M.A.), M.A. at 8/14/2019 1:15 PM**

Author Type: MEDICAL ASSISTANT Status: Signed

**Left Message for Patient to return call to 562-986-2218 Dr. Chu Office**

**Chu, Kenneath Kamfat (M.D.), M.D. at 8/13/2019 4:21 PM**

Author Type: Physician Status: Signed

Please call patient and inform schedule TAV appointment to discuss recent lab, inform cholesterol very high, also pre diabetes.  
Inform TAV schedule time only 5-10 min but free.

**Progress Notes (continued)**

**Chu, Kenneath Kamfat (M.D.), M.D. at 8/13/2019 4:21 PM (continued)**

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**Encounter Messages**

No messages in this encounter

**Diagnoses**

None.

**All Orders and Results**

No orders and results found

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Social Documentation as of 8/13/2019**

No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.

**Encounter-Level Documents - 08/13/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795



**Today's Visit**

You saw **KENNEATH KAMFAT CHU MD, M.D.** on Tuesday August 13, 2019.

**What's Next**

AUG 22 2019 Telephone Visit with **KENNEATH KAMFAT CHU MD, M.D.**  
Thursday August 22 11:20 AM

**INTERNAL MEDICINE 2ND FLOOR**  
3900 E PACIFIC COAST HWY  
LONG BEACH CA 90804-2013  
800-780-1230

**Medications**

Common Medication Direction Abbreviations  
PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 8/13/2019**

Reviewed by Jimenez, Eva A (M.A.), M.A. on 8/12/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	<b>Not Specified</b>	06/22/2001		

**General Information**

**SKIP THE TRIP. Have our pharmacy come to you!**  
New and refill prescriptions mailed to your home.

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- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

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**Encounter-Level Documents - 08/13/2019: (continued)**

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**4 ways to receive prescriptions by mail:**

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to [kp.org/Rxrefill](http://kp.org/Rxrefill)**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

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**For questions, call member services at**  
[800-464-4000](tel:800-464-4000) or TTY [711](tel:711)  
[800-788-0616](tel:800-788-0616) (Spanish)  
[800-757-7585](tel:800-757-7585) (Chinese dialects)

**Hours**  
Open 7 days a week  
24 hours a day  
Closed holidays

**Medicare members**  
[800-443-0815](tel:800-443-0815) or TTY [711](tel:711)

**Hours**  
Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

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**Encounter-Level Documents - 08/13/2019: (continued)**

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Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

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**Order-Level Documents:**

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There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/13/2019

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**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
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James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/13/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

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James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/22/2019

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**All Flowsheet Data (all recorded) (continued)**

No documentation.

**Encounter-Level Documents - 08/22/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795

8/22/2019 11:20 AM INTERNAL MEDICINE 2ND FLOOR



**Today's Visit**

You saw KENNEATH KAMFAT CHU MD, M.D. on Thursday August 22, 2019.

**What's Next**

You currently have no upcoming appointments scheduled.

**Medications**

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 8/22/2019**

Reviewed by Jimenez, Eva A (M.A.), M.A. on 8/12/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	<b>Not Specified</b>	06/22/2001		

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**4 ways to receive prescriptions by mail:**

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**Encounter-Level Documents - 08/22/2019: (continued)**

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- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
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[800-788-0616](tel:8007880616) (Spanish)  
[800-757-7585](tel:8007577585) (Chinese dialects)

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Closed holidays

**Medicare members**

[800-443-0815](tel:8004430815) or TTY 711

**Hours**

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from 8 a.m. to 8 p.m.

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For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

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**Encounter-Level Documents - 08/22/2019: (continued)**

---

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Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

### kp.org Sign-Up

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/hconline/ie/>, click "Sign Up Now", and enter your personal activation code: VKTRQ-3SBDE. Activation code expires 11/10/2019.

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**Order-Level Documents:**

There are no order-level documents.

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{\*EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/22/2019

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**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
HWY  
LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 8/22/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

SOUTH BAY MEDICAL  
 CENTER L  
 25825 S VERMONT AVE  
 HARBOR CITY CA 90710-  
 3518  
 SCAL HIM ROI ALMR

James, Benetia A  
 MRN: 000011467795, DOB: 1/8/1965, Sex: F  
 Visit date: 9/6/2019

**Message**  
 9/6/2019

**Benetia A James**  
 MRN: 000011467795

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
9/6/2019 3:06 PM	Huerta, Brenda Areli (M.A.), M.A.	HOV RADIOLOGY	424-251-7750	950231557

**Reason for Call/Visit**

**MAMMOGRAM ABNORMAL**

**Call Documentation**

**Huerta, Brenda Areli (M.A.), M.A. at 9/6/2019 3:06 PM**

Status: Signed

Unable to reach this patient by phone.  
 Multiple attempts. A certified letter is being sent.

**Progress Notes**

**Huerta, Brenda Areli (M.A.), M.A. at 9/6/2019 3:06 PM**

Author Type: MEDICAL ASSISTANT      Status: Signed

Unable to reach this patient by phone.  
 Multiple attempts. A certified letter is being sent.

**Encounter Messages**

No messages in this encounter

**Diagnoses**

None.

**All Orders and Results**

No orders and results found

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Social Documentation as of 9/6/2019**

No social documentation on file.

**Patient Instructions**

No instructions given.

**KAISER PERMANENTE**

SOUTH BAY MEDICAL  
CENTER L  
25825 S VERMONT AVE  
HARBOR CITY CA 90710-  
3518  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/6/2019

---

**All Flowsheet Data (all recorded)**

No documentation.

**KAISER PERMANENTE**

SOUTH BAY MEDICAL  
CENTER L  
25825 S VERMONT AVE  
HARBOR CITY CA 90710-  
3518  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/6/2019

---

**Encounter-Level Documents:**

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There are no encounter-level documents.

**Order-Level Documents:**

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There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

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No documentation.

**KAISER PERMANENTE**

SOUTH BAY MEDICAL  
CENTER L  
25825 S VERMONT AVE  
HARBOR CITY CA 90710-  
3518  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/6/2019

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

LONG BEACH MEDICAL  
OFFICES U  
3900 E PACIFIC COAST  
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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/17/2019

**Telephone**

9/17/2019

**Benetia A James****MRN: 000011467795****Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
9/17/2019 4:52 PM	Chu, Kenneath Kamfat (M.D.), M.D.	INTERNAL MEDICINE 2ND FLOOR	800-780-1230	953339510

**Reason for Call/Visit****MAMMOGRAM ABNORMAL****Call Documentation****Jimenez, Eva A (M.A.), M.A. at 9/25/2019 8:46 AM**

Status: Signed

Unable to reach Patient mailed letter

**Jimenez, Eva A (M.A.), M.A. at 9/19/2019 1:39 PM**

Status: Signed

Voice mail full will try back at a later time

**Chu, Kenneath Kamfat (M.D.), M.D. at 9/17/2019 4:52 PM**

Status: Signed

Please call patient, noted her mammogram in Aug not normal, need additional testing.  
Mammogram dept tried to call patient several times and mail certified letter.  
Advise patient schedule test with mammogram dept.  
If unable to find patient after 3 tries, send letter to patient as well.

**Progress Notes****Jimenez, Eva A (M.A.), M.A. at 9/25/2019 8:46 AM**

Author Type: MEDICAL ASSISTANT

Status: Signed

Unable to reach Patient mailed letter

**Jimenez, Eva A (M.A.), M.A. at 9/19/2019 1:39 PM**

Author Type: MEDICAL ASSISTANT

Status: Signed

Voice mail full will try back at a later time

**Chu, Kenneath Kamfat (M.D.), M.D. at 9/17/2019 4:52 PM**

Author Type: Physician

Status: Signed

Please call patient, noted her mammogram in Aug not normal, need additional testing.  
Mammogram dept tried to call patient several times and mail certified letter.

**KAISER PERMANENTE**

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2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/17/2019

---

**Progress Notes (continued)**

**Chu, Kenneath Kamfat (M.D.), M.D. at 9/17/2019 4:52 PM (continued)**

---

Advise patient schedule test with mammogram dept.  
If unable to find patient after 3 tries, send letter to patient as well.

**Encounter Messages**

---

No messages in this encounter

**Diagnoses**

---

None.

**All Orders and Results**

---

No orders and results found

**Final Spectacle Rx**

---

Click to see and print Final Spectacle Rx

**Final CL Rx**

---

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Social Documentation as of 9/17/2019**

---

No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.



**Encounter-Level Documents - 09/17/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795



**Today's Visit**

You saw KENNEATH KAMFAT CHU MD, M.D. on Tuesday September 17, 2019.

**What's Next**

You currently have no upcoming appointments scheduled.

**Medications**

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 9/17/2019**

Reviewed by Jimenez, Eva A (M.A.), M.A. on 8/12/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	<b>Not Specified</b>	06/22/2001		

**General Information**

**SKIP THE TRIP. Have our pharmacy come to you!**

**New and refill prescriptions mailed to your home.**

**When using the mail order option for obtaining prescriptions:**

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

**4 ways to receive prescriptions by mail:**

---

**Encounter-Level Documents - 09/17/2019: (continued)**

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- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to [kp.org/Rxrefill](http://kp.org/Rxrefill)**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

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Not registered yet? Go to [KP.ORG/REGISTERNOW](http://KP.ORG/REGISTERNOW) to get started.**

**For questions, call member services at**

[800-464-4000](tel:8004644000) or TTY 711  
[800-788-0616](tel:8007880616) (Spanish)  
[800-757-7585](tel:8007577585) (Chinese dialects)

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays

**Medicare members**

[800-443-0815](tel:8004430815) or TTY 711

**Hours**

Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

---

**Encounter-Level Documents - 09/17/2019: (continued)**

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Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

### kp.org Sign-Up

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/hconline/ie/>, click "Sign Up Now", and enter your personal activation code: VKTRQ-3SBDE. Activation code expires 11/10/2019.

---

**Order-Level Documents:**

There are no order-level documents.

```
{\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
```

**KAISER PERMANENTE**

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SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/17/2019

---

**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

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LONG BEACH CA 90804-  
2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 9/17/2019

---

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**END OF ENCOUNTER**

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---

**KAISER PERMANENTE**

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James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 10/29/2019

**Office Visit**  
10/29/2019

**Benetia A James**  
MRN: 000011467795

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
10/29/2019 12:15 PM	Ross, Katherine Gloria (O.D.), O.D.	OPTOMETRY 1ST FLOOR	833-574-2273	968099838

**Reason for Call/Visit**

**EYE EXAMINATION** Distance and near blur without glasses

**Call Documentation**

No notes of this type exist for this encounter.

**Progress Notes****Ross, Katherine Gloria (O.D.), O.D. at 10/29/2019 12:24 PM**

Author Type: OPTOMETRIST (O.D.) Status: Signed

Benetia A James is a 54 year old female who presents with the following:

**CHIEF COMPLAINT:****Chief Complaint**

Patient presents with

- **EYE EXAMINATION**  
*Distance and near blur without glasses*

(-) double vision, (-) flashes, (-) new onset floaters

LEE few years

**Occupation:** Data Unavailable

**PMedHx:**

HGBA1C 5.9 08/12/2019

No results found for this basename: FBS

**BP Readings from Last 3 Encounters:**

08/12/19 129/89  
03/21/19 127/78

**POHx:**

1. None

**Ocular meds:** None

**Progress Notes (continued)**

**Ross, Katherine Gloria (O.D.), O.D. at 10/29/2019 12:24 PM (continued)**

**FOHx:**

- (-) glaucoma
- (-) age related macular degeneration
- (-) other

**GENERAL:**

Patient appears alert and well-oriented.  
The patient's allergies have been reviewed.

Medications relevant to my specialty have been reviewed as appropriate, per Health Connect procedure.  
Patient to continue follow up with his PCP and other providers for ongoing medication reconciliation/review.

**Refraction Exam**

Visual Acuity (Snellen - Linear)

Dist sc	Right 20/25+1	Left 20/20
---------	------------------	---------------

Manifest Refraction (Auto)

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+1.00	-0.50	132	20/25	
Left	+0.75	-0.25	58		
Pupillary Distance: 64.0					

Manifest Refraction #2

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+0.75	-0.25	132	20/20	+1.75
Left	+0.50	-0.25	58	20/20	+1.75

Spectacle Final Rx

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+0.75	-0.25	132	20/20	+1.75
Left	+0.50	-0.25	58	20/20	+1.75

Expiration Date: 10/29/2021

Edited by: Ross, Katherine Gloria (O.D.), O.D.

**Base Exam**

Visual Acuity (Snellen - Linear)

Dist sc	Right 20/25+1	Left 20/20
---------	------------------	---------------

Tonometry (Non-contact air puff, 12:47 PM)

Pressure	Right 14	Left 13
----------	-------------	------------

**Progress Notes (continued)**

**Ross, Katherine Gloria (O.D.), O.D. at 10/29/2019 12:24 PM (continued)**

Pupils

	Pupils	APD
_____ Right	PERRL	neg
_____ Left	PERRL	neg

Visual Fields (Counting fingers)

_____ Right	Left
_____ Full	Full

Extraocular Movement

_____ Right	Left
_____ Full	Full

Neuro/Psych

Oriented x3: Yes  
Mood/Affect: Normal

Edited by: Ross, Katherine Gloria (O.D.), O.D.

**Main Exam**

External Exam

_____ Right	Left
External Normal	Normal

Slit Lamp Exam

_____ Right	Left
Lids/Lashes	no lesions, normal configuration
Conjunctiva/Sclera	clear
Cornea	clear
Anterior Chamber	no cell or flare, deep
Iris	round pupil, normal stroma
Lens	<b>1+ Nuclear sclerosis</b>
Vitreous	clear

Fundus Exam

_____ Right	Left
Disc	<b>no pallor, margin distinct, sup notch, Lamina cribrosa visible</b>
C/D Ratio	0.70
Macula	no RPE changes, no retinopathy
Vessels	normal caliber
Periphery	undilated-Posterior Pole-no pathology noted

Edited by: Ross, Katherine Gloria (O.D.), O.D.



**Progress Notes (continued)**

**Ross, Katherine Gloria (O.D.), O.D. at 10/29/2019 12:24 PM (continued)**

Neuro/Psych

Oriented x3: Yes  
Mood/Affect: Normal

Edited by: Ross, Katherine Gloria (O.D.), O.D.

**Assessment/Plan:**

1. **DISORDER OF REFRACTION**
2. **BILAT GLAUCOMA SUSPECT**
3. **BILAT AGE RELATED CATARACT**
  1. Released spectacle prescription, patient has had PAL in past, would like PAL again
  2. Normotensive pressures OD/OS. Suspicious nerve OD>OS. No family history of glaucoma. **Refer to ophthalmology for glaucoma evaluation.**
  3. Not visually significant; monitor

Results of today's exam discussed with patient. Patient states understanding.

RTC: 1-2 year(s) or sooner with any new ocular/visual complaints.

Patient understands it's his/her responsibility to call the optometry clinic to schedule next appointment or to call with any new concerns.

Katherine G. Ross, OD  
Kaiser Permanente South Bay Medical Center  
Department of Optometry  
10/29/2019

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
<b>DISORDER OF REFRACTION</b> - Primary	H52.7	
<b>BILAT GLAUCOMA SUSPECT</b>	H40.003	
<b>BILAT AGE RELATED CATARACT</b>	H25.9	

**Procedures - All Orders and Results**

**REFRACTION ASSESSMENT [1428581759]**

Electronically signed by: **Ross, Katherine Gloria (O.D.), O.D. on 10/29/19 1251** Status: **Active**  
 Ordering user: Ross, Katherine Gloria (O.D.), O.D. 10/29/19 1251 Authorized by: Ross, Katherine Gloria (O.D.), O.D.  
 Ordering mode: Standard

**Procedures - All Orders and Results (continued)**

**REFRACTION ASSESSMENT [1428581759] (continued)**

Frequency: Routine 10/29/19 -  
Diagnoses  
DISORDER OF REFRACTION

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**Final CL Rx**

Click to see and print Final Contact Lens Rx

**Base Exam**

Visual Acuity (Snellen - Linear)			Pupils		
	Right	Left		Pupils	APD
Dist sc	20/25+1	20/20	Right	PERRL	neg
			Left	PERRL	neg
Tonometry (Non-contact air puff, 12:47 PM)			Visual Fields (Counting fingers)		
	Right	Left		Right	Left
Pressure	14	13		Full	Full
			Extraocular Movement		
				Right	Left
				Full	Full
			Neuro/Psych		
			Oriented x3: Yes		
			Mood/Affect: Normal		

Edited by: Ross, Katherine Gloria (O.D.), O.D.

**Main Exam**

External Exam		
	Right	Left
External	Normal	Normal
Slit Lamp Exam		
	Right	Left
Lids/Lashes	no lesions, normal configuration	no lesions, normal configuration
Conjunctiva/Sclera	clear	clear
Cornea	clear	clear
Anterior Chamber	no cell or flare, deep	no cell or flare, deep
Iris	round pupil, normal stroma	round pupil, normal stroma
Lens	<b>1+ Nuclear sclerosis</b>	<b>1+ Nuclear sclerosis</b>
Vitreous	clear	clear
Fundus Exam		
	Right	Left
Disc	<b>no pallor, margin distinct, sup notch, Lamina cribrosa visible</b>	no pallor, margin distinct, Lamina cribrosa visible
C/D Ratio	0.70	0.70
Macula	no RPE changes, no retinopathy	no RPE changes, no retinopathy
Vessels	normal caliber	normal caliber
Periphery	undilated-Posterior Pole-no pathology noted	undilated-Posterior Pole-no pathology noted

**Main Exam (continued)**

Edited by: Ross, Katherine Gloria (O.D.), O.D.

**Refraction Exam**

## Visual Acuity (Snellen - Linear)

	Right	Left
Dist sc	20/25+1	20/20

## Manifest Refraction (Auto)

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+1.00	-0.50	132	20/25	
Left	+0.75	-0.25	58		
Pupillary Distance: 64.0					

## Manifest Refraction #2

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+0.75	-0.25	132	20/20	+1.75
Left	+0.50	-0.25	58	20/20	+1.75

## Spectacle Final Rx

	Sphere	Cylinder	Axis	Dist VA	Add
Right	+0.75	-0.25	132	20/20	+1.75
Left	+0.50	-0.25	58	20/20	+1.75

Expiration Date: 10/29/2021

Edited by: Ross, Katherine Gloria (O.D.), O.D.

Audit Trail for Eye Care Forms

**Social Documentation as of 10/29/2019**

No social documentation on file.

## Patient Instructions

Patient Education

**Your Kaiser Permanente Care Instructions****Open-Angle Glaucoma: Care Instructions****Your Care Instructions**

Glaucoma is an eye problem related to high pressure in the eye. This pressure can damage the eye. The result can be a slow, permanent loss of vision. In some cases, both eyes are affected. Other times, one eye is more damaged than the other.

Your doctor may have told you that you are a glaucoma suspect. That usually means you have pressure in your eye, but it hasn't done damage. If you see your doctor regularly and follow your treatment plan, you may be able to prevent vision loss.

If you have glaucoma, your doctor will want to watch you closely. You will probably use medicated eyedrops every day. Your doctor may also recommend surgery. Treatment for glaucoma cannot give you back any lost vision. But it can prevent more vision loss.

---

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## How can you care for yourself at home?

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine. You will get more details on the specific medicines your doctor prescribes.
- Use eyedrops exactly as directed by your doctor. Use the colored caps to help you remember when to use them.
- Use eyedrops as follows:
  - Bend your head back. Look up toward your eyebrows. With one finger, gently pull the lower lid down. This will make a small pocket.
  - Drop the medicine into the pocket. (Do not touch the dropper against the eyelid or anything else.) Close your eyes for 2 minutes. This gives your eye time to absorb the medicine. Try not to blink.
  - While your eyes are closed, press your finger gently against the area between the inner corner of your eye and your nose. This will prevent the drops from getting into your nose. This is important to do because if the drops get into your nose, they can cause side effects.
  - If you are using more than one kind of eyedrops, wait at least 5 minutes before you use another kind.
- Make sure your other doctors know that you have glaucoma. You may need to change or stop taking other medicines.

## When should you call for help?

**Call your doctor now** or seek immediate medical care if:

- You have new or worse eye pain.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have vision changes.

## Where can you learn more?

Go to <http://kp.org/health>

Enter **N715** in the search box to learn more about "**Open-Angle Glaucoma: Care Instructions.**"

Current as of: July 17, 2018

Content Version: 12.0

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**KAISER PERMANENTE**

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2013  
SCAL HIM ROI ALMR

James, Benetia A  
MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 10/29/2019

---

**All Flowsheet Data (all recorded)**

No documentation.

**Encounter-Level Documents - 10/29/2019:**

**AFTER VISIT SUMMARY**

**Benetia A. James** MRN: 000011467795



10/29/2019 12:15 PM OPTOMETRY 1ST FLOOR

Instructions from KATHERINE GLORIA ROSS OD, O.D.

-  Read the attached information
- Additional instructions from KATHERINE GLORIA ROSS OD, O.D.

**Today's Visit**

You saw KATHERINE GLORIA ROSS OD, O.D. on Tuesday October 29, 2019. The following issues were addressed:

- BILAT GLAUCOMA SUSPECT

**What's Next**

You currently have no upcoming appointments scheduled.

**Medications**

**New Orders**

Normal Orders This Visit  
**REFERRAL OPHTHALMOLOGY [200349 Custom]**

Common Medication Direction Abbreviations  
PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 10/29/2019**

Reviewed by Jimenez, Eva A (M.A.), M.A. on 8/12/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	<b>Not Specified</b>	06/22/2001		


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---

**Encounter-Level Documents - 10/29/2019: (continued)**

---

 Attached Information

Additional instructions from KATHERINE GLORIA ROSS OD, O.D.

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**Encounter-Level Documents - 10/29/2019: (continued)**

Current as of: July 17, 2018

Content Version: 12.0

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**General Information****SKIP THE TRIP. Have our pharmacy come to you!**

New and refill prescriptions mailed to your home.

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- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
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Not registered yet? Go to [KP.ORG/REGISTERNOW](http://KP.ORG/REGISTERNOW) to get started.**

**For questions, call member services at**

[800-464-4000](tel:8004644000) or TTY [711](tel:711)  
[800-788-0616](tel:8007880616) (Spanish)  
[800-757-7585](tel:8007577585) (Chinese dialects)

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays



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**Encounter-Level Documents - 10/29/2019: (continued)**

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**Medicare members**  
[800-443-0815](tel:800-443-0815) or TTY [711](tel:711)

**Hours**  
Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

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Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

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Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

---

**Order-Level Documents:**

There are no order-level documents.

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{\*EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
```

**KAISER PERMANENTE**

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Visit date: 10/29/2019

---

**Encounter-Level E-Signatures:**

No documentation.

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MRN: 000011467795, DOB: 1/8/1965, Sex: F  
Visit date: 10/29/2019

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**END OF ENCOUNTER**

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**END OF REPORT**

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