

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

mIU/mL

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

TSH [1554006876]

Resulted: 05/31/18 1912, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
 Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 07:41
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 07:41

CREATININE [1554006877] (Final result)

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457

Status: Completed

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Released by: Interface, Scal_Lab_Cerner 05/31/18 1457

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
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05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

C0000220181510 — BLOOD T162477 05/31/18 1542
52888

CREATININE [1554006877]

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.69	<=1.10 mg/dL	—	956
GLOMERULAR FILTRATION RATE	120	mL/min/BSA	—	956

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 — — 956

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

CREATININE [1554006877]

Resulted: 06/01/18 0957, Result status: Preliminary result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.69	<=1.10 mg/dL	—	956
RACE	Black	—	—	956

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058

Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723

Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

Resulted: 06/01/18 0957, Result status: Preliminary
result**CREATININE [1554006877]**

Order status: Completed

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604

Filed on: 09/29/22 0336

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.69	<=1.10 mg/dL	—	956

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

CREATININE [1554006877]

Resulted: 05/31/18 1911, Result status: In process

Order status: Completed

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604

Filed on: 09/29/22 1038

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
 Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)****ALT [1554006880] (Final result)**Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Released by: Interface, Scal_Lab_Cerner 05/31/18 1457

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52888	—	BLOOD	T162477 05/31/18 1542

ALT [1554006880]

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Components

Component	Value	Reference Range	Flag	Lab
ALT	28	<=54 U/L	—	956

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

ALT [1554006880]

Resulted: 05/31/18 1911, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006881] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Released by: Interface, Scal_Lab_Cerner 05/31/18 1457

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52889	—	BLOOD	T162477 05/31/18 1542

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006881]

Resulted: 06/01/18 0831, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835

Components

Component	Value	Reference Range	Flag	Lab
HGBA1C%	5.6	<=5.6 %	—	956

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.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006881]

Resulted: 05/31/18 1919, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)****Reviewed by**

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
 Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35

LIPID PANEL [1554006883] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457**

Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52888	—	BLOOD	T162477 05/31/18 1542

LIPID PANEL [1554006883] (Abnormal)

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

FASTING? NO

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	192	<=199 mg/dL	—	956
HDL	58	>=40 mg/dL	—	956
LDL	129	<=99 mg/dL	H ^	956
Comment: See LabNet for more information.				
TRIGLYCERIDE, NONFASTING	67	<=149 mg/dL	—	956
Comment: Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of				

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

fasting triglycerides may be warranted.

Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.

CHOLESTEROL, NON-HDL	134	mg/dL	—	956
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Comment: NonHDL targets are 30 mg/dL higher than LDL targets.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

LIPID PANEL [1554006883] (Abnormal)

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

FASTING? NO

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	192	<=199 mg/dL	—	956
HDL	58	>=40 mg/dL	—	956
LDL	129	<=99 mg/dL	H ^	956

Comment: See LabNet for more information.

TRIGLYCERIDE, NONFASTING

67 <=149 mg/dL

—

956

Comment:

Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of fasting triglycerides may be warranted.

Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.

CHOLESTEROL, NON-HDL	134	mg/dL	—	956
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Comment: NonHDL targets are 30 mg/dL higher than LDL targets.

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

LIPID PANEL [1554006883] (Abnormal)

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

RMS ACCN: 634926604
FASTING? NO

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	192	<=199 mg/dL	—	956
HDL	58	>=40 mg/dL	—	956
LDL	129	<=99 mg/dL	H ^	956

Comment: See LabNet for more information.

TRIGLYCERIDE, NONFASTING

67 <=149 mg/dL — 956

Comment:

Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of fasting triglycerides may be warranted.

Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

LIPID PANEL [1554006883] (Abnormal)

Resulted: 06/01/18 0957, Result status: Final result

Order status: Completed

Filed on: 09/29/22 0336

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

FASTING? NO

Components

Component	Value	Reference Range	Flag	Lab
LDL	129	<=99 mg/dL	H ^	956

Comment: See LabNet for more information.

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD	06/21/17 2320 - 03/28/19 2317

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

LABORATORY

CA 91605

LIPID PANEL [1554006883]

Resulted: 05/31/18 1911, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926604FASTING? NO

Reviewed by

- Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
- Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
- Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
- Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
- Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

- Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
- Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
- Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
- Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
- Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58

CBC NO DIFFERENTIAL [1554006884] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457**

Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52888	—	BLOOD	Madrigal,Isabel 05/31/18 1542

CBC NO DIFFERENTIAL [1554006884] (Abnormal)

Resulted: 05/31/18 1734, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Madrigal,Isabel 05/31/18 1542

Resulting lab: KFH WEST LA LABORATORY

Narrative:

RMS ACCN: 634926603

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741

Components

Component	Value	Reference Range	Flag	Lab
WBC'S AUTO	7.1	4.0 - 11.0 x1000/mcL	—	305
RBC, AUTO	5.16	4.20 - 5.40 Mill/mcL	—	305
HGB	14.5	12.0 - 16.0 g/dL	—	305

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

HCT, AUTO	43.0	37.0 - 47.0 %	—	305
MCV	83.4	81.0 - 99.0 fL	—	305
MCH	28.0	27.0 - 35.0 pg/cell	—	305
MCHC	33.6	32.0 - 37.0 g/dL	—	305
RDW, BLOOD	16.4	11.5 - 14.5 %	H ^	305
PLATELETS, AUTOMATED COUNT	315	130 - 400 x1000/mcL	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

CBC NO DIFFERENTIAL [1554006884]

Resulted: 05/31/18 1549, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Madrigal, Isabel 05/31/18 1542

Narrative:

RMS ACCN: 634926603

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0958
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0835
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741
 Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
 Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 09:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 08:35
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 07:41
 Stahl, Jerusha Emily (M.D.), M.D. on 6/1/2018 07:41

Imaging**Imaging****MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1554006882] (Final result)**

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457

Status: Completed

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Imaging (continued)**

Released by: Interface, Scal_Radiology 05/31/18 1457

Diagnoses

SCREENING MAMMOGRAM FOR BREAST CANCER [Z12.31]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Order comments: Reason: Screening Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

XR MAMMOGRAM SCREENING BILATERAL, SEQUENTIAL [1554006882] Resulted: 08/09/18 1529, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 81284247

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

8/1/2018-called to reschedule mammo exam, unable to leave message, phone just ring.(KSheffield)Called pt at number listed in penrad to reschedule for mammo appt, had to leave message. pt meet age requirement for self-referral mammo. (K.Sheffield) Called Patient to schedule mammo exam. MD order. Patient aware of preps and co-pay. G. Bailey Appointment Clerk 7/13/2018 @ 2:57pm Unable to reach member to schedule. Left voicemail. DBUSH RIS 7/11/2018 12:10PM
Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 08/13/18 0721

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	81284247	8/13/2018 6:50 AM	Hardley, Tina Lynelle (M.D.), M.D.

Signed by Hardley, Tina Lynelle (M.D.), MEDICAL DOCTOR on 08/13/18 at 0650

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL ORDER: 8/9/2018

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 10/4/2016 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that could

obscure a lesion on mammography.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: NEGATIVE

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by

radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Imaging (continued)**

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Tina L. Hardley M.D.

tlh/penrad:8/12/2018 09:05:35

Imaging Technologist: Sheng-Hui Chou RT(R) (M), West Los Angeles Medical Center

letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 1 Negative

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

XR MAMMOGRAM SCREENING BILATERAL, SEQUENTIAL [1554006882] Resulted: 08/09/18 1529, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 81284247

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

8/1/2018-called to reschedule mammo exam, unable to leave message, phone just ring.(KSheffield)Called pt at number listed in penrad to reschedule for mammo appt, had to leave message. pt meet age requirement for self-referral mammo. (K.Sheffield) Called Patient to schedule mammo exam. MD order. Patient aware of preps and co-pay. G. Bailey Appointment Clerk 7/13/2018 @ 2:57pm Unable to reach member to schedule. Left voicemail. DBUSH RIS 7/11/2018 12:10PM

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	81284247	8/13/2018 6:50 AM	Hardley, Tina Lynelle (M.D.), M.D.

Signed by Hardley, Tina Lynelle (M.D.), MEDICAL DOCTOR on 08/13/18 at 0650

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL ORDER: 8/9/2018

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 10/4/2016 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Imaging (continued)**

could obscure a lesion on mammography. No significant masses, calcifications, or other findings are seen in either breast. There has been no significant interval change.

IMPRESSION: NEGATIVE

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Mammograms do not detect all breast cancer. Up to 15 percent of breast cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Tina L. Hardley M.D.
tlh/penrad:8/12/2018 09:05:35

Imaging Technologist: Sheng-Hui Chou RT(R) (M), West Los Angeles Medical Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 1 Negative

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 08/13/18 0721
Stahl, Jerusha Emily (M.D.), M.D. on 08/13/18 0721

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Imaging (continued)

Indications

SCREENING MAMMOGRAM FOR BREAST CANCER [Z12.31 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 8/13/2018 07:21
Stahl, Jerusha Emily (M.D.), M.D. on 8/13/2018 07:21

Other Orders

Medications

metronIDAZOLE (METROGEL) 0.75 % Top Gel [1554006886] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1517** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1517 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 - 10/01/18

Class: Fill Now

Discontinued by: Magid, Rola Nabil (M.D.), M.D. 10/01/18 2243

Diagnoses

ROSACEA [L71.9]

Provider Details

Provider

Stahl, Jerusha Emily (M.D.), M.D.

NPI

1083894638

Questionnaire

Question

Is this medication for a workers' compensation condition?

Answer

No

Indications

ROSACEA [L71.9 (ICD-10-CM)]

Referral

REFERRAL HEALTH EDUCATION [1554006885] (Active)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1512** Status: **Active**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1512 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Internal referral

Quantity: 1

Diagnoses

SEVERE OBESITY, BMI 40-44.9, ADULT [E66.01, Z68.41]

Provider Details

Provider

Stahl, Jerusha Emily (M.D.), M.D.

NPI

1083894638

Questionnaire

Question

Reason:

Answer

Weight Management, Bariatric Surg Prep Program (All)-I
CONFIRM GUIDELINE METFor consults, do you authorize this department to book a
telephone or video visit if available?

Yes

Order comments: Estimated body mass index is 44.99 kg/m² as calculated from the following: Height as of this encounter: 1.6 m (5' 3"). Weight as of this encounter: 115.2 kg (253 lb 15.5 oz). For options

Referral Details

Referred By

Referred To

Type

Priority

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Other Orders (continued)**

Stahl, Jerusha Emily
(M.D.), M.D.
6041 CADILLAC AVE
LOS ANGELES CA
90034-1702
Phone: 833-574-2273
Fax: 833-574-2273

Diagnoses: SEVERE OBESITY,
BMI 40-44.9, ADULT
Order: Referral Health Education
Reason: Specialty Services
Required

***WEST LOS ANGELES
(WLA)**
FOR REFERRALS
ONLY
LOS ANGELES CA
90034-1702
Specialty: BARIATRIC
MEDICINE

Outpatient
Service Routine

Comment: Estimated body mass index is 44.99 kg/m² as calculated from the following:

Height as of this encounter: 1.6 m (5' 3").

Weight as of this encounter: 115.2 kg (253 lb 15.5 oz).

For options

Question

Reason::

For consults, do you authorize this department to book a
telephone or video visit if available?:

Answer

Weight Management, Bariatric Surg Prep Program (All)-I
CONFIRM GUIDELINE MET

Yes

Indications

SEVERE OBESITY, BMI 40-44.9, ADULT [E66.01, Z68.41 (ICD-10-CM)]

Patient Instructions**Your Kaiser Permanente Care Instructions****Body Mass Index: Care Instructions****Your Care Instructions**

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

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?

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Patient Instructions (continued)

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

If you have a BMI lower than 18.5

- Your doctor may do other tests to check your risk for health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

Where can you learn more?

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

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: October 9, 2017

Content Version: 11.6

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Your Kaiser Permanente Care Instructions

Learning About Breast Cancer Screening

What is breast cancer screening?

Breast cancer occurs when cells that are not normal grow in one or both of your breasts. Screening tests can help find breast cancer early. Cancer is easier to treat when it's found early.

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Patient Instructions (continued)

Having concerns about breast cancer is common. That's why it's important to talk with your doctor about when to start and how often to get screened for breast cancer.

How is breast cancer screening done?

Several screening tests can be used to check for breast cancer.

- **Mammograms** check for signs of cancer using X-rays. They can show tumors that are too small for you or your doctor to feel. During a mammogram, a machine squeezes your breasts to make them flatter and easier to X-ray. At least two pictures are taken of each breast. One is taken from the top and one from the side.
- **3-D mammograms** are also called digital breast tomosynthesis. Your breast is positioned on a flat plate. A top plate is pressed against your breast to keep it in position. The X-ray arm then moves in an arc above the breast and takes many pictures. A computer uses these X-rays to create a three-dimensional image.
- **Clinical breast exams** are a doctor's exam. Your doctor carefully feels your breasts and under your arms to check for lumps or other changes.

After the screening, your doctor will tell you the results. You will also be told if you need any follow-up tests.

When should you get screened?

Talk with your doctor about when you should start being tested for breast cancer. How often you get tested and the kind of tests you get will depend on your age and your risk.

The guidelines that follow are for women who have an average risk for breast cancer. If you have a higher risk for breast cancer, such as having a family history of breast cancer in multiple relatives or at a young age, your doctor may recommend different screening for you.

- **Ages 20 to 39:** Some experts recommend that women have a clinical breast exam every 3 years, starting at age 20. Ask your doctor how often you should have this test. If you have a high risk for breast cancer, talk with your doctor about when to start yearly mammograms and other screening tests.
- **Ages 40 and older:** Talk with your doctor about how often you should have mammograms and clinical breast exams.

What is your risk for breast cancer?

If you don't already know your risk of breast cancer, you can ask your doctor about it. You can also look it up at www.cancer.gov/bcrisktool/.

If your doctor says that you have a high or very high risk, ask about ways to reduce your risk. These could include getting extra screening, taking medicine, or having surgery. If you have a strong family history of breast cancer, ask your doctor about genetic testing.

What steps can you take to stay healthy?

Some things that increase your risk of breast cancer, such as your age and being female, cannot be controlled. But you can do some things to stay as healthy as you can.

- Learn what your breasts normally look and feel like. If you notice any changes, tell your doctor.
- Drink alcohol wisely. Your risk goes up the more you drink. For the best health, women should have no

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Patient Instructions (continued)

more than 1 drink a day or 7 drinks a week.

- If you smoke, quit. When you quit smoking, you lower your chances of getting many types of cancer.

You can also do your best to eat well, be active, and stay at a healthy weight. Eating healthy foods and being active every day, as well as staying at a healthy weight, may help prevent cancer.

Where can you learn more?

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

Enter **H706** in the search box to learn more about "**Learning About Breast Cancer Screening.**"

Current as of: May 12, 2017

Content Version: 11.6

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Call for Healthy Balance 323-398-3300

You are due for your **Breast Cancer Screening (Mammogram)**. Breast cancer is the second leading cause of death in women in the US, and most have no symptoms or family history. Early detection is the best protection. Please call **within the next week** to schedule your appointment at **(323) 857-4400**.

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 6

After Visit Summary
5/31/2018Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
5/31/2018 2:50 PM	JERUSHA EMILY STAHL MD, M.D.	IntwIwla Medu Aqua2

Visit Summary**Vitals**

BP	Pulse	Temp	Ht	Wt
123/79 (BP Location: RA- RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	96	98.1 °F (36.7 °C) (Tympanic)	5' 3" (1.6 m)	253 lb 15.5 oz (115.2 kg)

LMP (Exact Date)	Breastfeeding?	BMI
	No	44.99 kg/m ²

BMI and BSA Data

Body Mass Index: 44.99 kg/m ²	Body Surface Area: 2.26 m ²
--	--

Health Problems ReviewedOBESITY, BODY MASS INDEX (BMI 40-44.9)
ROSACEA**Patient Instructions****Your Kaiser Permanente Care Instructions****Body Mass Index: Care Instructions****Your Care Instructions**

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BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for

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Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 6

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 2 of 6

Patient Instructions (continued)

health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

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?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

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Where can you learn more?

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Current as of: October 9, 2017

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**Your Kaiser Permanente Care Instructions
Learning About Breast Cancer Screening**

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Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 2 of 6

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 3 of 6

Patient Instructions (continued)

What is breast cancer screening?

Breast cancer occurs when cells that are not normal grow in one or both of your breasts. Screening tests can help find breast cancer early. Cancer is easier to treat when it's found early.

Having concerns about breast cancer is common. That's why it's important to talk with your doctor about when to start and how often to get screened for breast cancer.

How is breast cancer screening done?

Several screening tests can be used to check for breast cancer.

- **Mammograms** check for signs of cancer using X-rays. They can show tumors that are too small for you or your doctor to feel. During a mammogram, a machine squeezes your breasts to make them flatter and easier to X-ray. At least two pictures are taken of each breast. One is taken from the top and one from the side.
- **3-D mammograms** are also called digital breast tomosynthesis. Your breast is positioned on a flat plate. A top plate is pressed against your breast to keep it in position. The X-ray arm then moves in an arc above the breast and takes many pictures. A computer uses these X-rays to create a three-dimensional image.
- **Clinical breast exams** are a doctor's exam. Your doctor carefully feels your breasts and under your arms to check for lumps or other changes.

After the screening, your doctor will tell you the results. You will also be told if you need any follow-up tests.

When should you get screened?

Talk with your doctor about when you should start being tested for breast cancer. How often you get tested and the kind of tests you get will depend on your age and your risk.

The guidelines that follow are for women who have an average risk for breast cancer. If you have a higher risk for breast cancer, such as having a family history of breast cancer in multiple relatives or at a young age, your doctor may recommend different screening for you.

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What steps can you take to stay healthy?

Some things that increase your risk of breast cancer, such as your age and being female, cannot be controlled. But you can do some things to stay as healthy as you can.

Contains Confidential Information - Dispose of Properly.
Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 3 of 6

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 4 of 6

Patient Instructions (continued)

- Learn what your breasts normally look and feel like. If you notice any changes, tell your doctor.
- Drink alcohol wisely. Your risk goes up the more you drink. For the best health, women should have no more than 1 drink a day or 7 drinks a week.
- If you smoke, quit. When you quit smoking, you lower your chances of getting many types of cancer.

You can also do your best to eat well, be active, and stay at a healthy weight. Eating healthy foods and being active every day, as well as staying at a healthy weight, may help prevent cancer.

Where can you learn more?Go to <http://www.kp.org>Enter **H706** in the search box to learn more about "**Learning About Breast Cancer Screening.**"

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Allergies

Allergies as of 5/31/2018			Reviewed On: 5/31/2018 By: Ocegueda, Patricia (M.A.), M.A.	
No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications**NEW Medications**

metroNIDAZOLE (METROGEL) 0.75 % Top Gel

Upcoming Administrations

None

Visit Medication List

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

Contains Confidential Information - Dispose of Properly.
Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 4 of 6

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 5 of 6

Visit Medication List**Patient reported, restarted, and new medications****relevant to this visit. This may not reflect all medications the patient is taking. (continued)**

	Dosage
metronIDAZOLE (METROGEL) 0.75 % Top Gel (Taking)	APPLY TO AFFECTED AREA(S) BID

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

Orders**New Orders**

Normal Orders This Visit

ALT [84460 CPT(R)]

CBC NO DIFFERENTIAL [85027 CPT(R)]

CREATININE [82565 CPT(R)]

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

LIPID PANEL [250613 Custom]

MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [77067

CPT(R)]

REFERRAL HEALTH EDUCATION [215191 Custom]

TSH [84443 CPT(R)]

VITAMIN D, 25-HYDROXY [82306 CPT(R)]

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 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 to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Contains Confidential Information - Dispose of Properly.
 Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 5 of 6

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Smith, Pepper (MR # 000004779300)

Page 6 of 6

Save money and time! Get your refills for home delivery at www.kp.org/refill

Contains Confidential Information - Dispose of Properly.
Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 6 of 6

END OF ENCOUNTER

06/08/2018 - Patient Message in BARIATRIC TX

Visit Information

Provider Information

06/08/2018 - Patient Message in BARIATRIC TX (continued)**Visit Information (continued)****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
BARIATRIC TX	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit**Visit Diagnosis**

- VITAMIN D DEFICIENCY [E55.9]

Other Orders**Medications****Ergocalciferol, Vit D2, (DRISDOL) 50,000 unit Oral Cap [1554006887] (Discontinued)**

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 06/08/18 1101 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 06/08/18 - 10/01/18 Class: Normal
 Discontinued by: Magid, Rola Nabil (M.D.), M.D. 10/01/18 2243
 Diagnoses
 VITAMIN D DEFICIENCY [E55.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

VITAMIN D DEFICIENCY [E55.9 (ICD-10-CM)]

Messages**RE:results**

From Jerusha Emily (M.D.) Stahl, M.D. Last Read in kp.org 3/18/2020 10:05 AM by Pepper Smith	To Pepper Smith	Sent and Delivered 6/11/2018 4:13 AM
---	--------------------	---

You can call them - it's called Healthy Balance - 323-298-3300.
 Take care,
 Jerusha Stahl, MD

RE:results

From Pepper Smith	To Jerusha Emily (M.D.) Stahl, M.D.	Sent 6/8/2018 11:39 PM
----------------------	--	---------------------------

06/08/2018 - Patient Message in BARIATRIC TX (continued)**Messages (continued)**

Lol thank you so much. It has been a journey. I will get on the vitamin D next. I scheduled the orientation however I forgot what I needed to do for the other program. Please let me know. Thanks again!

results

From	To	Sent and Delivered
Jerusha Emily (M.D.) Stahl, M.D.	Pepper Smith	6/8/2018 11:01 AM
Last Read in kp.org		
6/8/2018 11:34 PM by Pepper Smith		

Hi Pepper,
Your labs all look great except for low vitamin D. I have ordered prescription D for you to take once a week for 12 weeks.
Your blood counts are excellent! First time normal in forever!!
All else looks great.
Have a great weekend.
Take care,
Jerusha Stahl, MD

END OF ENCOUNTER**07/09/2018 - Allied Health/Nurse Visit in BARIATRIC TX****Visit Information****Provider Information****Encounter Provider**

Medina, Natalie (C.H.E.), C.H.E.

Department**Name**

BARIATRIC TX

Address5620 MESMER AVE
Culver City CA 90230-6315**Phone**

833-574-2273

Reason for Visit**Chief Complaint**

- CARE MGMT, BARIATRIC PROGRAM - PRE-OP

Clinical Notes**Progress Notes**

Medina, Natalie (C.H.E.), C.H.E. at 7/9/2018 1935

07/09/2018 - Allied Health/Nurse Visit in BARIATRIC TX (continued)**Clinical Notes (continued)**

Author: Medina, Natalie (C.H.E.), C.H.E.
Filed: 7/9/2018 7:35 PM
Status: Signed

Service: —
Encounter Date: 7/9/2018
Editor: Medina, Natalie (C.H.E.), C.H.E. (HEALTH EDUCATOR)

Author Type: HEALTH EDUCATOR
Creation Time: 7/9/2018 7:35 PM

Options Orientation

Date: 7/9/2018

Instructor: .Natalie Medina

Patient Pepper Smith attended the orientation session of the options program.

Topics reviewed in orientation included types of surgeries offered, what the options class entails, as well as possible risks involved. Alternative options to surgery were presented, and time for questions and answers was provided at the end of class. Handouts with frequently asked questions were provided as well as contact information.

The following Options rules were also stated in orientation class:

The first class is mandatory and if missed they will have to start over in another track, all 12 sessions are mandatory and if one is missed a make up is required, 3 absences are allowed and after three they will be dropped from their current track. Pt is aware they have one year after orientation to complete the Options program and after a year they will have to attend another Options Orientation.

Pt provided opportunity to enroll in program.

Wt Readings from Last 1 Encounters:

05/31/18 253 lb 15.5 oz (115.2 kg)

Ht Readings from Last 1 Encounters:

05/31/18 5' 3" (1.6 m)

Estimated body mass index is 44.99 kg/m² as calculated from the following:

Height as of 5/31/18: 5' 3" (1.6 m).

Weight as of 5/31/18: 253 lb 15.5 oz (115.2 kg).

Natalie Medina

Lifestyle Educator- Bariatric Medicine

Electronically signed by Medina, Natalie (C.H.E.), C.H.E. at 7/9/2018 7:35 PM

07/09/2018 - Allied Health/Nurse Visit in BARIATRIC TX (continued)

Clinical Notes (continued)

END OF ENCOUNTER**07/10/2018 - Letter (Out) in INTERNAL MEDICINE**

Visit Information

Provider Information

Encounter Provider

Ocegueda, Patricia (M.A.), M.A.

Department

Name	Address	Phone
INTERNAL MEDICINE	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Letters

Letter by Ocegueda, Patricia (M.A.), M.A. on 7/10/2018

Status: Sent

Letter body:



7/10/2018

MR#000004779300

Re: Pepper Smith
200 E 110th St
Los Angeles CA 90061-2520

Dear Ms.Smith ,

You are due for your **Breast Cancer Screening (Mammogram)**. Breast cancer is the second leading cause of death in women in the US, and most have no symptoms or family history. Early detection is the best protection. Please call **within the next week** to schedule your appointment **at (323) 857-4400**.

Sincerely,

PATRICIA OCEGUEDA MA on behalf of Jerusha E. Stahl (M.D.)
6041 Cadillac Ave
Los Angeles CA 90034-1702
1-800-954-8000

07/10/2018 - Letter (Out) in INTERNAL MEDICINE (continued)

Letters (continued)

END OF ENCOUNTER

07/10/2018 - Call Center Telephone Encounter in BARIATRIC TX

Visit Information

Provider Information

Encounter Provider

Chapmon, Catherine A. (Rd)

Department

Name	Address	Phone
BARIATRIC TX	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit

Chief Complaint

- APPOINTMENT REQUEST, ROUTINE; onset date 7/10/2018

Clinical Notes

Telephone Encounter

Rivas Espino, Paulina at 7/10/2018 1354

Author: Rivas Espino, Paulina
Filed: 7/10/2018 1:55 PM
Status: Signed

Service: —
Encounter Date: 7/10/2018
Editor: Rivas Espino, Paulina

Author Type: —
Creation Time: 7/10/2018 1:54 PM

Routine Appointment Request

Reason for visit : patient requesting appointment please call back and assist

Patient's age: 47 years

Caller's relationship to patient? self

Caller's first and last name (if not patient):

Preferred time for appointment: late weekday or Saturday anytime

Best time available for callback:

Callback number:

Home Phone 323-377-1787

Do you authorize a Kaiser employee to leave a message? yes.

If active on KP.ORG, do you authorize a response to this message via secured email? no.

07/10/2018 - Call Center Telephone Encounter in BARIATRIC TX (continued)**Clinical Notes (continued)**

Message sent to office of: CATHERINE A. CHAPMON RD

Electronically signed by Rivas Espino, Paulina at 7/10/2018 1:55 PM

Medina, Natalie (C.H.E.), C.H.E. at 7/10/2018 1403

Author: Medina, Natalie (C.H.E.), C.H.E.	Service: —	Author Type: HEALTH EDUCATOR
Filed: 7/10/2018 2:04 PM	Encounter Date: 7/10/2018	Creation Time: 7/10/2018 2:03 PM
Status: Signed	Editor: Medina, Natalie (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

1st Attempt to reach Pt to assist with scheduling needs in Bariatric Medicine Clinic. L/M with contact information and instructions to schedule f/u appt.

Natalie Medina
Lifestyle Educator- Bariatric Medicine

Electronically signed by Medina, Natalie (C.H.E.), C.H.E. at 7/10/2018 2:04 PM

Medina, Natalie (C.H.E.), C.H.E. at 7/10/2018 1610

Author: Medina, Natalie (C.H.E.), C.H.E.	Service: —	Author Type: HEALTH EDUCATOR
Filed: 7/10/2018 4:13 PM	Encounter Date: 7/10/2018	Creation Time: 7/10/2018 4:10 PM
Status: Signed	Editor: Medina, Natalie (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

Spoke with Pt who is interested in weekend classes for the Pre-surgery program. Informed Pt I will be forwarding her chart to KP-Sunset who currently offering weekend classes.

Natalie Medina
Lifestyle Educator- Bariatric Medicine

Electronically signed by Medina, Natalie (C.H.E.), C.H.E. at 7/10/2018 4:13 PM

END OF ENCOUNTER**07/16/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
07/16/2018 03:53 PM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Martinez, Ryan F (C.H.E.), C.H.E.

Left Message**Nursing Assessment**

07/16/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL (continued)**Visit Information (continued)**

No Nursing Assessment available for this encounter.

Clinical Notes**Telephone Encounter****Martinez, Ryan F (C.H.E.), C.H.E. at 7/16/2018 1553**

Author: Martinez, Ryan F (C.H.E.), C.H.E.	Service: —	Author Type: —
Filed: 7/16/2018 3:54 PM	Encounter Date: 7/16/2018	Creation Time: 7/16/2018 3:53 PM
Status: Signed	Editor: Martinez, Ryan F (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

Called pt as an attempt to enroll in to the Options program on Saturdays at LAMC
No answer, left a message

Ryan F Martinez
Health Education Assistant
Los Angeles Medical Center

Electronically signed by Martinez, Ryan F (C.H.E.), C.H.E. at 7/16/2018 3:54 PM

END OF ENCOUNTER**08/22/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
08/22/2018 04:59 PM PDT Left Message	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Martinez, Ryan F (C.H.E.), C.H.E.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit**Chief Complaint**

- CANCELLED APPOINTMENT (Options), onset date 8/22/2018

Clinical Notes**Telephone Encounter****Martinez, Ryan F (C.H.E.), C.H.E. at 8/22/2018 1659**

Author: Martinez, Ryan F (C.H.E.), C.H.E.	Service: —	Author Type: —
Filed: 8/22/2018 5:00 PM	Encounter Date: 8/22/2018	Creation Time: 8/22/2018 4:59 PM
Status: Signed	Editor: Martinez, Ryan F (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

08/22/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL (continued)

Clinical Notes (continued)

Called patient and left a message to inform about a change in Options class #1 scheduled on 9.15.18
The patient has been rescheduled for 9.8.18

Ryan F Martinez
Health Education Assistant
Los Angeles Medical Center

Electronically signed by Martinez, Ryan F (C.H.E.), C.H.E. at 8/22/2018 5:00 PM

08/22/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL (continued)



Pepper Smith MRN: 000004779300

8/22/2018 MHE CONFERENCE CENTER 1ST FL

You saw RYAN F MARTINEZ CHE, C.H.E. on Wednesday August 22, 2018.

Saturday October 13 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday October 13 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday October 27 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday October 27 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday November 10 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday November 10 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472
Saturday December 1 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027 5377 323-783-4472
Saturday December 1 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027 5377 323-783-4472

Medications

08/22/2018 - Telephone in MHE CONFERENCE CENTER 1ST FL (continued)

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 8/22/2018

Reviewed On: 5/31/2018 By: Ocegueda, Patricia (M.A.), M.A.

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

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 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 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

END OF ENCOUNTER**09/08/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL****Visit Information****Provider Information**

09/08/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**Visit Information (continued)****Encounter Provider**

Harris, Brittney Nicole (C.H.E.), C.H.E.

Department

Name	Address	Phone
MHE CONFERENCE CENTER 1ST FL	1515 N VERMONT AVE Los Angeles CA 90027-5377	323-783-4472

Reason for Visit**Chief Complaint**

- BARIATRIC OBESITY PROGRAM (class 1)

Vitals

Vital Signs	Most recent update: 9/8/2018 12:42 PM
Wt 244 lb 11.4 oz (111 kg)	BMI 43.35 kg/m ²

Clinical Notes**Progress Notes****Harris, Brittney Nicole (C.H.E.), C.H.E. at 9/8/2018 1242**

Author: Harris, Brittney Nicole (C.H.E.), C.H.E.	Service: —	Author Type: HEALTH EDUCATOR
Filed: 9/8/2018 12:43 PM	Encounter Date: 9/8/2018	Creation Time: 9/8/2018 12:42 PM
Status: Signed	Editor: Harris, Brittney Nicole (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

Options Pre-Bariatric Program**Week 1 Introduction to Options**

Date: 9/8/2018

Content:

- Patient Pepper Smith attended session #1 of the Options program.
- Administrative form was presented concerning patient responsibilities for group appointments and surgery.
- Topics for the class included an assessment of personal status in relation to vital changes in lifestyles before surgery and the development of an action plan to implement these changes.
- Written materials were provided on group appointment syllabus, health education classes and contact numbers.

Wt Readings from Last 3 Encounters:

09/08/18	244 lb 11.4 oz (111 kg)
05/31/18	253 lb 15.5 oz (115.2 kg)
02/06/18	242 lb (109.8 kg)

09/08/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**Clinical Notes (continued)**

- Was the patient engaged and participative in class? yes
- Was the patient disruptive or confrontational? No

BRITTNEY NICOLE HARRIS CHE
Center for Healthy Living
Los Angeles Medical Center

Electronically signed by Harris, Brittney Nicole (C.H.E.), C.H.E. at 9/8/2018 12:43 PM

END OF ENCOUNTER**09/08/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL****Visit Information****Provider Information****Encounter Provider**

Harris, Brittney Nicole (C.H.E.), C.H.E.

Department

Name	Address	Phone
MHE CONFERENCE CENTER 1ST FL	1515 N VERMONT AVE Los Angeles CA 90027-5377	323-783-4472

Reason for Visit**Chief Complaint**

- BARIATRIC OBESITY PROGRAM (class 2)

Vitals**Vital Signs**

Most recent update: 9/8/2018 12:43 PM

Wt 244 lb 11.4 oz (111 kg)	BMI 43.35 kg/m ²
-------------------------------	--------------------------------

Clinical Notes**Progress Notes****Harris, Brittney Nicole (C.H.E.), C.H.E. at 9/8/2018 1243**

Author: Harris, Brittney Nicole (C.H.E.), C.H.E.	Service: —	Author Type: HEALTH EDUCATOR
Filed: 9/8/2018 12:44 PM	Encounter Date: 9/8/2018	Creation Time: 9/8/2018 12:43 PM
Status: Signed	Editor: Harris, Brittney Nicole (C.H.E.), C.H.E. (HEALTH EDUCATOR)	

09/08/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)

Clinical Notes (continued)

Options Pre-Bariatric Program**Week 2 Surgical and Medical Information** Date: 9/8/2018

Content:

- Patient Pepper Smith attended session #2 of Options.
- Topics for this group included frequently asked questions concerning the surgery, digestive system absorption before and after surgery, and information on exercise.
- Instruction on completing food and exercise record.
- Curriculum materials were provided.

Wt Readings from Last 3 Encounters:

09/08/18 244 lb 11.4 oz (111 kg)
 09/08/18 244 lb 11.4 oz (111 kg)
 05/31/18 253 lb 15.5 oz (115.2 kg)

- Was the patient engaged and participative in class? yes
- Was the patient disruptive or confrontational? No

BRITTNEY NICOLE HARRIS CHE
 Center for Healthy Living
 Los Angeles Medical Center

Electronically signed by Harris, Brittney Nicole (C.H.E.), C.H.E. at 9/8/2018 12:44 PM

END OF ENCOUNTER**09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL**

Visit Information

Provider Information

Encounter Provider

Calderon, Mario R (R.N.), R.N.

Department

Name	Address	Phone
MHE CONFERENCE CENTER 1ST FL	1515 N VERMONT AVE Los Angeles CA 90027-5377	323-783-4472

Reason for Visit

Chief Complaint

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)**Reason for Visit (continued)**

- BARIATRIC OBESITY PROGRAM (This is a request for you to sign pending labs for bariatric surgery.), onset date 9/29/2018

Visit Diagnosis

- CASE / CARE MGMT, BARIATRICS [Z76.89]

Clinical Notes**Telephone Encounter****Calderon, Mario R (R.N.), R.N. at 9/29/2018 1553**

Author: Calderon, Mario R (R.N.), R.N.
Filed: 9/29/2018 3:54 PM
Status: Signed

Service: —
Encounter Date: 9/29/2018
Editor: Calderon, Mario R (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
Creation Time: 9/29/2018 3:53 PM

KP Los Angeles OPTIONS Bariatric Surgery Preparatory Program

Patient's primary care doctor:
Stahl, Jerusha Emily (M.D.)
6041 CADILLAC AVE
LOS ANGELES CA 90034-1702
None

This is a request for you to sign pending labs for bariatric surgery.

Your patient, Pepper Smith is a 47 year old female, has been referred for bariatric surgery and is enrolled in the KP LAMC OPTIONS Bariatric Surgery Preparatory Program through Center of Healthy Living (Health Education).

The Department Administrator is Sarah Beck and the medical director is Dr. Jack Der-Sarkissian.

By sending the referral for bariatric surgery you confirmed that, to the best of your knowledge, that your patient meets these Options Program/SCal Guidelines noted below

- The patient has been under my care long enough that I am familiar with the patient's medical and psychosocial status. The patient has failed previous attempts of weight management therapy. Based upon this knowledge and the clinical indications, I recommend a multi-disciplinary comprehensive program to prepare for bariatric surgery.
- I understand that the Kaiser Permanente pre-surgery program will coordinate required labs for the patient. The medical team may review labs and make necessary adjustments in medications and treatment protocols. The program team will coordinate the referral for surgery after the patient successfully completes the educational program.
- The patient will need to satisfactorily complete the educational course as well as meet medical and surgical indications for surgery.

Your patient will need preoperative blood work done very soon in order to be considered for surgery.

Please SIGN THE PENDING laboratory tests on the ORDER ENTRY tab so that we may instruct the patient to go to the laboratory.

Please **FOLLOW UP ON ALL ABNORMAL RESULTS**, do appropriate work up and optimize medical treatments in anticipation for bariatric surgery.

The patient will not be able to have surgery until medically optimized and abnormal tests satisfactorily addressed.

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)

Clinical Notes (continued)

Please ensure the patient is surgically fit for major surgery.

Please do cardiac testing and other additional testing if appropriate.

Please make sure your patient has proper specialty approval (e.g. Nephrology, Pulmonary, etc...), if needed, for surgery, including psychiatry if applicable.

The current labs are from a panel called:

PNL Bariatric Surgery Prep Program Labs Amb

Which are:

Liver Function Panel

Prothrombin Time, INR

Albumin

Creatinine

Electrolytes, Serum

Hemoglobin A1C, Screening or pre-diabetic monitoring

Complete Blood Count (CBC) Auto

Vitamin D 25 OH

Calcium

Thyroid Stimulating Hormone (TSH)

Helicobacter Pylori Antigen, Stool

Again please SIGN THE PENDED laboratory tests on the ORDER ENTRY tab so that we may instruct the patient to go to the laboratory.**PLEASE ROUTE THIS CHART BACK TO ME (MARIO R CALDERON RN) Please do not close the encounter but exit it by clicking on the "X" at the top of the patient tab.**

For additional information:

[Bariatric Surgery Clinical Reference Guide](#)

Pre-op and Post-op labs, Vitamin and Mineral Supplementation recommendations

[Post-Bariatric Surgery Dietary Recommendations](#)[Bariatric Surgery Complete Care Site](#)

Thank you,

MARIO R CALDERON RN
KP Los Angeles Medical Center
OPTIONS Bariatric Surgery Preparatory Program
1515 N. Vermont Ave.
Los Angeles, CA 90027
323 (tie 363) 783-4472

Electronically signed by Calderon, Mario R (R.N.), R.N. at 9/29/2018 3:54 PM

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)

Labs

ALBUMIN [1554006888] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

CALCIUM [1554006889] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

CBC NO DIFFERENTIAL [1554006890] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)

Labs (continued)

CREATININE [1554006891] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

ELECTROLYTE PANEL (NA, K, CL, CO2) [1554006892] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

HELICOBACTER PYLORI ANTIGEN, STOOL [1554006893] (Discontinued)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Normal
 Quantity: 1 Released by: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729
 Diagnoses
 CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	STOOL	—

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)**Labs (continued)****Indications**

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006894] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Quantity: 1

Diagnoses

CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

LIVER FUNCTION PANEL (T BILI, ALT, ALKP) [1554006895] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Quantity: 1

Diagnoses

CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

PT AND INR [1554006896] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Quantity: 1

Diagnoses

CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Order comments: Need to know if patient on any anticoagulants

Specimen Information

09/29/2018 - Message in MHE CONFERENCE CENTER 1ST FL (continued)**Labs (continued)**

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

TSH [1554006897] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Quantity: 1

Diagnoses

CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

VITAMIN D, 25-HYDROXY [1554006898] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/01/18 0729** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/01/18 0729 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Quantity: 1

Diagnoses

CASE / CARE MGMT, BARIATRICS [Z76.89]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

CASE / CARE MGMT, BARIATRICS [Z76.89 (ICD-10-CM)]

END OF ENCOUNTER**09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL****Visit Information****Provider Information****Encounter Provider**

Calderon, Mario R (R.N.), R.N.

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**Visit Information (continued)****Department**

Name	Address	Phone
MHE CONFERENCE CENTER 1ST FL	1515 N VERMONT AVE Los Angeles CA 90027-5377	323-783-4472

Reason for Visit**Chief Complaint**

- BARIATRIC OBESITY PROGRAM (class 3)

Vitals

Vital Signs	Most recent update: 9/29/2018 3:51 PM
Wt 239 lb 13.8 oz (108.8 kg)	BMI 42.49 kg/m ²

Clinical Notes**Progress Notes****Calderon, Mario R (R.N.), R.N. at 9/29/2018 1551**

Author: Calderon, Mario R (R.N.), R.N.
Filed: 9/29/2018 3:51 PM
Status: Signed

Service: —
Encounter Date: 9/29/2018
Editor: Calderon, Mario R (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
Creation Time: 9/29/2018 3:51 PM

Options Pre-Bariatric Program**Week 3 Getting to Your Personal Why/Reasons I Eat** Date: 9/29/2018

Instructors:

Electronically signed by:
MARIO R CALDERON RN
9/29/2018
3:51 PM
(323)783-4472

Content:

- Patient Pepper Smith attended session #3 of Options.
- Topics for this group included identifying personal motivations for surgery, willingness to begin and sustain a new lifestyle, barriers and channels to success.
- Benefits of journaling, exploration of the mind-body connection through writing were presented.
- Patient encouraged to maintain food and exercise tracker.
- Curriculum materials were provided.

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)

Clinical Notes (continued)

Wt Readings from Last 3 Encounters:

09/29/18	239 lb 13.8 oz (108.8 kg)
09/08/18	244 lb 11.4 oz (111 kg)
09/08/18	244 lb 11.4 oz (111 kg)

- Was the patient engaged and participative in class? yes
- Was the patient disruptive or confrontational? No

Guest Speaker Jean Biddle

MARIO R CALDERON RN
Center for Healthy Living
Los Angeles Medical Center

Electronically signed by Calderon, Mario R (R.N.), R.N. at 9/29/2018 3:51 PM

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)



Pepper Smith MRN: 000004779300

9/29/2018 9:00 AM MHE CONFERENCE CENTER 1ST FL

You saw MARIO R CALDERON RN, R.N. on Saturday September 29, 2018.

BMI 42.49 Weight 239 lb 13.8 oz

- Saturday October 13 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday October 13 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday October 27 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday October 27 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday November 10 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday November 10 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday December 1 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday December 1 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**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 9/29/2018

Reviewed On: 5/31/2018 By: Ocegueda, Patricia (M.A.), M.A.

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

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 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 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

Pepper Smith (MRN: 000004779300) • Printed at 9/29/18 3:51 PM

Page 2 of 2 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

END OF ENCOUNTER**09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL****Visit Information****Provider Information**

Printed on 10/10/22 10:33 AM

Page 643

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**Visit Information (continued)****Encounter Provider**

Calderon, Mario R (R.N.), R.N.

Department

Name	Address	Phone
MHE CONFERENCE CENTER 1ST FL	1515 N VERMONT AVE Los Angeles CA 90027-5377	323-783-4472

Reason for Visit**Chief Complaint**

- BARIATRIC OBESITY PROGRAM (class 4)

Vitals

Vital Signs	Most recent update: 9/29/2018 3:52 PM
Wt 239 lb 13.8 oz (108.8 kg)	BMI 42.49 kg/m ²

Clinical Notes**Progress Notes****Calderon, Mario R (R.N.), R.N. at 9/29/2018 1552**

Author: Calderon, Mario R (R.N.), R.N.
 Filed: 9/29/2018 3:52 PM
 Status: Signed

Service: —
 Encounter Date: 9/29/2018
 Editor: Calderon, Mario R (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
 Creation Time: 9/29/2018 3:52 PM

Options Pre-Bariatric Program**Week 4 Food Plans Overview: Pre-surgery Part 1**

Date: 9/29/2018

Instructors:

Electronically signed by:

MARIO R CALDERON RN

9/29/2018

3:52 PM

(323)783-4472

Content:

- Patient Pepper Smith attended session #4 of Options.
- Topics for this group included nutritional requirements for health and food plans.
- Patient encouraged to track food and exercise weekly.
- Curriculum materials were provided.

Wt Readings from Last 3 Encounters:

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)

Clinical Notes (continued)

09/29/18 239 lb 13.8 oz (108.8 kg)
09/29/18 239 lb 13.8 oz (108.8 kg)
09/08/18 244 lb 11.4 oz (111 kg)

- Was the patient engaged and participative in class? yes
- Was the patient disruptive or confrontational? No

MARIO R CALDERON RN
Center for Healthy Living
Los Angeles Medical Center

Electronically signed by Calderon, Mario R (R.N.), R.N. at 9/29/2018 3:52 PM

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)



Pepper Smith MRN: 000004779300

9/29/2018 11:00 AM MHE CONFERENCE CENTER 1ST FL

You saw MARIO R CALDERON RN, R.N. on Saturday September 29, 2018.

BMI 42.49 Weight 239 lb 13.8 oz

- Saturday October 13 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472
- Saturday October 13 11:00 AM MHE CONFERENCE CENTER 1ST FL
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323-783-4472
- Saturday December 1 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472

09/29/2018 - Allied Health/Nurse Visit in MHE CONFERENCE CENTER 1ST FL (continued)**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 9/29/2018

Reviewed On: 5/31/2018 By: Ocegueda, Patricia (M.A.), M.A.

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

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

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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 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 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

END OF ENCOUNTER**10/01/2018 - Office Visit in URGENT CARE CLINIC****Visit Information****Provider Information**

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)**Visit Information (continued)****Encounter Provider**

Magid, Rola Nabil (M.D.), M.D.

Authorizing Provider

Magid, Rola Nabil (M.D.), M.D.

Department**Name**

URGENT CARE CLINIC

Address25965 S NORMANDIE AVE
Harbor City CA 90710-3416**Phone**

800-780-1230

Questionnaires**FLU VACCINE SCREENING QUESTIONNAIRE AMB SCAL GA**

Have you had Guillain-Barre Syndrome?

NoEntered by Cerritos Escobar, Delmy N (M.A.), M.A.
Entered on 10/1/2018 12:08 PM

Have you had a severe reaction to the flu shot? (Note: Minor redness or swelling at site of shot is not considered a serious reaction)

NoEntered by Cerritos Escobar, Delmy N (M.A.), M.A.
Entered on 10/1/2018 12:08 PM

Are you very ill today?

NoEntered by Cerritos Escobar, Delmy N (M.A.), M.A.
Entered on 10/1/2018 12:08 PM

Are you pregnant or planning to become pregnant? (Use a prefilled syringe. Do not use FluMist).

NoEntered by Cerritos Escobar, Delmy N (M.A.), M.A.
Entered on 10/1/2018 12:08 PM

ANSWER THE FOLLOWING QUESTIONS ONLY IF YOU OR YOUR CHILD IS CONSIDERING FLUMIST

ANSWER THE FOLLOWING QUESTIONS ONLY IF CONSIDERING FLUMIST**Level of Service****Level of Service**

OUTPT EST LEVEL 2

Reason for Visit**Chief Complaints**

- VAGINAL PROBLEM (x 3 days with irritation and abdominal discomfort)
- FLU SHOT (declined)

Visit Diagnoses

- VAGINAL IRRITATION [N89.8]
- VACCINATION FOR INFLUENZA [Z23]
- VAGINAL DISCHARGE [N89.8]

Vitals

Vitals (continued)**Vital Signs**

Most recent update: 10/1/2018 12:07 PM

BP 131/77 (BP Location: RA- RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	Pulse 93	Temp 98.4 °F (36.9 °C) (Oral)	Resp 20	Ht 5' 3" (1.6 m)
Wt 237 lb 10.5 oz (107.8 kg)	SpO2 95%	BMI 42.10 kg/m ²		

Pain Information (Last Filed)

Score	Location	Comments	Edu?
4 (scale 0-10)	ABDOMEN	None	None

Clinical Notes**Nursing Note****Diaz, Norma I (L.V.N.), L.V.N. at 10/1/2018 1103**

Author: Diaz, Norma I (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 10/1/2018 11:04 AM	Encounter Date: 10/1/2018	Creation Time: 10/1/2018 11:03 AM
Status: Signed	Editor: Diaz, Norma I (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Vitals taken by Norma I. Diaz LVN at 11:04 AM on 10/1/2018 for screening.

Electronically signed by Diaz, Norma I (L.V.N.), L.V.N. at 10/1/2018 11:04 AM

Cerritos Escobar, Delmy N (M.A.), M.A. at 10/1/2018 1207

Author: Cerritos Escobar, Delmy N (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 10/1/2018 12:08 PM	Encounter Date: 10/1/2018	Creation Time: 10/1/2018 12:07 PM
Status: Signed	Editor: Cerritos Escobar, Delmy N (M.A.), M.A. (MEDICAL ASSISTANT)	

PROACTIVE CARE ACTIONSProactive Office Encounter Actions: Flu immunization order staged and Patient Instructions for AVS staged
The patient exercises 150 minutes per week at a moderate to strenuous level.

Electronically signed by Cerritos Escobar, Delmy N (M.A.), M.A. at 10/1/2018 12:08 PM

Progress Notes**Magid, Rola Nabil (M.D.), M.D. at 10/1/2018 1241**

Author: Magid, Rola Nabil (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 10/1/2018 10:44 PM	Encounter Date: 10/1/2018	Creation Time: 10/1/2018 12:41 PM
Status: Signed	Editor: Magid, Rola Nabil (M.D.), M.D. (Physician)	

SUBJECTIVE:

Pepper Smith is a 47 year old female

Chief Complaint

Patient presents with

- VAGINAL PROBLEM

Clinical Notes (continued)

x 3 days with irritation and abdominal discomfort

- FLU SHOT
declined

When wiping has had vaginal irritation x 3 to 4 days. No fever/chills, no other symptoms.
No urinary symptoms.
No discharge visualized.

No outpatient prescriptions have been marked as taking for the 10/1/18 encounter
(Office Visit) with Magid, Rola Nabil (M.D.), M.D..

History

Smoking Status

- Never Smoker

Smokeless Tobacco

- Never Used

Review of Systems

Constitutional: Negative for chills, fever and malaise/fatigue.

Gastrointestinal: Negative for abdominal pain, nausea and vomiting.

Genitourinary: Negative for dysuria, frequency and urgency.

Vaginal irritation

Neurological: Negative for weakness.

OBJECTIVE:

BP 131/77 (BP Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult) | Pulse 93 | Temp 98.4 °F (36.9 °C) (Oral) | Resp 20 | Ht 5' 3" (1.6 m) | Wt 237 lb 10.5 oz (107.8 kg) | LMP 06/05/2017 | SpO2 95% | BMI 42.10 kg/m²

Estimated body mass index is 42.1 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 237 lb 10.5 oz (107.8 kg).

Physical Exam

Constitutional: She is oriented to person, place, and time and well-developed, well-nourished, and in no distress.

HENT:

Head: Normocephalic and atraumatic.

Right Ear: External ear normal.

Left Ear: External ear normal.

Mouth/Throat: Oropharynx is clear and moist.

Eyes: Conjunctivae and EOM are normal. Pupils are equal, round, and reactive to light.

Neck: Normal range of motion. Neck supple.

Cardiovascular: Normal rate, regular rhythm, normal heart sounds and intact distal pulses.

No murmur heard.

Pulmonary/Chest: Effort normal and breath sounds normal. No respiratory distress. She has no wheezes. She has no rales. Right breast exhibits no inverted nipple, no mass, no nipple discharge, no skin change and no tenderness. Left breast exhibits no inverted nipple, no mass, no nipple discharge, no skin change and no tenderness. Breasts are symmetrical.

Abdominal: Soft. Bowel sounds are normal. She exhibits no distension and no mass. There is no tenderness. There is no rebound and no guarding.

Clinical Notes (continued)

Genitourinary: Uterus normal, cervix normal, right adnexa normal, left adnexa normal and vulva normal. Creamy curdy acrid white and vaginal discharge found.

Musculoskeletal: Normal range of motion. She exhibits no edema.

Neurological: She is alert and oriented to person, place, and time. No cranial nerve deficit. Gait normal.

Skin: Skin is warm and dry.

Psychiatric: Mood and affect normal.

Nursing note and vitals reviewed.

ASSESSMENT**Encounter Diagnoses**

Code	Name	Primary?
• N89.8	VAGINAL IRRITATION	
• Z23	VACCINATION FOR INFLUENZA	
• N89.8	VAGINAL DISCHARGE	

PLAN:

Treat for yeast infection with diflucan. Patient to take dose today.

Will call patient if any findings of bacterial vaginosis and advise to treat.

If symptoms persist, followup with primary doctor.

If any new or worsening symptoms, return to urgent care or emergency department for further evaluation.

Orders Placed This Encounter

- VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM
FLUARIX PF Quadrivalent 6 mo+, 0.5 mL intramuscular (IM).
- TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT
- CHLAMYDIA/GC, SWAB AMPLIFIED PROBE TECHNIQUE
- Fluconazole (DIFLUCAN) 150 mg Oral Tab
Sig: Take 1 tablet by mouth now in a single dose
Dispense: 2
Refill: 0
Order Specific Question: Is this medication for a workers' compensation condition?
Answer: No
- metroNIDAZOLE (VANDAZOLE) 0.75 % Vagl Gel
Sig: Insert 1 applicatorful vaginally daily at bedtime for 5 days
Dispense: 70
Refill: 0
Order Specific Question: Is this medication for a workers' compensation condition?
Answer: No
- URINALYSIS, DIPSTICK, POCT

Electronically signed by:
ROLA NABIL MAGID MD
10/1/2018
12:41 PM

Clinical Notes (continued)

Electronically signed by Magid, Rola Nabil (M.D.), M.D. at 10/1/2018 10:44 PM

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Labs

URINALYSIS, DIPSTICK, POCT [1554007195] (Active)

Electronically signed by: **Diaz, Norma I (L.V.N.), L.V.N. on 10/01/18 1103** Status: **Active**
 Ordering user: Diaz, Norma I (L.V.N.), L.V.N. 10/01/18 1103 Authorized by: Louvet, Daniel Gilbert (M.D.), M.D.
 Ordering mode: Standard
 Cosigning events
 Electronically cosigned by Louvet, Daniel Gilbert (M.D.), M.D. 10/01/18 1242 for Ordering
 Frequency: STAT 10/01/18 - Class: Point of Care Test
 Quantity: 1
 Diagnoses
 VAGINAL IRRITATION [N89.8]

Provider Details

Provider	NPI
Diaz, Norma I (L.V.N.), L.V.N.	—
Louvet, Daniel Gilbert (M.D.), M.D.	1194136473

Indications

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

HCG, PREGNANCY TEST, URINE, POCT [1554007196] (Discontinued)

Electronically signed by: **Diaz, Norma I (L.V.N.), L.V.N. on 10/01/18 1103** Status: **Discontinued**
 Ordering user: Diaz, Norma I (L.V.N.), L.V.N. 10/01/18 1103 Authorized by: Louvet, Daniel Gilbert (M.D.), M.D.
 Ordering mode: Standard
 Cosigning events
 Electronically cosigned by Louvet, Daniel Gilbert (M.D.), M.D. 10/01/18 1242 for Ordering
 Frequency: Routine 10/01/18 - Class: Point of Care Test
 Quantity: 1

Provider Details

Provider	NPI
Diaz, Norma I (L.V.N.), L.V.N.	—
Louvet, Daniel Gilbert (M.D.), M.D.	1194136473

CHLAMYDIA + GC, SWAB, AMPLIFIED PROBE [1554007198] (Discontinued)

Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1244** Status: **Discontinued**
 Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1244 Authorized by: Magid, Rola Nabil (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Clinic Collected
 Quantity: 1
 Diagnoses
 VAGINAL IRRITATION [N89.8]

Provider Details

Provider	NPI
Magid, Rola Nabil (M.D.), M.D.	1790840726

Specimen Information

ID	Type	Source	Collected By
—	—	CERVIX	—

Indications

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554007197] (Final result)

Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1244** Status: **Completed**
 Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1244 Authorized by: Magid, Rola Nabil (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Clinic Collected
 Quantity: 1 Lab status: Final result

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Labs (continued)

Diagnoses
VAGINAL IRRITATION [N89.8]

Provider Details

Provider	NPI
Magid, Rola Nabil (M.D.), M.D.	1790840726

Specimen Information

ID	Type	Source	Collected By
C0000220182740 48812	—	VAGINA	RNC 10/01/18 1245

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554007197]
(Abnormal)

Resulted: 10/01/18 1410, Result status: Final result

Order status: Completed
Collected by: RNC 10/01/18 1245
Narrative:
RMS ACCN: 643328586
Acknowledged by
Magid, Rola Nabil (M.D.), M.D. on 10/01/18 2156
Hinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203

Filed on: 09/29/22 1038

Resulting lab: SOUTH BAY LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
WBC, GENITAL, WET PREPARATION	Few	None Seen	A !	101
YEAST, GENITAL, WET PREPARATION	Rare	None Seen	A !	101
TRICHOMONAS VAGINALIS, GENITAL, WET PREPARATION	None Seen	None Seen	—	101
CLUE CELLS, WET PREPARATION	None Seen	None Seen	—	101

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
421 - 101	SOUTH BAY LABORATORY	Sony Wirio, M.D.	25825 S. Vermont Ave. HARBOR CITY CA 90710	06/01/12 1306 - Present

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554007197]

Resulted: 10/01/18 1403, Result status: In process

Order status: Completed
Collected by: RNC 10/01/18 1245
Narrative:
RMS ACCN: 643328586

Filed on: 09/29/22 0336

Reviewed by

Hinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203
Hinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203
Magid, Rola Nabil (M.D.), M.D. on 10/02/18 0102
Magid, Rola Nabil (M.D.), M.D. on 10/01/18 2156
Magid, Rola Nabil (M.D.), M.D. on 10/01/18 2156

Indications

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

All Reviewers List

Hinson, Michael Rolf (D.O.), D.O. on 10/3/2018 12:03
Hinson, Michael Rolf (D.O.), D.O. on 10/3/2018 12:03
Magid, Rola Nabil (M.D.), M.D. on 10/2/2018 01:02

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)**Labs (continued)**Magid, Rola Nabil (M.D.), M.D. on 10/1/2018 21:56
Magid, Rola Nabil (M.D.), M.D. on 10/1/2018 21:56**CHLAMYDIA + GC, SWAB, AMPLIFIED PROBE [1554007199] (Final result)**

Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1245** Status: **Completed**
 Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1245 Authorized by: Magid, Rola Nabil (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/01/18 - Class: Clinic Collected
 Quantity: 1 Lab status: Final result
 Diagnoses
 VAGINAL IRRITATION [N89.8]

Provider Details

Provider	NPI
Magid, Rola Nabil (M.D.), M.D.	1790840726

Specimen Information

ID	Type	Source	Collected By
C0000220182740 50869	—	VAGINA	RNC 10/01/18 1245

CHLAMYDIA/GC, SWAB AMPLIFIED PROBE TECHNIQUE [1554007199] Resulted: 10/03/18 0900, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: RNC 10/01/18 1245 Resulting lab: SHERMAN WAY REGIONAL LABORATORY
 Narrative:
 RMS ACCN: 643330889
 Acknowledged by: Hinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203

Components

Component	Value	Reference Range	Flag	Lab
CHLAMYDIA TRACHOMATIS RNA, GENITAL, AMPLIFIED PROBE, QUAL	Negative	Negative	—	956
NEISSERIA GONORRHOEAE RNA, GENITAL, AMPLIFIED PROBE, QUAL	Negative	Negative	—	956

Comment:

Please see below for interpretive criteria:

POSITIVE: Please consider counseling and testing this patient for HIV.
 NEGATIVE: A negative result does not rule out the presence of a CT or GC infection. Results are dependent on adequate specimen collection, absence of inhibitors, and sufficient rRNA to be detected.
 EQUIVOCAL: Indeterminate result. Please resubmit if clinically indicated.

Results of this assay should be interpreted in conjunction with other laboratory and clinical data available to the clinician.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

CHLAMYDIA/GC, SWAB AMPLIFIED PROBE TECHNIQUE [1554007199] Resulted: 10/02/18 1057, Result status: In process

Order status: Completed Filed on: 09/29/22 1038
 Collected by: RNC 10/01/18 1245
 Narrative:

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)**Labs (continued)**

RMS ACCN: 643330889

Reviewed byHinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203
Hinson, Michael Rolf (D.O.), D.O. on 10/03/18 1203**Indications**

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

All Reviewers ListHinson, Michael Rolf (D.O.), D.O. on 10/3/2018 12:03
Hinson, Michael Rolf (D.O.), D.O. on 10/3/2018 12:03**Other Orders****Immunization/Injection****VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM [1554000623] (Completed)**Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1244** Status: **Completed**

Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1244 Authorized by: Magid, Rola Nabil (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 -

Class: Back Office

Quantity: 1

Released by: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1244

Diagnoses

VACCINATION FOR INFLUENZA [Z23]

Provider Details**Provider****NPI**

Magid, Rola Nabil (M.D.), M.D.

1790840726

Order comments: FLUARIX PF Quadrivalent 6 mo+, 0.5 mL intramuscular (IM).

Indications

VACCINATION FOR INFLUENZA [Z23 (ICD-10-CM)]

Medications**Fluconazole (DIFLUCAN) 150 mg Oral Tab [1554007200] (Expired)**Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1258** Status: **Expired**

Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1258 Authorized by: Magid, Rola Nabil (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 - 10/31/18 2359

Class: Fill Now

Diagnoses

VAGINAL IRRITATION [N89.8]

VAGINAL DISCHARGE [N89.8]

Provider Details**Provider****NPI**

Magid, Rola Nabil (M.D.), M.D.

1790840726

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

VAGINAL DISCHARGE [N89.8 (ICD-10-CM)]

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)**Other Orders (continued)****metroNIDAZOLE (VANDAZOLE) 0.75 % Vagl Gel [1554007201] (Expired)**Electronically signed by: **Magid, Rola Nabil (M.D.), M.D. on 10/01/18 1258** Status: **Expired**

Ordering user: Magid, Rola Nabil (M.D.), M.D. 10/01/18 1258 Authorized by: Magid, Rola Nabil (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/01/18 - 10/31/18 2359

Class: Fill Now

Diagnoses

VAGINAL IRRITATION [N89.8]

VAGINAL DISCHARGE [N89.8]

Provider Details**Provider****NPI**

Magid, Rola Nabil (M.D.), M.D.

1790840726

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Admin instructions: No alcohol or alcohol containing medication.

Indications

VAGINAL IRRITATION [N89.8 (ICD-10-CM)]

VAGINAL DISCHARGE [N89.8 (ICD-10-CM)]

Patient Instructions**SEASONAL FLU VACCINATION ADVICE**

I recommend that YOU receive the SEASONAL flu vaccine this year to help protect you, your family and our communities.

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

	Saturday, September 22	Monday, September 24 - Friday, November 2
Carson Medical Offices 18600 S. Figueroa St., Gardena	Drive-thru clinic 8:30a-2p	For age 6 months and up Mon.-Tues., 8:30a-6:30p; Wed.-Fri., 8:30a-4:30p
Coastline Medical Offices 25821 S. Vermont Ave., Harbor City	Closed	For age 9 years and up Mon.-Fri., 8:30a-4:30p
Gardena Medical Offices 15446 S. Western Ave., Gardena	Walk-in clinic 8:30a-2p	For age 6 months and up Mon.-Fri., 8:30a-4:30p
Long Beach Medical Offices 3900 E. Pacific Coast Hwy., Long Beach	Walk-in clinic 8:30a-2p	For age 6 months and up Mon.-Fri., 8:30a-4:30p
Manhattan Beach Medical Offices 400 S. Sepulveda Blvd., Manhattan Beach	Go to Torrance clinic	For age 6 months and up Mon. & Wed.-Fri., 8:30a-4:30p; Tues., 8:30a-6:30p
Normandie North Medical Offices 25965 S. Normandie Ave., Harbor City	Walk-in clinic 8:30a-2p	For age 6 months and up Mon.-Fri., 8:30a-4:30p Extended hours October 1-19: Mon.-Fri., 8a-6p
Parkview Medical Offices 1050 W. Pacific Coast Hwy., Harbor City	Closed	For age 9 years and up Mon.-Fri., 8:30a-4:30p
Signal Hill Medical Offices 845 E. Willow St., Signal Hill	Go to Long Beach clinic	For age 6 months and up Mon.-Fri., 8:30a-4:30p
South Bay Medical Center (N. Hospital) 25820 Normandie Avenue, Harbor City	Closed	For age 6 months and up Mon.-Fri., 11a-7p
Torrance Medical Offices 20790 Madrona Ave., Torrance	Drive-thru clinic 8:30a-2p	For age 6 months and up Mon.-Tues., 8:30a-6:30p Wed.-Fri., 8:30a-4:30p

How to minimize your chances of getting the flu?

- Get your flu shot!
- Cover your nose and mouth with a tissue when you cough or sneeze and avoid sneezing into your hand. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Encourage those around you over the age of 6 months to get their flu shot.

Patient Education

Your Kaiser Permanente Care Instructions

Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know

Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every winter, usually between October and May.

Flu is caused by influenza viruses and is spread mainly by coughing, sneezing, and close contact.

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- Fever/chills.
- Sore throat.
- Muscle aches.
- Fatigue.
- Cough.
- Headache.
- Runny or stuffy nose.

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- Keep you from getting flu.
- Make flu less severe if you do get it.
- Keep you from spreading flu to your family and other people.

Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- Flu that is caused by a virus not covered by the vaccine.
- Illnesses that look like flu but are not.

Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe (life-threatening) allergies.** If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

- **If you ever had Guillain-Barré syndrome (also called GBS)** Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- **If you are not feeling well.** It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.

Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- Soreness, redness, or swelling where the shot was given
- Hoarseness
- Sore, red or itchy eyes
- Cough
- Fever
- Aches
- Headache
- Itching
- Fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit:

www.cdc.gov/vaccinesafety/.

What if there is a serious reaction?

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness - usually within a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, **call 9-1-1** and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the "Vaccine Adverse Event Reporting System" (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS website at **www.vaers.hhs.gov**, or by calling **1-800-822-7967**.

VAERS does not give medical advice.

The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at **www.hrsa.gov/vaccinecompensation**. There is a time limit to file a claim for compensation.

How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - ◆ Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - ◆ Visit CDC's website at **www.cdc.gov/flu**

Vaccine Information Statement

Inactivated Influenza Vaccine

8/7/2015)

42 U.S.C. § 300aa-26

Department of Health and Human Services

Centers for Disease Control and Prevention

Many Vaccine Information Statements are available in Spanish and other languages. See **www.immunize.org/vis**.

Muchas hojas de información sobre vacunas están disponibles en español y en otros idiomas. Visite

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

www.immunize.org/vis

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10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)



Pepper Smith MRN: 000004779300

10/1/2018 11:10 AM URGENT CARE CLINIC

Instructions from ROLA NABIL MAGID MD, M.D.

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

You saw ROLA NABIL MAGID MD, M.D. on Monday October 1, 2018. The following issues were addressed:

- VAGINAL IRRITATION
- VACCINATION FOR INFLUENZA
- VAGINAL DISCHARGE



Read the attached information
 Additional instructions from ROLA NABIL MAGID MD, M.D.

Saturday October 13 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472	Blood Pressure 131/77	BMI 42.10
Saturday October 13 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472	Weight 237 lb 10.5 oz	Height 5' 3"
Saturday October 27 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472	Temperature (Oral) 98.4 °F	Pulse 93
Saturday October 27 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472	Respiration 20	Oxygen Saturation 95%
Saturday November 10 9:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472	INFS pres free 6mos-adult (Fluarix quadrivalent)	
Saturday November 10 11:00 AM	MHE CONFERENCE CENTER 1ST FL 1515 N VERMONT AVE LOS ANGELES CA 90027-5377 323-783-4472		

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Saturday December 1 9:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472

Saturday December 1 11:00 AM MHE CONFERENCE CENTER 1ST FL
1515 N VERMONT AVE
LOS ANGELES CA 90027-5377
323-783-4472

Medications

Fluconazole (DIFLUCAN) 150 mg Oral Tab
metroNIDAZOLE (VANDAZOLE) 0.75 % VagI Gel

Visit Medication List

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

	Dosage
Fluconazole (DIFLUCAN) 150 mg Oral Tab (Taking)	Take 1 tablet by mouth now in a single dose
metroNIDAZOLE (VANDAZOLE) 0.75 % VagI Gel (Taking)	Insert 1 applicatorful vaginally daily at bedtime for 5 days

Normal Orders This Visit

CHLAMYDIA + GC, SWAB, AMPLIFIED PROBE [219376 Custom]
TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [87210 CPT(R)]
URINALYSIS, DIPSTICK, POCT [81002 CPT(R)]
VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM [90686 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 10/1/2018

Reviewed On: 10/1/2018 By: Cerritos Escobar, Delmy N (M.A.), M.A.

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

from ROLA NABIL MAGID MD, M.D.

SEASONAL FLU VACCINATION ADVICE

I recommend that YOU receive the SEASONAL flu vaccine this year to help protect you, your family and our communities.

	Saturday, September 22	Monday, September 24 - Friday, November 2
Carson Medical Offices 18600 S. Figueroa St., Gardena	Drive-thru clinic 8:30a-2p	For age 6 months and up Mon-Tues. 8:30a-6:30p, Wed-Fri., 8:30a-4:30p
Coastline Medical Offices 25821 S. Vermont Ave., Harbor City	Closed	For age 9 years and up Mon-Fri., 8:30a-4:30p
Gardena Medical Offices 15446 S. Western Ave., Gardena	Walk-in clinic 8:30a-2p	For age 6 months and up Mon-Fri., 8:30a-4:30p
Long Beach Medical Offices 3900 E. Pacific Coast Hwy., Long Beach	Walk-in clinic 8:30a-2p	For age 6 months and up Mon-Fri., 8:30a-4:30p
Manhattan Beach Medical Offices 400 S. Sepulveda Blvd., Manhattan Beach	Go to Torrance clinic	For age 6 months and up Mon & Wed-Fri., 8:30a-4:30p; Tues., 8:30a-6:30p
Normandie North Medical Offices 25965 S. Normandie Ave., Harbor City	Walk-in clinic 8:30a-2p	For age 6 months and up Mon-Fri., 8:30a-4:30p Extended hours October 1-19: Mon-Fri., 8a-6p
Parkview Medical Offices 1050 W. Pacific Coast Hwy., Harbor City	Closed	For age 9 years and up Mon-Fri., 8:30a-4:30p
Signal Hill Medical Offices 845 E. Willow St., Signal Hill	Go to Long Beach clinic	For age 6 months and up Mon-Fri., 8:30a-4:30p
South Bay Medical Center (N. Hospital) 25820 Normandie Avenue, Harbor City	Closed	For age 6 months and up Mon-Fri., 11a-7p
Torrance Medical Offices 20790 Madrona Ave., Torrance	Drive-thru clinic 8:30a-2p	For age 6 months and up Mon-Tues. 8:30a-6:30p Wed-Fri., 8:30a-4:30p

How to minimize your chances of getting the flu?

- Get your flu shot!
- Cover your nose and mouth with a tissue when you cough or sneeze and avoid sneezing into your hand. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Encourage those around you over the age of 6 months to get their flu shot.

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Additional instructions from ROLA NABIL MAGID MD, M.D.

Your Kaiser Permanente Care Instructions**Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know****Why get vaccinated?**

Influenza ("flu") is a contagious disease that spreads around the United States every winter, usually between October and May.

Flu is caused by influenza viruses and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- Fever/chills.
- Sore throat.
- Muscle aches.
- Fatigue.
- Cough.
- Headache.
- Runny or stuffy nose.

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- Keep you from getting flu.
- Make flu less severe if you do get it.
- Keep you from spreading flu to your family and other people.

Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- Flu that is caused by a virus not covered by the vaccine.
- Illnesses that look like flu but are not.

Some people should not get this vaccine

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

Tell the person who is giving you the vaccine:

- **If you have any severe (life-threatening) allergies.** If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.
- **If you ever had Guillain-Barré syndrome (also called GBS)** Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- **If you are not feeling well.** It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.

Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- Soreness, redness, or swelling where the shot was given
- Hoarseness
- Sore, red or itchy eyes
- Cough
- Fever
- Aches
- Headache
- Itching
- Fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/.

What if there is a serious reaction?

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)**What should I look for?**

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness - usually within a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, **call 9-1-1** and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the "Vaccine Adverse Event Reporting System" (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS website at **www.vaers.hhs.gov**, or by calling **1-800-822-7967**.

VAERS does not give medical advice.

The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at **www.hrsa.gov/vaccinecompensation**. There is a time limit to file a claim for compensation.

How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at **www.cdc.gov/flu**

Vaccine Information Statement

Inactivated Influenza Vaccine

8/7/2015)

42 U.S.C. § 300aa-26

Department of Health and Human Services

Centers for Disease Control and Prevention

Many Vaccine Information Statements are available in Spanish and other languages. See **www.immunize.org/vis**.

Muchas hojas de información sobre vacunas están disponibles en español y en otros idiomas. Visite **www.immunize.org/vis**.

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General Information

10/01/2018 - Office Visit in URGENT CARE CLINIC (continued)

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 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 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

END OF ENCOUNTER

10/02/2018 - Patient Message in FAMILY MEDICINE MODULE 3ANN

Visit Information

Provider Information

10/02/2018 - Patient Message in FAMILY MEDICINE MODULE 3ANN (continued)**Visit Information (continued)****Encounter Provider**

Magid, Rola Nabil (M.D.), M.D.

Department

Name	Address	Phone
FAMILY MEDICINE MODULE 3ANN	25965 S NORMANDIE AVE Harbor City CA 90710-3416	800-780-1230

Messages**Message from your provider**

From	To	Sent and Delivered
Rola Nabil (M.D.) Magid, M.D. Last Read in kp.org 3/18/2020 10:05 AM by Pepper Smith	Pepper Smith	10/2/2018 1:02 AM

Dear Ms. Smith,

The vaginal swab done in the urgent care today showed confirmation of yeast. This should be treated with the tablet that was provided as a 1 time dose. No bacterial vaginosis noted. You do not need to use the metronidazole gel. If you have persistence of your symptoms or any new symptoms, make sure to return for follow-up with your primary care provider or in the urgent care.

Sincerely,
Rola N. Magid, M.D.
Dept. of Family Medicine
Internal Medicine and Pediatrics
South Bay Medical Center

END OF ENCOUNTER**01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2****Visit Information****Provider Information****Encounter Provider**

Ferguson, Diane Marie (M.D.), M.D.

Authorizing Provider

Ferguson, Diane Marie (M.D.), M.D.

Department

Name	Address	Phone
INTERNAL MEDICINE RAIN2	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Level of Service**Level of Service**

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Visit Information (continued)

OUTPT EST LEVEL 2

Reason for Visit

Chief Complaint

- CANDIDIASIS OF VAGINA (repeated)

Visit Diagnosis

- VAGINITIS [N76.0]

Vitals

Vital Signs

Most recent update: 1/7/2019 10:17 AM

BP	Pulse	Temp	Ht	Wt
139/83 (BP Location: RA- RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	77	96.9 °F (36.1 °C) (Tympanic)	5' 3" (1.6 m)	225 lb 15.5 oz (102.5 kg)

BMI
40.03 kg/m²

Clinical Notes

Nursing Note

Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 1019

Author: Torres, Glenda L. (L.V.N.), L.V.N. Service: —

Author Type: LICENSED VOCATIONAL NURSE

Filed: 1/7/2019 10:19 AM
Status: Signed

Encounter Date: 1/7/2019

Creation Time: 1/7/2019 10:19 AM

Editor: Torres, Glenda L. (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

Pt identified by name and date of birth

Estimated body mass index is 40.03 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 225 lb 15.5 oz (102.5 kg).

Ideal body weight: 52.4 kg (115 lb 8.3 oz)

Adjusted ideal body weight: 72.4 kg (159 lb 11.2 oz)

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: --- LIFESTYLE AND HEALTH EDUCATION ---

Member given Patient Instructions on BMI/Weight Management

The patient exercises 180 minutes per week at a moderate to strenuous level.

Staying Healthy Flyer given

Electronically signed by Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 10:19 AM

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)**Clinical Notes (continued)****Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 1019**

Author: Torres, Glenda L. (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 1/7/2019 10:20 AM	Encounter Date: 1/7/2019	Creation Time: 1/7/2019 10:19 AM
Status: Signed	Editor: Torres, Glenda L. (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Pt is 47 year old female with C/C of repeated yeast infection with irritating urination, Urine POCT order pended and test done

Electronically signed by Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 10:20 AM

Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 1107

Author: Torres, Glenda L. (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 1/7/2019 11:07 AM	Encounter Date: 1/7/2019	Creation Time: 1/7/2019 11:07 AM
Status: Signed	Editor: Torres, Glenda L. (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

After visit summary printed, explained and given to the patient. Patient verbalized back fully understanding instructions on AVS and willingness to comply with no further questions or concerns at this time. GLENDA L. TORRES LVN

Electronically signed by Torres, Glenda L. (L.V.N.), L.V.N. at 1/7/2019 11:07 AM

Progress Notes**Ferguson, Diane Marie (M.D.), M.D. at 1/7/2019 1043**

Author: Ferguson, Diane Marie (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 1/8/2019 9:13 AM	Encounter Date: 1/7/2019	Creation Time: 1/7/2019 10:43 AM
Status: Signed	Editor: Ferguson, Diane Marie (M.D.), M.D. (Physician)	

History:

1/7/2019

Provider: Diane Ferguson

SUBJECTIVE:

Pepper Smith is a 47 year old female with:

Patient Active Problem List:

SEVERE OBESITY, BMI 40-44.9, ADULT

VITAMIN D DEFICIENCY

HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED

Patient presents with:

CANDIDIASIS OF VAGINA: repeated

Pt was added to my schedule 10:43 AM

1. Pt here for third yeast infection since 10/1 at which time there is a positive we mount with yeast. Pt has not been sexually active since 9/2018 so without new exposures. She does go to the gym but showers

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)Clinical Notes (continued)

immediately afterwards. She has been washing her vaginal area with soap. She is s/p total hysterectomy but reports no vaginal dryness.

No outpatient prescriptions have been marked as taking for the 1/7/19 encounter (Office Visit) with Ferguson, Diane Marie (M.D.), M.D..

Vital Signs:

BP Readings from Last 3 Encounters:

01/07/19 : 139/83

10/01/18 : 131/77

05/31/18 : 123/79

Pulse Readings from Last 3 Encounters:

01/07/19 : 77

10/01/18 : 93

05/31/18 : 96

Current weight 225 lb 15.5 oz

Last previously recorded weight 237 lb 10.5 oz on 10/1/18

Weight change is -11 lb 11 oz

Estimated body mass index is 40.03 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 225 lb 15.5 oz (102.5 kg).

@ASCVD RISK@

Review of Systems

Genitourinary: Negative for dysuria, hematuria and urgency.

Vaginal itching without dischargePhysical Exam

Genitourinary: Vaginal discharge found.

Genitourinary Comments: **Surgically absent ovaries, cervix and uterus.**

CHOL	192	05/31/2018
TRIG	75	10/06/2016
HDL	58	05/31/2018
LDL CALC	107	10/06/2016
LDL	129	05/31/2018
CHOL/HDL	3.5	10/06/2016
TRIGLYCERIDE, NONFASTING	67	05/31/2018

NA 134 04/06/2016

K 3.9 04/06/2016

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Clinical Notes (continued)

CREAT 0.69 05/31/2018

ALT 28 05/31/2018

AST 21 11/11/2013

HGBA1C 5.6 05/31/2018

TSH 1.80 05/31/2018

WBC'S AUTO 7.1 05/31/2018

HGB 14.5 05/31/2018

HCT AUTO 43.0 05/31/2018

PLT'S AUTO 315 05/31/2018

CHOL 192 05/31/2018

TRIG 75 10/06/2016

HDL 58 05/31/2018

LDL CALC 107 10/06/2016

LDL 129 05/31/2018

CHOL/HDL 3.5 10/06/2016

TRIGLYCERIDE, NONFASTING 67 05/31/2018

NA 134 04/06/2016

K 3.9 04/06/2016

CREAT 0.69 05/31/2018

ALT 28 05/31/2018

AST 21 11/11/2013

HGBA1C 5.6 05/31/2018

TSH 1.80 05/31/2018

WBC'S AUTO 7.1 05/31/2018

HGB 14.5 05/31/2018

HCT AUTO 43.0 05/31/2018

PLT'S AUTO 315 05/31/2018

Assessment/Plan:

VAGINITIS

Note: yeast vs irritation from soap. Pt to discontinue soap in area.

Plan: URINALYSIS, DIPSTICK, POCT

MICONAZOLE NITRATE 2 % VAGL CREA

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Clinical Notes (continued)

Pt voiced understanding with the plan, and all questions were answered. The pt will let us know if not improving or worsening.

DIANE MARIE FERGUSON MD

There are no Patient Instructions on file for this visit.

Electronically signed by Ferguson, Diane Marie (M.D.), M.D. at 1/8/2019 9:13 AM

Labs

URINALYSIS, DIPSTICK, POCT [1554006899] (Final result)

Electronically signed by: **Ferguson, Diane Marie (M.D.), M.D. on 01/07/19 1106** Status: **Completed**
 Ordering user: Ferguson, Diane Marie (M.D.), M.D. 01/07/19 1106 Authorized by: Ferguson, Diane Marie (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 01/07/19 - Class: Point of Care Test
 Quantity: 1 Lab status: Final result
 Released by: Ferguson, Diane Marie (M.D.), M.D. 01/07/19 1106
 Diagnoses
 VAGINITIS [N76.0]

Provider Details

Provider	NPI
Ferguson, Diane Marie (M.D.), M.D.	1447294384

Specimen Information

ID	Type	Source	Collected By
—	URINE VOIDED	—	01/07/19 1100

URINALYSIS, DIPSTICK, POCT [1554006899] (Abnormal)

Resulted: 01/07/19 1100, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: 01/07/19 1100
 Narrative:
 URINE DIPSTICK, POCT

GLUCOSE: Neg
 Reference Range: Negative

KETONES: Neg
 Reference Range: Negative

SP. GRAVITY: 1.020
 Reference Range: 1.005-1.030

BLOOD: Neg
 Reference Range: Negative

PH: 7.5
 Reference Range: 5.0 - 8.0

PROTEIN: Neg
 Reference Range: Negative/Trace

NITRITE: Negative
 Reference Range: Negative

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Labs (continued)

LEUKOCYTES: Small (1+)
Reference Range: Negative

Date/Time: 1/7/2019 11:09 AM
Performed by: GLENDA L. TORRES LVN

WEST LA MEDICAL CENTER U
INTERNAL MEDICINE RAIN2
6041 Cadillac Ave
Los Angeles CA 90034-1702
800-954-8000
323-857-2000

LAB DIRECTOR: WEST LOS ANGELES - Medical Center - Neena Singh, MD
=====

Acknowledged by: Ferguson, Diane Marie (M.D.), M.D. on 01/07/19 1227

Indications

VAGINITIS [N76.0 (ICD-10-CM)]

All Reviewers List

- Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:55
- Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:55
- Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:54
- Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:53
- Ferguson, Diane Marie (M.D.), M.D. on 1/7/2019 12:27
- Ferguson, Diane Marie (M.D.), M.D. on 1/7/2019 12:27

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006901] (Final result)

Electronically signed by: **Ferguson, Diane Marie (M.D.), M.D. on 01/07/19 1107** Status: **Completed**
 Ordering user: Ferguson, Diane Marie (M.D.), M.D. 01/07/19 1107 Authorized by: Ferguson, Diane Marie (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 01/07/19 - Class: Clinic Collected
 Quantity: 1 Lab status: Final result
 Diagnoses
 VAGINITIS [N76.0]

Provider Details

Provider	NPI
Ferguson, Diane Marie (M.D.), M.D.	1447294384

Specimen Information

ID	Type	Source	Collected By
C0000220190070 69242	—	VAGINA	Medical Doctor,Collect 01/07/19 1654

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006901] (Abnormal)

Resulted: 01/07/19 1827, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: Medical Doctor,Collect 01/07/19 1654 Resulting lab: KFH WEST LA LABORATORY
 Narrative:
 RMS ACCN: 649766819
 Acknowledged by: Ferguson, Diane Marie (M.D.), M.D. on 01/08/19 1053

Components

Component	Value	Reference Range	Flag	Lab
WBC,GENITAL, WET PREPARATION	Many	None Seen	A !	305
YEAST, GENITAL, WET PREPARATION	Few	None Seen	A !	305

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Labs (continued)

TRICHOMONAS VAGINALIS, GENITAL, WET PREPARATION	None Seen	None Seen	—	305
CLUE CELLS, WET PREPARATION	None Seen	None Seen	—	305
MICROBIOLOGY COMMENT	few hyphal yeast present	—	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006901] Resulted: 01/07/19 1656, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Medical Doctor, Collect 01/07/19 1654

Narrative:

RMS ACCN: 649766819

Reviewed by

Ferguson, Diane Marie (M.D.), M.D. on 01/08/19 1055
 Ferguson, Diane Marie (M.D.), M.D. on 01/08/19 1055
 Ferguson, Diane Marie (M.D.), M.D. on 01/08/19 1054
 Ferguson, Diane Marie (M.D.), M.D. on 01/08/19 1053

Indications

VAGINITIS [N76.0 (ICD-10-CM)]

All Reviewers List

Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:55
 Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:55
 Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:54
 Ferguson, Diane Marie (M.D.), M.D. on 1/8/2019 10:53

Other Orders

Medications

Miconazole (MONISTAT 7) 2 % Vagl Crea [1554006900] (Expired)

Electronically signed by: Ferguson, Diane Marie (M.D.), M.D. on 01/07/19 1106

Status: Expired

Ordering user: Ferguson, Diane Marie (M.D.), M.D. 01/07/19 1106

Authorized by: Ferguson, Diane Marie (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/07/19 - 02/06/19 2359

Class: Fill Now

Diagnoses

VAGINITIS [N76.0]

Provider Details

Provider	NPI
Ferguson, Diane Marie (M.D.), M.D.	1447294384

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

Other Orders (continued)

VAGINITIS [N76.0 (ICD-10-CM)]



Pepper Smith MRN: 000004779300

1/7/2019 10:10 AM INTERNAL MEDICINE RAIN2

You currently have no upcoming appointments scheduled.

You saw DIANE MARIE FERGUSON MD, M.D. on Monday January 7, 2019. The following issues were addressed:
• VAGINITIS

Medications

Miconazole (MONISTAT 7) 2 % Vagl Crea

Blood Pressure 139/83
Weight 225 lb 15.5 oz
Temperature (Tympanic) 96.9 °F
BMI 40.03
Height 5' 3"
Pulse 77

Visit Medication List

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

Miconazole (MONISTAT 7) 2 % Vagl Crea (Taking) ^{Dosage} INSERT 1 APPLICATORFUL VAGINALLY DAILY AT BEDTIME FOR 7 DAYS

Normal Orders This Visit

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [87210 CPT(R)]
URINALYSIS, DIPSTICK, POCT [81002 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 1/7/2019 Reviewed On 1/7/2019 Torres, Glenda L. (L.V.N.), L.V.N.

Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005	

General Information

Pepper Smith (MRN: 000004779300) • Printed at 1/7/19 11:10 AM
This is confidential information. Do not throw away in a Kaiser Permanente trash can.

01/07/2019 - Office Visit in INTERNAL MEDICINE RAIN2 (continued)

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 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 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

END OF ENCOUNTER

01/08/2019 - Patient Message in INTERNAL MEDICINE RAIN1

Visit Information

Provider Information

01/08/2019 - Patient Message in INTERNAL MEDICINE RAIN1 (continued)

Visit Information (continued)

Encounter Provider

Ferguson, Diane Marie (M.D.), M.D.

Department

Name	Address	Phone
INTERNAL MEDICINE RAIN1	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Messages

Message from your provider

From	To	Sent and Delivered
Diane Marie (M.D.) Ferguson, M.D. Last Read in kp.org 3/18/2020 10:04 AM by Pepper Smith	Pepper Smith	1/8/2019 10:55 AM

Dear Ms. Smith,

Hello Pepper Smith,
 200 E 110th St
 Los Angeles CA 90061-2520

All of your lab results have returned normal, except for yeast. Continue with our plan to treat with Monistat.

Sincerely,

DIANE MARIE FERGUSON MD

END OF ENCOUNTER

08/13/2019 - E-Visit in Initial Department

Visit Information

Provider Information

Encounter Provider

Provider, Kp

Department

Name

Initial Department

Messages

E-Visit Submission: Vaginal Yeast Infection

From	To	Sent
------	----	------

08/13/2019 - E-Visit in Initial Department (continued)

Messages (continued)

Pepper Smith

E-Visit Pool

8/13/2019 4:40 PM

E-Visit Submission: Vaginal Yeast Infection

Question: Do you have vaginal itching and/or discharge?

Answer: Yes

Question: Are you pregnant or possibly pregnant?

Answer: No

Question: Diarrhea

Answer: No

Question: Vomiting

Answer: No

Question: Muscle aches

Answer: No

Question: Fever/chills

Answer: No

Question: Rash

Answer: No

Question: Do you have any tingling, burning, or redness in the vaginal area that is similar to a previous herpes outbreak?

Answer: No

Question: Have you had a vaginal or OB-GYN procedure (not including a pap smear) or surgery within the last month?

Answer: No

Question: Do you have any pain in your stomach or pelvic area?

Answer: No

Question: Is there an object stuck in your vagina?

Answer: No

Question: Do you have any painful spots on or in your vagina that look like blisters?

Answer: No

Question: Is there a possibility you were exposed to a sexually transmitted disease?

08/13/2019 - E-Visit in Initial Department (continued)**Messages (continued)**

Answer: No

Question: Do you have any vaginal odor or discharge that you were treated for and not getting better?

Answer: No

Question: Is vaginal itching the only symptom you are experiencing?

Answer: No

Question: Do you have any vaginal discharge?

Answer: Yes

Question: What does your discharge look like?

Answer: Watery/gray discharge

Question: ALERT - See PCP or go to Urgent Care

Answer:

Questionnaires**Legend:**

Triggered a BPA Scoring question

Evisit Vaginal Yeast Infection Peq Scal

Question	8/13/2019 4:40 PM PDT
Do you have vaginal itching and/or discharge?	Yes
Are you pregnant or possibly pregnant?	No
Diarrhea	No
Vomiting	No
Muscle aches	No
Fever/chills	No
Rash	No
Do you have any tingling, burning, or redness in the vaginal area that is similar to a previous herpes outbreak?	No
Have you had a vaginal or OB-GYN procedure (not including a pap smear) or surgery within the last month?	No
Do you have any pain in your stomach or pelvic area?	No
Is there an object stuck in your vagina?	No
Do you have any painful spots on or in your vagina that look like blisters?	No
Is there a possibility you were exposed to a sexually transmitted disease?	No
Do you have any vaginal odor or discharge that you were treated for and not getting better?	No
Is vaginal itching the only symptom you are experiencing?	No
Evisit Vag Yeast Scoring Question Peq Scal (range: 1 - 1001)	Incomplete
Do you have any vaginal discharge?	Yes
What does your discharge look like?	Watery/gray discharge
Evisit Vag Yeast Scoring Question Peq Scal (range: 1 - 1001)	100 (ALERT - See PCP or go to Urgent Care)

08/13/2019 - E-Visit in Initial Department (continued)**Questionnaires (continued)**

ALERT - See PCP or go to Urgent Care

END OF ENCOUNTER**08/15/2019 - Office Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Williams, Kaneesha Juanetta (N.P.), N.P.

Authorizing Provider

Williams, Kaneesha Juanetta (N.P.), N.P.

Department**Name**

OBSTETRICS & GYNECOLOGY

Address6041 CADILLAC AVE
Los Angeles CA 90034-1702**Phone**

833-574-2273

Questionnaires**ALCOHOL NIH SCREEN (NATL)**

5+ drinks/day

1 OR MORE TIMESEntered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

4+ drinks/day

1 OR MORE TIMESEntered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

Drinking days/week

1Entered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

drinks per day

3Entered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM**DV SCREENING DOMVIOL NATL**

Within the past year, has your partner hit, slapped, kicked or otherwise physically hurt you?

NoEntered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

Within the past year, has your partner forced you to participate in unwanted sexual activities?

NoEntered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

Are you afraid of your partner?

NoEntered by Chhay, Malissa Sara (L.V.N.), L.V.N.
Entered on 8/15/2019 3:41 PM

08/15/2019 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)****Level of Service****Level of Service**

OUTPT EST LEVEL 4

Reason for Visit**Chief Complaint**

- VAGINAL DISCHARGE (x 1 day)

Visit Diagnoses

- CANDIDA VULVOVAGINITIS (primary) [B37.3]
- VAGINITIS [N76.0]
- VAGINAL DISCHARGE [N89.8]
- SCREENING MAMMOGRAM FOR BREAST CANCER [Z12.31]

Vitals**Vital Signs**

Most recent update: 8/15/2019 3:44 PM

BP	Pulse	Ht	Wt	BMI
119/74	75	5' 3" (1.6 m)	184 lb 4.9 oz (83.6 kg)	32.65 kg/m ²

Clinical Notes**Nursing Note****Chhay, Malissa Sara (L.V.N.), L.V.N. at 8/15/2019 1542**

Author: Chhay, Malissa Sara (L.V.N.),
L.V.N.
Filed: 8/15/2019 3:43 PM
Status: Signed

Service: —

Encounter Date: 8/15/2019

Editor: Chhay, Malissa Sara (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

Author Type: LICENSED VOCATIONAL
NURSE

Creation Time: 8/15/2019 3:42 PM

Chief Complaint

Patient presents with

- VAGINAL DISCHARGE
x 1 day

Vitals:

08/15/19 1539

BP: (!) 141/79

BP Patient SITTING

Position:

BP Location: LA-LEFT ARM

Pulse: 73

Weight: 184 lb 4.9 oz (83.6 kg)

Height: 5' 3" (1.6 m)

Allergies

Allergen

- No Known Drug Allergies

Reactions

Clinical Notes (continued)

GYN Visit

OB History

Gravida	Para	Term	Preterm	AB	Living
8	4	4		4	4
SAB	TAB	Ectopic	Multiple	Live Births	
	2	2			

Last Pap Smear : 6/6/16 (GYN CYTOLOGY)

Last Pap Smear : 10/5/12 (PAP)

Last Pap Smear : 9/4/09 (PAP)

Last Pap Smear : 12/4/07 (PAP):

HPV DNA, CVX, PROBE Negative 06/06/2016

Last Mammogram Test: 5/31/18 (MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS)

Last Mammogram Test: 10/4/16 (MAMMO BILAT SCREENING 2 VIEWS EA BREAST W OR WO COMPUTER AIDED DETECTION ANALYSIS)

Proactive Office Encounter Actions:

- Alcohol Screening Due- completed
- AVS Printing Required 03/27/2019
- Blood Pressure Needed 01/07/2019- completed
- Domestic Violence Due- completed
- Missing Current Exercise Vitals- completed
- Update BMI - Take Height AND Weight- completed

This patient is accompanied in the office by herself.

MALISSA SARA CHHAY LVN
8/15/2019 3:42 PM

Electronically signed by Chhay, Malissa Sara (L.V.N.), L.V.N. at 8/15/2019 3:43 PM

Chhay, Malissa Sara (L.V.N.), L.V.N. at 8/15/2019 1610

Author: Chhay, Malissa Sara (L.V.N.),
L.V.N.
Filed: 8/15/2019 4:10 PM
Status: Signed

Service: —

Encounter Date: 8/15/2019
Editor: Chhay, Malissa Sara (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

Author Type: LICENSED VOCATIONAL
NURSE
Creation Time: 8/15/2019 4:10 PM

Orders Placed This Encounter

- MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS
- TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT
- Fluconazole (DIFLUCAN) 150 mg Oral Tab

All provider's orders addressed at this time: yes

After Visit Summary is printed and reviewed with the patient.

Future appointment is scheduled if needed: No future appointments.

Clinical Notes (continued)

Electronically signed by Chhay, Malissa Sara (L.V.N.), L.V.N. at 8/15/2019 4:10 PM

Procedures

Filed on 9/17/2019 1624

Procedure Orders

1. MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1554006903]
ordered by Williams, Kaneesha Juanetta (N.P.), N.P. at 08/15/19 1549

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL: 9/16/2019

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 8/9/2018 West Los Angeles Medical Center. There are scattered fibroglandular areas of density in both breasts which could obscure a lesion on mammography.

There are benign calcifications in the right breast.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: BENIGN

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by

radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

(09/16/2021)

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Clinical Notes (continued)

Mojgan Khalpari
mk/penrad:9/17/2019 13:19:29

Imaging Technologist(s): Nataly Gil, West Los Angeles Medical Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 2 Benign

Electronically signed by Khalpari, Mojgan (D.O.), D.O. at 9/17/2019 4:24 PM

Progress Notes

Williams, Kaneesha Juanetta (N.P.), N.P. at 8/15/2019 1600

Author: Williams, Kaneesha Juanetta (N.P.), N.P. Filed: 8/15/2019 4:32 PM Status: Signed	Service: — Encounter Date: 8/15/2019 Editor: Williams, Kaneesha Juanetta (N.P.), N.P. (NURSE PRACTITIONER (N.P.))	Author Type: NURSE PRACTITIONER (N.P.) Creation Time: 8/15/2019 4:00 PM
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Chief Complaint

Patient presents with

- VAGINAL DISCHARGE
x 1 day

SUBJECTIVE:

Pepper Smith is a 48 year old female complains of increased vaginal discharge and vaginal itchiness since yesterday. Reports history of recurrent yeasts infections. Denies abnormal vaginal bleeding or significant pelvic pain or fever. No UTI symptoms. Denies history of known exposure to STD.

ROS: Patient's last menstrual period was 06/05/2017.

- Last Pap Smear : 6/6/16 (GYN CYTOLOGY)
- Last Pap Smear : 10/5/12 (PAP)
- Last Pap Smear : 9/4/09 (PAP)
- Last Pap Smear : 12/4/07 (PAP)

OBJECTIVE:

EXAM:
*BP 119/74 | Pulse 75 | Ht 5' 3" (1.6 m) | Wt 184 lb 4.9 oz (83.6 kg) | LMP 06/05/2017 | BMI 32.65 kg/m²

*GENERAL APPEARANCE: well developed, well nourished, in no acute distress

PELVIC EXAM:

- *EGBUS/VULVA: normal appearing vulva with no masses, tenderness, or lesions
- *VAGINA: vaginal discharge - white, curd-like and thick
- *CERVIX: normal appearing cervix without discharge or lesions

WET MOUNT done - results: KOH done, hyphae, lactobacilli,
Clue cells-neg

Yeast-POS
Trich-neg

Clinical Notes (continued)

ASSESSMENT:

1. CANDIDA VULVOVAGINITIS
2. VAGINITIS
3. VAGINAL DISCHARGE
4. SCREENING MAMMOGRAM FOR BREAST CANCER

CANDIDA VULVOVAGINITIS (primary encounter diagnosis)

Note: Counseled on proper vulvar hygiene and strategies to prevent infections. All questions answered.

Plan: TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT
FLUCONAZOLE 150 MG ORAL TAB

VAGINITIS

Note: see above

Plan: TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT
FLUCONAZOLE 150 MG ORAL TAB

VAGINAL DISCHARGE

Note: see above

Plan: TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT
FLUCONAZOLE 150 MG ORAL TAB

SCREENING MAMMOGRAM FOR BREAST CANCER

Note: see above

Plan: MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

PERFORMED/ORDERED:

Orders Placed This Encounter

- MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

Reason: Screening

Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

- TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT

- Fluconazole (DIFLUCAN) 150 mg Oral Tab

Sig: TAKE 1 BY MOUTH IN A SINGLE DOSE NOW AND REPEAT IN 72 HOURS

Dispense: 2

Refill: 1

Order Specific Question:

Is this medication for a workers' compensation condition?

Answer:

No

RTC prn if symptoms persist or worsen.

KANEESHA JUANETTA WILLIAMS NP 8/15/2019 4:00 PM

Electronically signed by Williams, Kaneesha Juanetta (N.P.), N.P. at 8/15/2019 4:32 PM

Labs

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006904] (Final result)

Electronically signed by: **Williams, Kaneesha Juanetta (N.P.), N.P. on 08/15/19 1551** Status: **Completed**
 Ordering user: Williams, Kaneesha Juanetta (N.P.), N.P. 08/15/19 1551 Authorized by: Williams, Kaneesha Juanetta (N.P.), N.P.

Ordering mode: Standard Class: Back Office
 Frequency: Routine 08/15/19 - Lab status: Final result
 Quantity: 1

Diagnoses
 CANDIDA VULVOVAGINITIS. [B37.3]
 VAGINITIS [N76.0]
 VAGINAL DISCHARGE [N89.8]

Provider Details

Provider	NPI
Williams, Kaneesha Juanetta (N.P.), N.P.	1134541287

Specimen Information

ID	Type	Source	Collected By
—	—	VAGINA	—

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006904] (Abnormal)

Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by:
 Narrative:
 VAGINAL WET MOUNT, POCT

TRICHOMONAS: None seen Reference Range: None seen
 MONILIA (Yeast): Seen Reference Range: None seen
 CLUE CELLS: None seen Reference Range: None seen

Date/Time: 8/15/2019 3:56 PM
 Performed by: KANEESHA JUANETTA WILLIAMS NP

WEST LA MEDICAL CENTER U
 OBSTETRICS & GYNECOLOGY
 6041 Cadillac Ave
 Los Angeles, CA 90034-1702
 800-954-8000
 323-857-2000

LAB DIRECTOR: WEST LOS ANGELES - Medical Center - Steven McLaren, MD

Acknowledged by: Williams, Kaneesha Juanetta (N.P.), N.P. on 08/15/19 1559

Indications

CANDIDA VULVOVAGINITIS [B37.3 (ICD-10-CM)]
 VAGINITIS [N76.0 (ICD-10-CM)]
 VAGINAL DISCHARGE [N89.8 (ICD-10-CM)]

All Reviewers List

Williams, Kaneesha Juanetta (N.P.), N.P. on 8/15/2019 15:59
 Williams, Kaneesha Juanetta (N.P.), N.P. on 8/15/2019 15:59

TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [1554006902] (Cancel Pend)

Electronically signed by: **Chhay, Malissa Sara (L.V.N.), L.V.N. on 08/15/19 1542** Status: **Cancel Pend**
 Ordering user: Chhay, Malissa Sara (L.V.N.), L.V.N. 08/15/19 1542 Authorized by: Williams, Kaneesha Juanetta (N.P.), N.P.
 Frequency: Routine 08/15/19 - Class: Clinic Collected
 Quantity: 1 Pended by: Chhay, Malissa Sara (L.V.N.), L.V.N. 08/15/19 1542

Provider Details

Labs (continued)

Provider	NPI
Chhay, Malissa Sara (L.V.N.), L.V.N.	—
Williams, Kaneesha Juanetta (N.P.), N.P.	1134541287

Specimen Information

ID	Type	Source	Collected By
—	—	VAGINA	—

Imaging

Imaging

MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1554006903] (Final result)Electronically signed by: **Williams, Kaneesha Juanetta (N.P.), N.P. on 08/15/19 1549** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Williams, Kaneesha Juanetta (N.P.), N.P.
08/15/19 1549

Authorized by: Williams, Kaneesha Juanetta (N.P.), N.P.

Ordering mode: Standard

Frequency: Routine 08/15/19 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

SCREENING MAMMOGRAM FOR BREAST CANCER [Z12.31]

Provider Details

Provider	NPI
Williams, Kaneesha Juanetta (N.P.), N.P.	1134541287

Order comments: Reason: Screening Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1554006903]

Resulted: 09/16/19 1305, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 89250271

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

8/16/19 @11:10am pt. sched. screening mammogram for 9/16/19 @12:40pm. Y.Young, appt. clk.

Acknowledged by: Williams, Kaneesha Juanetta (N.P.), N.P. on 09/17/19 1654

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	89250271	9/17/2019 4:24 PM	Khalpari, Mojgan (D.O.), D.O.
Signed by Khalpari, Mojgan (D.O.), OSTEOPATHIC DOCTOR on 09/17/19 at 1624			

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL: 9/16/2019

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 8/9/2018 West Los Angeles Medical Center. There are scattered fibroglandular areas of density in both breasts which could obscure a lesion on mammography.

There are benign calcifications in the right breast.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

Imaging (continued)**IMPRESSION: BENIGN**

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.
(09/16/2021)

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari

mk/penrad:9/17/2019 13:19:29

Imaging Technologist(s): Nataly Gil, West Los Angeles Medical Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 2 Benign

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

**MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED
DETECTION ANALYSIS [1554006903]**

Resulted: 09/16/19 1306, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 89250271

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

8/16/19 @11:10am pt. sched. screening mammogram for 9/16/19 @12:40pm. Y.Young, apt. clk.

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	89250271	9/17/2019 4:24 PM	Khalpari, Mojgan (D.O.), D.O.
Signed by Khalpari, Mojgan (D.O.), OSTEOPATHIC DOCTOR on 09/17/19 at 1624			

Imaging (continued)

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL: 9/16/2019

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 8/9/2018 West Los Angeles Medical Center. There are scattered fibroglandular areas of density in both breasts which could obscure a lesion on mammography.

There are benign calcifications in the right breast. No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: BENIGN

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.
(09/16/2021)

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari
mk/penrad:9/17/2019 13:19:29

Imaging Technologist(s): Nataly Gil, West Los Angeles Medical Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 2 Benign

Reviewed by

Imaging (continued)

Williams, Kaneesha Juanetta (N.P.), N.P. on 09/17/19 1654
Williams, Kaneesha Juanetta (N.P.), N.P. on 09/17/19 1654

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

**MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED
DETECTION ANALYSIS [1554006903]**

Resulted: 09/16/19 1252, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Accession number: 89250271

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	89250271	9/17/2019 4:24 PM	Khalpari, Mojgan (D.O.), D.O.
Signed by Khalpari, Mojgan (D.O.), OSTEOPATHIC DOCTOR on 09/17/19 at 1624			

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION
ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL: 9/16/2019

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 8/9/2018 West Los Angeles Medical
Center. There are scattered fibroglandular areas of density in both
breasts which could obscure a lesion on mammography.

There are benign calcifications in the right breast.

No significant masses, calcifications, or other findings are seen in
either breast.

There has been no significant interval change.

IMPRESSION: BENIGN

There is no mammographic evidence of malignancy. A routine screening
mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening
mammography for high risk patients and screening mammography within 2
years for normal low risk patients. Determination of risk assessment
by
radiology is limited and ultimately should be determined by the
patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of
breast
cancer can't be detected by mammography. Patients with palpable

Imaging (continued)

abnormalities may require further investigation.
(09/16/2021)

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari
mk/penrad:9/17/2019 13:19:29

Imaging Technologist(s): Nataly Gil, West Los Angeles Medical Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 2 Benign

Reviewed by

Williams, Kaneesha Juanetta (N.P.), N.P. on 09/17/19 1654
Williams, Kaneesha Juanetta (N.P.), N.P. on 09/17/19 1654

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

Indications

SCREENING MAMMOGRAM FOR BREAST CANCER [Z12.31 (ICD-10-CM)]

All Reviewers List

Williams, Kaneesha Juanetta (N.P.), N.P. on 9/17/2019 16:54
Williams, Kaneesha Juanetta (N.P.), N.P. on 9/17/2019 16:54

Other Orders

Medications

Fluconazole (DIFLUCAN) 150 mg Oral Tab [1554006905] (Discontinued)

Electronically signed by: **Williams, Kaneesha Juanetta (N.P.), N.P. on 08/15/19 1551** Status: **Discontinued**
 Ordering user: Williams, Kaneesha Juanetta (N.P.), N.P. 08/15/19 1551 Authorized by: Williams, Kaneesha Juanetta (N.P.), N.P.
 Ordering mode: Standard
 Frequency: Routine 08/15/19 - 01/01/20 Class: Fill Now
 Discontinued by: Chung, Wonjae (M.D.), M.D. 01/01/20 1847 [No Longer Used]
 Diagnoses
 CANDIDA VULVOVAGINITIS. [B37.3]
 VAGINITIS [N76.0]
 VAGINAL DISCHARGE [N89.8]

Provider Details

Provider	NPI
Williams, Kaneesha Juanetta (N.P.), N.P.	1134541287

Questionnaire

Question	Answer
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Other Orders (continued)

Is this medication for a workers' compensation condition?	No
---	----

Indications

CANDIDA VULVOVAGINITIS [B37.3 (ICD-10-CM)]
VAGINITIS [N76.0 (ICD-10-CM)]
VAGINAL DISCHARGE [N89.8 (ICD-10-CM)]

Patient Instructions

Patient Education

Your Kaiser Permanente Care Instructions**Vaginal Yeast Infection: Care Instructions****Your Care Instructions**

A vaginal yeast infection is caused by too many yeast cells in the vagina. This is common in women of all ages. Itching, vaginal discharge and irritation, and other symptoms can bother you. But yeast infections don't often cause other health problems.

Some medicines can increase your risk of getting a yeast infection. These include antibiotics, birth control pills, hormones, and steroids. You may also be more likely to get a yeast infection if you are pregnant, have diabetes, douche, or wear tight clothes.

With treatment, most yeast infections get better in 2 to 3 days.

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.
- Ask your doctor about over-the-counter (OTC) medicines for yeast infections. They may cost less than prescription medicines. If you use an OTC treatment, read and follow all instructions on the label.
- Do not use tampons while using a vaginal cream or suppository. The tampons can absorb the medicine. Use pads instead.
- Wear loose cotton clothing. Do not wear nylon or other fabric that holds body heat and moisture close to the skin.
- Try sleeping without underwear.
- Do not scratch. Relieve itching with a cold pack or a cool bath.
- Do not wash your vaginal area more than once a day. Use plain water or a mild, unscented soap. Air-dry the vaginal area.
- Change out of wet swimsuits after swimming.
- Do not have sex until you have finished your treatment.
- Do not douche.

When should you call for help?

Call your doctor now or seek immediate medical care if:

Patient Instructions (continued)

- You have unexpected vaginal bleeding.
- You have new or increased pain in your vagina or pelvis.

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

- You have a fever.
- You are not getting better after 2 days.
- Your symptoms come back after you finish your medicines.

Where can you learn more?

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

Enter **F639** in the search box to learn more about "**Vaginal Yeast Infection: Care Instructions.**"

Current as of: May 14, 2018

Content Version: 12.0

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Patient Education **Your Kaiser Permanente Care Instructions**

Vaginitis: Care Instructions**Your Care Instructions**

Vaginitis is soreness or infection of the vagina. This common problem can cause itching and burning. And it can cause a change in vaginal discharge. Sometimes it can cause pain during sex. Vaginitis may be caused by bacteria, yeast, or other germs. Some infections that cause it are caught from a sexual partner. Bath products, spermicides, and douches can irritate the vagina too.

Some women have this problem during and after menopause. A drop in estrogen levels during this time can cause dryness, soreness, and pain during sex.

Your doctor can give you medicine to treat an infection. And home care may help you feel better. For certain types of infections, your sex partner must be treated too.

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?

- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not eat or drink anything that has alcohol if you are taking metronidazole (Flagyl).
- If you have a yeast infection, use over-the-counter products as your doctor tells you to. Or take medicine your doctor prescribes exactly as directed.

Patient Instructions (continued)

- Wash your vaginal area daily with water. You also can use a mild, unscented soap if you want.
- Do not use scented bath products. And do not use vaginal sprays or douches.
- Put a washcloth soaked in cool water on the area to relieve itching. Or you can take cool baths.
- If you have dryness because of menopause, use estrogen cream or pills that your doctor prescribes.
- Ask your doctor about when it is okay to have sex.
- Use a personal lubricant before sex if you have dryness. Examples are Astroglide, K-Y Jelly, and Wet Lubricant Gel.
- Ask your doctor if your sex partner also needs treatment.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have a fever and pelvic pain.

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

- You have bleeding other than your period.
- You do not get better as expected.

Where can you learn more?

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

Enter **F219** in the search box to learn more about "**Vaginitis: Care Instructions.**"

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Your Kaiser Permanente Care Instructions

Mammogram: About This Test

What is it?

A mammogram is an X-ray of the breast that is used to screen for breast cancer. This test can find tumors that are too small for you or your doctor to feel. Cancer is most easily treated and cured when it is found at an early stage.

Why is this test done?

A mammogram is done to:

- Look for breast cancer in women who don't have symptoms.
- Find breast cancer in women who have symptoms. Symptoms of breast cancer may include a lump or thickening in the breast, nipple discharge, or dimpling of the skin on one area of the breast.
- Find an area of suspicious breast tissue to remove for an exam under a microscope (biopsy).

How can you prepare for the test?

Patient Instructions (continued)

- Tell your doctor if you:
 - ◆ Are or might be pregnant.
 - ◆ Are breastfeeding.
 - ◆ Have breast implants.
 - ◆ Have previously had a breast biopsy.
- On the day of the test, don't use any deodorant, perfume, powders, or ointments.

What happens before the test?

- You will need to take off any jewelry that might interfere with the X-ray pictures.
- You will need to take off your clothes above the waist.
- You will be given a cloth or paper gown to use during the test.

What happens during the test?

- You usually stand during a mammogram.
- One at a time, your breasts will be placed on a flat plate that contains the X-ray film.
- Another plate is then pressed firmly against your breast to help flatten out the breast tissue. You may be asked to lift your arm.
- For a few seconds while the X-ray picture is being taken, you will need to hold your breath.
- At least two pictures are taken of each breast. One is taken from the top and one from the side.

What else should you know about the test?

- The X-ray plate will feel cold when you place your breast on it. Having your breasts flattened and squeezed isn't comfortable. But it is necessary to flatten out the breast tissue to get the best pictures.
- Mammograms do not prevent breast cancer or reduce a woman's risk of developing cancer.
- Most things that are found during a mammogram are not breast cancer.

How long does the test take?

- The test will take about 10 to 15 minutes. You may be in the clinic for up to an hour.

What happens after the test?

- You will probably be able to go home right away.
- You can go back to your usual activities right away.

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 keep a list of the medicines you take. Ask your doctor when you can expect to have your test results.

Where can you learn more?

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

Enter **Z238** in the search box to learn more about "**Mammogram: About This Test.**"

Current as of: May 12, 2017

Content Version: 11.7

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professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

Your Kaiser Permanente Care Instructions

Learning About Breast Cancer Screening

What is breast cancer screening?

Breast cancer occurs when cells that are not normal grow in one or both of your breasts. Screening tests can help find breast cancer early. Cancer is easier to treat when it's found early.

Having concerns about breast cancer is common. That's why it's important to talk with your doctor about when to start and how often to get screened for breast cancer.

How is breast cancer screening done?

Several screening tests can be used to check for breast cancer.

- **Mammograms** check for signs of cancer using X-rays. They can show tumors that are too small for you or your doctor to feel. During a mammogram, a machine squeezes your breasts to make them flatter and easier to X-ray. At least two pictures are taken of each breast. One is taken from the top and one from the side.
- **3-D mammograms** are also called digital breast tomosynthesis. Your breast is positioned on a flat plate. A top plate is pressed against your breast to keep it in position. The X-ray arm then moves in an arc above the breast and takes many pictures. A computer uses these X-rays to create a three-dimensional image.
- **Clinical breast exams** are a doctor's exam. Your doctor carefully feels your breasts and under your arms to check for lumps or other changes.

After the screening, your doctor will tell you the results. You will also be told if you need any follow-up tests.

When should you get screened?

Talk with your doctor about when you should start being tested for breast cancer. How often you get tested and the kind of tests you get will depend on your age and your risk.

The guidelines that follow are for women who have an average risk for breast cancer. If you have a higher risk for breast cancer, such as having a family history of breast cancer in multiple relatives or at a young age, your doctor may recommend different screening for you.

- **Ages 20 to 39:** Some experts recommend that women have a clinical breast exam every 3 years, starting at age 20. Ask your doctor how often you should have this test. If you have a high risk for breast cancer, talk with your doctor about when to start yearly mammograms and other screening tests.
- **Ages 40 and older:** Talk with your doctor about how often you should have mammograms and clinical breast exams.

What is your risk for breast cancer?

If you don't already know your risk of breast cancer, you can ask your doctor about it. You can also look it up at www.cancer.gov/bcrisktool/.

If your doctor says that you have a high or very high risk, ask about ways to reduce your risk. These could include getting extra screening, taking medicine, or having surgery. If you have a strong family history of

Patient Instructions (continued)

breast cancer, ask your doctor about genetic testing.

What steps can you take to stay healthy?

Some things that increase your risk of breast cancer, such as your age and being female, cannot be controlled. But you can do some things to stay as healthy as you can.

- Learn what your breasts normally look and feel like. If you notice any changes, tell your doctor.
- Drink alcohol wisely. Your risk goes up the more you drink. For the best health, women should have no more than 1 drink a day or 7 drinks a week.
- If you smoke, quit. When you quit smoking, you lower your chances of getting many types of cancer.

You can also do your best to eat well, be active, and stay at a healthy weight. Eating healthy foods and being active every day, as well as staying at a healthy weight, may help prevent cancer.

Where can you learn more?

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

Enter **H706** in the search box to learn more about "**Learning About Breast Cancer Screening.**"

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PLEASE SCHEDULE AN APPOINTMENT

By phone - Diagnostic Imaging Scheduling

CT scan, MRI, Ultrasound, Fluoroscopy, DEXA, and Mammography
323-857-2421

**In Person - West Los Angeles Medical Offices, 6041 Cadillac Ave., Los Angeles, CA 90034 1st Floor
Radiology Receptionist**


AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



8/15/2019 3:30 PM OBSTETRICS & GYNECOLOGY

Instructions from KANEESHA JUANETTA WILLIAMS NP, N.P.
Your personalized instructions can be found at the end of this document.

 Read the attached information
Additional instructions from KANEESHA JUANETTA WILLIAMS NP, N.P.

Today's Visit

You saw KANEESHA JUANETTA WILLIAMS NP, N.P. on Thursday August 15, 2019. The following issues were addressed:

- CANDIDA, VULVOVAGINITIS
- VAGINITIS
- VAGINAL DISCHARGE


What's Next


You currently have no upcoming appointments scheduled.


Medications


NEW Medications


Fluconazole (DIFLUCAN) 150 mg Oral Tab

 Blood Pressure 119/74

 BMI 32.65

 Weight 184 lb 4.9 oz

 Height 5' 3"

 Pulse 75

Visit Medication List

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

Fluconazole (DIFLUCAN) 150 mg Oral Tab (Taking)	Dosage TAKE 1 BY MOUTH IN A SINGLE DOSE NOW AND REPEAT IN 72 HOURS
--	--

New Orders

Normal Orders This Visit
MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [77067 CPT(R)]
TRICHOMONAS, YEAST, AND CLUE CELLS, WET MOUNT [87210 CPT(R)]

Common Medication Direction Abbreviations

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

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 8/15/2019

Reviewed by Chhay, Malissa Sara (L.V.N.), L.V.N. on 8/15/2019

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Instructions from KANEESHA JUANETTA WILLIAMS NP, N.P.

Your Kaiser Permanente Care Instructions

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- Look for breast cancer in women who don't have symptoms.
- Find breast cancer in women who have symptoms. Symptoms of breast cancer may include a lump or thickening in the breast, nipple discharge, or dimpling of the skin on one area of the breast.
- Find an area of suspicious breast tissue to remove for an exam under a microscope (biopsy).

How can you prepare for the test?

- Tell your doctor if you:
 - Are or might be pregnant.
 - Are breastfeeding.
 - Have breast implants.
 - Have previously had a breast biopsy.
- On the day of the test, don't use any deodorant, perfume, powders, or ointments.

What happens before the test?

- You will need to take off any jewelry that might interfere with the X-ray pictures.
- You will need to take off your clothes above the waist.
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What happens during the test?

- You usually stand during a mammogram.
- One at a time, your breasts will be placed on a flat plate that contains the X-ray film.
- Another plate is then pressed firmly against your breast to help flatten out the breast tissue. You may be asked to lift your arm.
- For a few seconds while the X-ray picture is being taken, you will need to hold your breath.
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What else should you know about the test?

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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 keep a list of the medicines you take. Ask your doctor when you can expect to have your test results.

Where can you learn more?

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

Enter **Z238** in the search box to learn more about "**Mammogram: About This Test.**"

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Content Version: 11.7

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If your doctor says that you have a high or very high risk, ask about ways to reduce your risk. These could include getting extra screening, taking medicine, or having surgery. If you have a strong family history of breast cancer, ask your doctor about genetic testing.

What steps can you take to stay healthy?

Some things that increase your risk of breast cancer, such as your age and being female, cannot be controlled. But you can do some things to stay as healthy as you can.

- Learn what your breasts normally look and feel like. If you notice any changes, tell your doctor.
- Drink alcohol wisely. Your risk goes up the more you drink. For the best health, women should have no more than 1 drink a day or 7 drinks a week.
- If you smoke, quit. When you quit smoking, you lower your chances of getting many types of cancer.

You can also do your best to eat well, be active, and stay at a healthy weight. Eating healthy foods and being active every day, as well as staying at a healthy weight, may help prevent cancer.

Where can you learn more?

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

Enter **H706** in the search box to learn more about "**Learning About Breast Cancer Screening**."

Current as of: May 12, 2017

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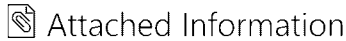
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PLEASE SCHEDULE AN APPOINTMENT

By phone - Diagnostic Imaging Scheduling

CT scan, MRI, Ultrasound, Fluoroscopy, Dexa, and Mammography
323-857-2421

**In Person - West Los Angeles Medical Offices, 6041 Cadillac Ave., Los Angeles, CA 90034 1st Floor Radiology
Receptionist**



Additional instructions from KANEESHA JUANETTA WILLIAMS NP, N.P.

Your Kaiser Permanente Care Instructions

Vaginal Yeast Infection: Care Instructions

Your Care Instructions

A vaginal yeast infection is caused by too many yeast cells in the vagina. This is common in women of all ages. Itching, vaginal discharge and irritation, and other symptoms can bother you. But yeast infections don't often cause other health problems.

Some medicines can increase your risk of getting a yeast infection. These include antibiotics, birth control pills, hormones, and steroids. You may also be more likely to get a yeast infection if you are pregnant, have diabetes, douche, or wear tight clothes.

With treatment, most yeast infections get better in 2 to 3 days.

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.
- Ask your doctor about over-the-counter (OTC) medicines for yeast infections. They may cost less than prescription medicines. If you use an OTC treatment, read and follow all instructions on the label.
- Do not use tampons while using a vaginal cream or suppository. The tampons can absorb the medicine. Use pads instead.
- Wear loose cotton clothing. Do not wear nylon or other fabric that holds body heat and moisture close to the skin.
- Try sleeping without underwear.
- Do not scratch. Relieve itching with a cold pack or a cool bath.
- Do not wash your vaginal area more than once a day. Use plain water or a mild, unscented soap. Air-dry the vaginal area.
- Change out of wet swimsuits after swimming.
- Do not have sex until you have finished your treatment.
- Do not douche.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have unexpected vaginal bleeding.
- You have new or increased pain in your vagina or pelvis.

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

- You have a fever.
- You are not getting better after 2 days.

- Your symptoms come back after you finish your medicines.

Where can you learn more?

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

Enter **F639** in the search box to learn more about "**Vaginal Yeast Infection: Care Instructions.**"

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Your Kaiser Permanente Care Instructions

Vaginitis: Care Instructions

Your Care Instructions

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Some women have this problem during and after menopause. A drop in estrogen levels during this time can cause dryness, soreness, and pain during sex.

Your doctor can give you medicine to treat an infection. And home care may help you feel better. For certain types of infections, your sex partner must be treated too.

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?

- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not eat or drink anything that has alcohol if you are taking metronidazole (Flagyl).
- If you have a yeast infection, use over-the-counter products as your doctor tells you to. Or take medicine your doctor prescribes exactly as directed.
- Wash your vaginal area daily with water. You also can use a mild, unscented soap if you want.
- Do not use scented bath products. And do not use vaginal sprays or douches.
- Put a washcloth soaked in cool water on the area to relieve itching. Or you can take cool baths.
- If you have dryness because of menopause, use estrogen cream or pills that your doctor prescribes.
- Ask your doctor about when it is okay to have sex.
- Use a personal lubricant before sex if you have dryness. Examples are Astroglide, K-Y Jelly, and Wet Lubricant Gel.
- Ask your doctor if your sex partner also needs treatment.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have a fever and pelvic pain.

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

- You have bleeding other than your period.
- You do not get better as expected.

Where can you learn more?

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

Enter **F219** in the search box to learn more about "**Vaginitis: Care Instructions.**"

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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.

- 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](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.

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 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 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

END OF ENCOUNTER

08/16/2019 - Telephone in HOV GENERAL (X-RAY)

Visit Information

Contacts

Type	Contact	Phone/Fax	User
------	---------	-----------	------

08/16/2019 - Telephone in HOV GENERAL (X-RAY) (continued)

Visit Information (continued)

08/16/2019 11:10 AM Phone (Outgoing) Smith, Pepper (Self) 323-377-1787 (H) Young, Yvette Darvella PDT

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit

Chief Complaint

- SCHEDULE APPOINTMENT (8/16/19 @11:10am pt. sched. screening mammogram for 9/16/19 @12:40pm. Y.Young, appt. clk.); onset date 8/16/2019

Clinical Notes

Telephone Encounter

Young, Yvette Darvella at 8/16/2019 1105

Author: Young, Yvette Darvella Service: — Author Type: —
Filed: 8/16/2019 11:10 AM Encounter Date: 8/16/2019 Creation Time: 8/16/2019 11:05 AM
Status: Signed Editor: Young, Yvette Darvella

8/16/19 @11:10am pt. sched. screening mammogram for 9/16/19 @12:40pm. Y.Young, appt. clk.

Electronically signed by Young, Yvette Darvella at 8/16/2019 11:10 AM

08/16/2019 - Telephone in HOV GENERAL (X-RAY) (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



8/16/2019 HOV GENERAL (X-RAY)

Today's Visit

You saw JERUSHA EMILY STAHL MD, M.D. on Friday August 16, 2019.

What's Next

SEP 16 2019 Diagnostic Imaging
Monday September 16 12:40 PM

HOV GENERAL (X-RAY)
6041 CADILLAC AVE
LOS ANGELES CA 90034-1702
323-857-2421

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 8/16/2019

Reviewed by Chhay, Malissa Sara (L.V.N.), L.V.N. on 8/15/2019

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	Not Specified	06/01/2005		

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!

08/16/2019 - Telephone in HOV GENERAL (X-RAY) (continued)**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.
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 from 8 a.m. to 8 p.m.

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08/16/2019 - Telephone in HOV GENERAL (X-RAY) (continued)

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Save money and time! Get your refills for home delivery at www.kp.org/refill

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 8/16/19 11:10 AM

Page 3 of 3 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

END OF ENCOUNTER

01/01/2020 - Office Visit in URGENT CARE CLINIC

Visit Information

Provider Information

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Visit Information (continued)

Encounter Provider

Chung, Wonjae (M.D.), M.D.

Authorizing Provider

Chung, Wonjae (M.D.), M.D.

Department

Name

URGENT CARE CLINIC

Address

25965 S NORMANDIE AVE
Harbor City CA 90710-3416

Phone

800-780-1230

Level of Service

Level of Service

OUTPT EST LEVEL 4

Reason for Visit

Chief Complaint

- URI SYMPTOMS (x 1 week, denies fever)

Visit Diagnosis

- SINUSITIS (primary) [J32.9]

Vitals

Vital Signs

Most recent update: 1/1/2020 5:38 PM

BP	Pulse	Temp	Resp	Ht
139/88 (BP Location: LA-LEFT ARM, BP Patient Position: SITTING, Cuff Size: Standard Adult)	81	98.8 °F (37.1 °C) (Oral)	20	5' 3" (1.6 m)

Wt	SpO2	BMI
220 lb 14.4 oz (100.2 kg)	95%	39.13 kg/m ²

Pain Information (Last Filed)

Score	Location	Comments	Edu?
8 (scale 0-10)	None	None	None

Clinical Notes

Progress Notes

Chung, Wonjae (M.D.), M.D. at 1/1/2020 1841

Author: Chung, Wonjae (M.D.), M.D.
Filed: 1/1/2020 11:57 PM
Status: Signed

Service: —
Encounter Date: 1/1/2020
Editor: Chung, Wonjae (M.D.), M.D. (Physician)

Author Type: Physician
Creation Time: 1/1/2020 6:41 PM

1/1/2020

UCC Visit

PCP: Stahl, Jerusha Emily (M.D.)

SUBJECTIVE:

Pepper Smith is a 48 year old female

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)**Clinical Notes (continued)****Chief Complaint**

Patient presents with

- URI SYMPTOMS

x 1 week, denies fever

C/o nasal congestion with sinus pain, postnasal drip x 2 weeks
intermittent headaches and cough started 1 week ago
Symptoms worse since last night with nasal congestion, bodyaches, diarrhea.
No fevers. Has upper teeth pain since this AM

+History of asthma

Took Dayquil this AM which did not help

Review of Systems

Constitutional: Negative for chills.

HENT: Negative for sore throat.

Respiratory: Negative for shortness of breath and wheezing.

Gastrointestinal: Positive for vomiting (**after coughing x3. no hematemesis**). Negative for abdominal pain, blood in stool and nausea.

No outpatient medications have been marked as taking for the 1/1/20 encounter
(Office Visit) with Chung, Wonjae (M.D.), M.D..

Social History

Tobacco Use

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

Substance Use Topics

- Alcohol use: No
Alcohol/week: 0.0 oz
Comment: occassional
- Drug use: No

OBJECTIVE:

BP 139/88 (BP Location: LA-LEFT ARM, BP Patient Position: SITTING, Cuff Size: Standard Adult) | Pulse 81 | Temp 98.8 °F (37.1 °C) (Oral) | Resp 20 | Ht 1.6 m (5' 3") | Wt 100.2 kg (220 lb 14.4 oz) | LMP 06/05/2017 | SpO2 95% | BMI 39.13 kg/m²

BP Readings from Last 3 Encounters:

01/01/20	139/88
08/15/19	119/74
01/07/19	139/83

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Clinical Notes (continued)

Estimated body mass index is 39.13 kg/m² as calculated from the following:

Height as of this encounter: 1.6 m (5' 3").

Weight as of this encounter: 100.2 kg (220 lb 14.4 oz).

Wt Readings from Last 3 Encounters:

01/01/20 100.2 kg (220 lb 14.4 oz)

08/15/19 83.6 kg (184 lb 4.9 oz)

01/07/19 102.5 kg (225 lb 15.5 oz)

Physical Exam

Constitutional: No distress.

HENT:

Right Ear: Tympanic membrane, external ear and ear canal normal.

Left Ear: Tympanic membrane, external ear and ear canal normal.

Nose: Mucosal edema present. Right sinus exhibits maxillary sinus tenderness. Left sinus exhibits maxillary sinus tenderness.

Mouth/Throat: No oropharyngeal exudate, posterior oropharyngeal edema or posterior oropharyngeal erythema.

+postnasal drip

Cardiovascular: Normal rate and regular rhythm.

Pulmonary/Chest: Effort normal and breath sounds normal.

Lymphadenopathy:

She

has no cervical adenopathy.

Neurological: She

is alert.

Skin: Skin is warm and dry.

Vitals reviewed.

HGBA1C 5.6 05/31/2018

CREAT 0.69 05/31/2018

GFR 120 05/31/2018

Nasal flu swab: neg

ASSESSMENT/PLAN

J32.9 SINUSITIS

Orders Placed This Encounter

- Azithromycin (ZITHROMAX) 500 mg Oral Tab
- Sodium Bicarbonate-Sodium Chloride (NEILMED SINUS RINSE COMPLETE) sini Rinse

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Clinical Notes (continued)

Pkt

- Fluticasone (FLONASE ALLERGY RELIEF) 50 mcg/actuation Nasl SpSn
- Benzonatate (TESSALON PERLES) 100 mg Oral Cap
- INFLUENZA VIRUS ANTIGEN (A, B), NASAL SWAB, POCT

Increase fluids

Call or return to clinic if these symptoms worsen or fail to improve as anticipated.

Diagnoses, treatment options, and proposed treatment plans were discussed with the patient including but not limited to benefits, risks, and potential adverse outcome including medication side effects. Pt verbalized the understanding and agrees with the plan. All questions were answered.
ER precautions given.

Pt was also advised to call and check the results of any lab or imaging studies ordered in UCC and discuss any abnormalities with PCP if not discussed during the UCC visit already.

Continue follow up with PCP for chronic conditions.

An After Visit Summary was reviewed with pt, printed and given to the patient.

Electronically signed by Chung, Wonjae (M.D.), M.D. at 1/1/2020 11:57 PM

Labs

INFLUENZA VIRUS ANTIGEN (A, B), NASAL SWAB, POCT [1554007202] (Final result)

Electronically signed by: Chung, Wonjae (M.D.), M.D. on 01/01/20 1852

Status: Completed

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1852

Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 -

Class: Point of Care Test

Quantity: 1

Lab status: Final result

Diagnoses

SINUSITIS [J32.9]

Provider Details

Provider	NPI
Chung, Wonjae (M.D.), M.D.	1982752861

Specimen Information

ID	Type	Source	Collected By
—	—	—	01/01/20 1924

INFLUENZA VIRUS ANTIGEN (A, B), NASAL SWAB, POCT [1554007202]

Resulted: 01/01/20 1924, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: 01/01/20 1924

Narrative:

INFLUENZA A AND B POCT

Influenza A and B result: Negative

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)**Labs (continued)**

Reference Range: Negative

Interpretation:

POSITIVE: Positive for the presence of Influenza A or Influenza B antigen.

NEGATIVE: Presumptive negative for Influenza A or Influenza B antigen. If clinically indicated, an alternative method of testing may be warranted.

INVALID: Results inconclusive. If clinically indicated, an alternate method of testing may be warranted.

Date/Time: 1/1/2020 7:24 PM

Performed by: JOHN UYEHARA LVN

NORMANDIE NO. MEDICAL OFFICE U
URGENT CARE CLINIC
25965 S NORMANDIE AVE
HARBOR CITY CA 90710-3416
800-780-1230
310-325-5111

LAB DIRECTOR: SOUTH BAY - Normandie North - Lisa A. Agustines, MD

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Other Orders**Medications****Sodium Bicarbonate-Sodium Chloride (NEILMED SINUS RINSE COMPLETE) sini Rinse Pkt [1554007204] (Discontinued)**Electronically signed by: **Chung, Wonjae (M.D.), M.D. on 01/01/20 1854** Status: **Discontinued**

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1854 Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 - 03/19/20

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1350

Diagnoses

SINUSITIS [J32.9]

Provider Details**Provider**

Chung, Wonjae (M.D.), M.D.

NPI

1982752861

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Fluticasone (FLONASE ALLERGY RELIEF) 50 mcg/actuation Nasl SpSn [1554007205] (Discontinued)Electronically signed by: **Chung, Wonjae (M.D.), M.D. on 01/01/20 1855** Status: **Discontinued**

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1855 Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 - 03/19/20

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1349

Diagnoses

SINUSITIS [J32.9]

Provider Details**Provider****NPI**

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)**Other Orders (continued)**

Chung, Wonjae (M.D.), M.D. 1982752861

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Dextromethorphan-guaiFENesin (MUCINEX DM) 30-600 mg Oral 12hr SR Tab [1554007206] (Discontinued)Electronically signed by: **Chung, Wonjae (M.D.), M.D. on 01/01/20 1856** Status: **Discontinued**

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1856 Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 - 01/01/20 Class: Fill Now

Discontinued by: Chung, Wonjae (M.D.), M.D. 01/01/20 1857 [No Longer Used]

Diagnoses

SINUSITIS [J32.9]

Provider Details

Provider	NPI
Chung, Wonjae (M.D.), M.D.	1982752861

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Azithromycin (ZITHROMAX) 500 mg Oral Tab [1554007203] (Discontinued)Electronically signed by: **Chung, Wonjae (M.D.), M.D. on 01/01/20 1854** Status: **Discontinued**

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1854 Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 - 01/28/20 Class: Fill Now

Discontinued by: Bergman, Julie A (D.O.), D.O. 01/28/20 1236 [Med List Cleanup (MD Only)]

Diagnoses

SINUSITIS [J32.9]

Provider Details

Provider	NPI
Chung, Wonjae (M.D.), M.D.	1982752861

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Benzonatate (TESSALON PERLES) 100 mg Oral Cap [1554007207] (Discontinued)Electronically signed by: **Chung, Wonjae (M.D.), M.D. on 01/01/20 1857** Status: **Discontinued**

Ordering user: Chung, Wonjae (M.D.), M.D. 01/01/20 1857 Authorized by: Chung, Wonjae (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 01/01/20 - 01/28/20 Class: Fill Now

Discontinued by: Bergman, Julie A (D.O.), D.O. 01/28/20 1236 [Med List Cleanup (MD Only)]

Diagnoses

SINUSITIS [J32.9]

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)**Other Orders (continued)****Provider Details**

Provider	NPI
Chung, Wonjae (M.D.), M.D.	1982752861

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Patient Instructions

Use Sinus Rinse twice a day (in the morning and at night)
Then use Flonase nose spray 1 spray each nostril twice a day
Do above for at least a week or more until phlegm in throat and stuffy nose goes away.
Take Azithromycin(antibiotic) daily as instructed.
Increase fluid intake.
Use Tessalon Perles (Benzonatate) 1 pill 3 times a day for cough
Call or return to clinic if these symptoms worsen or fail to improve as anticipated.

Instructions on sinus rinse nasal wash Can be viewed on You tube as well.

<https://www.youtube.com/watch?v=uNwWjALegDA>

For nausea, vomiting and diarrhea,

Start with clear liquids such as SevenUp , Ginger ale, Gatorade, Pedialyte, clear beef or chicken broth, Jello without fruits today.

AVOID fruit juices, fruits, vegetables, dairy products, eggs, oil, butter, margarine.

Use Imodium if needed for diarrhea

Once diarrhea, nausea or vomiting stops, you can add soft food such as banana, rice, soft breads, crackers, mashed potatoes without butter and spices.

If you tolerate soft foods without having nausea, vomiting and/or diarrhea, add baked fish, or chicken to your diet.

If you are able to tolerate meats, you can resume regular diet

Add fruits, vegetables, fried foods, greasy and oily foods last.

Return to Urgent Care of Emergency Room if nausea, vomiting and/or diarrhea worsen or fail to improve as anticipated, if you cannot keep anything down especially any liquid, develop fevers, chills, and/or stomach pains.

Patient Education

Your Kaiser Permanente Care Instructions

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

Saline Nasal Washes: Care Instructions

Your Care Instructions

Saline nasal washes help keep the nasal passages open by washing out thick or dried mucus. This simple remedy can help relieve symptoms of allergies, sinusitis, and colds. It also can make the nose feel more comfortable by keeping the mucous membranes moist. You may notice a little burning sensation in your nose the first few times you use the solution, but this usually gets better in a few days.

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?

- You can buy premixed saline solution in a squeeze bottle or other sinus rinse products at a drugstore. Read and follow the instructions on the label.
- You also can make your own saline solution by adding 1 teaspoon of salt and 1 teaspoon of baking soda to 2 cups of distilled water.
- If you use a homemade solution, pour a small amount into a clean bowl. Using a rubber bulb syringe, squeeze the syringe and place the tip in the salt water. Pull a small amount of the salt water into the syringe by relaxing your hand.
- Sit down with your head tilted slightly back. Do not lie down. Put the tip of the bulb syringe or the squeeze bottle a little way into one of your nostrils. Gently drip or squirt a few drops into the nostril. Repeat with the other nostril. Some sneezing and gagging are normal at first.
- Gently blow your nose.
- Wipe the syringe or bottle tip clean after each use.
- Repeat this 2 or 3 times a day.
- Use nasal washes gently if you have nosebleeds often.

When should you call for help?

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

- You often get nosebleeds.
- You have problems doing the nasal washes.

Where can you learn more?

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

Enter **B784** in the search box to learn more about "**Saline Nasal Washes: Care Instructions.**"

Current as of: October 21, 2018

Content Version: 12.0

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01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Patient Instructions (continued)

Use **Flonase** nose spray 2 sprays each nostril daily for 1 week, then reduce to 1 spray each nostril daily thereafter until stuffy nose and/or phlegm in throat goes away.

How to use FLONASE® nose spray

Shake spray bottle

Step 1: Shake

Gently shake spray bottle.

Remove green cap

Prime spray bottle

Step 2: Prime

Aim away from face. Grasp spray bottle as shown. Pump until fine mist appears.

(Do this step only when:

Starting new bottle

Haven't used it in a week

Just cleaned nozzle

Otherwise, go to step 3.

Blow nose gently

Step 3: Blow

Blow nose gently to clear nostrils.

Do not spray in eyes

Warning:

Do not spray in your eyes. Only for use in your nose.

Place nozzle in nostril

Step 4: Aim

Close one nostril and put tip of spray nozzle in other nostril.

Aim slightly away from center of nose

Put just to the tip into your nose. Aim slightly away from center of nose.

Spray nozzle and breathe

Step 5: Breathe and spray

While sniffing gently, press down on spray nozzle once or twice according to dosing instructions. You'll feel a light mist in your nose. Breathe out through your mouth.

Repeat in other nostril.

Wipe spray nozzle with clean tissue and replace cap.

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



1/1/2020 6:20 PM URGENT CARE CLINIC

Instructions from WONJAE CHUNG MD, M.D.

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

Read the attached information
Additional instructions from WONJAE CHUNG MD, M.D.

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

- Azithromycin (ZITHROMAX) 500 mg Oral Tab
- Sodium Bicarbonate-Sodium Chloride (NEILMED SINUS RINSE COMPLETE) sini Rinse Pkt
- Fluticasone (FLONASE ALLERGY RELIEF) 50 mcg/actuation Nasl SpSn
- Benzonatate (TESSALON PERLES) 100 mg Oral Cap

Today's Visit

You saw WONJAE CHUNG MD, M.D. on Wednesday January 1, 2020. The following issues were addressed:

- SINUSITIS

Blood Pressure 139/88	BMI 39.13
Weight 220 lb 14.4 oz	Height 5' 3"
Temperature (Oral) 98.8 °F	Pulse 81
Respiration 20	Oxygen Saturation 95%

Visit Medication List

Patient

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

	Dosage
Azithromycin (ZITHROMAX) 500 mg Oral Tab (Taking)	1 TAB PO DAILY FOR 7 DAYS
Sodium Bicarbonate-Sodium Chloride (NEILMED SINUS RINSE COMPLETE) sini Rinse Pkt (Taking)	USE KIT BID AS DIRECTED IN PACKAGE INSTRUCTIONS OR AS DIRECTED BY YOUR DOCTOR

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Visit Medication List Patient reported,
restarted, and new medications relevant to this visit. This may not reflect all medications
the patient is taking. (continued)

	Dosage
Fluticasone (FLONASE ALLERGY RELIEF) 50 mcg/actuation Nasl SpSn (Taking)	1-2 SPRAYS EACH NOSTRIL DAILY FOR NASAL CONGESTION/POST NASAL DRIP
Benzonatate (TESSALON PERLES) 100 mg Oral Cap (Taking)	1 CAP PO TID FOR 10 DAYS

New Orders

Normal Orders This Visit
INFLUENZA VIRUS ANTIGEN (A, B), NASAL SWAB, POCT [87804 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 1/1/2020

Reviewed by Chung, Wonjae (M.D.), M.D. on 1/1/2020

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Instructions from WONJAE CHUNG MD, M.D.

Use Sinus Rinse twice a day (in the morning and at night)
Then use Flonase nose spray 1 spray each nostril twice a day
Do above for at least a week or more until phlegm in throat and stuffy nose goes away.
Take Azithromycin(antibiotic) daily as instructed.
Increase fluid intake.
Use Tessalon Perles (Benzonatate) 1 pill 3 times a day for cough
Call or return to clinic if these symptoms worsen or fail to improve as anticipated.

Instructions on sinus rinse nasal wash Can be viewed on You tube as well.

<https://www.youtube.com/watch?v=uNwWjALegDA>

For nausea, vomiting and diarrhea,

Start with clear liquids such as SevenUp , Ginger ale, Gatorade, Pedialyte, clear beef or chicken broth, Jello without fruits today.
AVOID fruit juices, fruits, vegetables, dairy products, eggs, oil, butter, margarine.

Use Imodium if needed for diarrhea

Once diarrhea, nausea or vomiting stops, you can add soft food such as banana, rice, soft breads, crackers, mashed potatoes without butter and spices.

If you tolerate soft foods without having nausea, vomiting and/or diarrhea, add baked fish, or chicken to your diet.

If you are able to tolerate meats, you can resume regular diet
Add fruits, vegetables, fried foods, greasy and oily foods last.

Return to Urgent Care or Emergency Room if nausea, vomiting and/or diarrhea worsen or fail to improve as anticipated, if you cannot keep anything down especially any liquid, develop fevers, chills, and/or stomach pains.

Use **Flonase** nose spray 2 sprays each nostril daily for 1 week, then reduce to 1 spray each nostril daily thereafter until stuffy nose and/or phlegm in throat goes away.

How to use FLONASE® nose spray

Shake spray bottle
Step 1: Shake

Gently shake spray bottle.

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

Remove green cap

Prime spray bottle

Step 2: Prime

Aim away from face. Grasp spray bottle as shown. Pump until fine mist appears.

(Do this step only when:

Starting new bottle

Haven't used it in a week

Just cleaned nozzle

Otherwise, go to step 3.

Blow nose gently

Step 3: Blow

Blow nose gently to clear nostrils.

Do not spray in eyes

Warning:

Do not spray in your eyes. Only for use in your nose.

Place nozzle in nostril

Step 4: Aim

Close one nostril and put tip of spray nozzle in other nostril.

Aim slightly away from center of nose

Put just to the tip into your nose. Aim slightly away from center of nose.

Spray nozzle and breathe

Step 5: Breathe and spray

While sniffing gently, press down on spray nozzle once or twice according to dosing instructions. You'll feel a light mist in your nose. Breathe out through your mouth.

Repeat in other nostril.

Wipe spray nozzle with clean tissue and replace cap.

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

 Attached Information

Additional instructions from WONJAE CHUNG MD, M.D.

Your Kaiser Permanente Care Instructions**Saline Nasal Washes: Care Instructions****Your Care Instructions**

Saline nasal washes help keep the nasal passages open by washing out thick or dried mucus. This simple remedy can help relieve symptoms of allergies, sinusitis, and colds. It also can make the nose feel more comfortable by keeping the mucous membranes moist. You may notice a little burning sensation in your nose the first few times you use the solution, but this usually gets better in a few days.

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?

- You can buy premixed saline solution in a squeeze bottle or other sinus rinse products at a drugstore. Read and follow the instructions on the label.
- You also can make your own saline solution by adding 1 teaspoon of salt and 1 teaspoon of baking soda to 2 cups of distilled water.
- If you use a homemade solution, pour a small amount into a clean bowl. Using a rubber bulb syringe, squeeze the syringe and place the tip in the salt water. Pull a small amount of the salt water into the syringe by relaxing your hand.
- Sit down with your head tilted slightly back. Do not lie down. Put the tip of the bulb syringe or the squeeze bottle a little way into one of your nostrils. Gently drip or squirt a few drops into the nostril. Repeat with the other nostril. Some sneezing and gagging are normal at first.
- Gently blow your nose.
- Wipe the syringe or bottle tip clean after each use.
- Repeat this 2 or 3 times a day.
- Use nasal washes gently if you have nosebleeds often.

When should you call for help?

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

- You often get nosebleeds.
- You have problems doing the nasal washes.

Where can you learn more?

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

Enter **B784** in the search box to learn more about "**Saline Nasal Washes: Care Instructions.**"

Current as of: October 21, 2018

Content Version: 12.0

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01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)**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.
- 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](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.

01/01/2020 - Office Visit in URGENT CARE CLINIC (continued)

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 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 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

END OF ENCOUNTER

01/28/2020 - Office Visit in INTERNAL MEDICINE AQUA2

Visit Information

Provider Information

01/28/2020 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Encounter Provider**

Bergman, Julie A (D.O.), D.O.

Authorizing Provider

Bergman, Julie A (D.O.), D.O.

Department**Name**

INTERNAL MEDICINE AQUA2

Address6041 CADILLAC AVE
Los Angeles CA 90034-1702**Phone**

833-574-2273

Questionnaires**ALCOHOL SCREENING PROACTIVE CARE PCM AMB SCAL**

If patient is LESS THAN 65 YEARS OLD AND FEMALE: How many times in the past year have you had 4 or more drinks per day?

zero or neverEntered by Ocegueda, Patricia (M.A.), M.A.
Entered on 1/28/2020 8:41 AM**Level of Service****Level of Service**

OUTPT EST LEVEL 4

Reason for Visit**Chief Complaint**

- COUGH (cough x 2 wks)

Visit Diagnoses

- **POSTVIRAL COUGH (primary) [R05]**
- POSTNASAL DRIP [R09.82]
- VACCINATION FOR INFLUENZA [Z23]

Vitals**Vital Signs**

Most recent update: 1/28/2020 8:43 AM

BP	Pulse	Temp	Ht	Wt
149/94 (BP Location: RA- RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	74	98.3 °F (36.8 °C) (Oral)	5' 3" (1.6 m)	223 lb 5.2 oz (101.3 kg)

SpO2	BMI
100%	39.56 kg/m ²

Clinical Notes**Nursing Note****Ocegueda, Patricia (M.A.), M.A. at 1/28/2020 0842**Author: Ocegueda, Patricia (M.A.), M.A.
Filed: 1/28/2020 8:43 AM
Status: SignedService: —
Encounter Date: 1/28/2020
Editor: Ocegueda, Patricia (M.A.), M.A. (MEDICAL ASSISTANT)Author Type: MEDICAL ASSISTANT
Creation Time: 1/28/2020 8:42 AM

Clinical Notes (continued)

Proactive Office Encounter Actions:

-Patient's vital signs, medication, pharmacy of choice, smoking history, chief complaint, allergies and history taken, reviewed; documented.

Two identifiers verified, Patient's address, birth date and telephone number verified by PATRICIA OCEGUEDA MA

Importance of hand hygiene applied for patient's protection and mines, pt aware.

Also, informed patient of possible wait time to see doctor. Patient verbalized understanding.

Estimated body mass index is 39.56 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 223 lb 5.2 oz (101.3 kg).

Electronically signed by Ocegueda, Patricia (M.A.), M.A. at 1/28/2020 8:43 AM

Tapia, Brenda (L.V.N.), L.V.N. at 1/28/2020 0913

Author: Tapia, Brenda (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 1/28/2020 9:14 AM	Encounter Date: 1/28/2020	Creation Time: 1/28/2020 9:13 AM
Status: Signed	Editor: Tapia, Brenda (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Flu (Influenza) vaccine 0.5ml given IM on the left deltoid

Denies having any sign or symptoms of having the flu.

Patient denies having allergy to egg's or any egg products.

Temp within normal range. Hand hygiene performed.

Injection tolerated well. Information about the vaccine given to patient.

No adverse reactions noted. Patient verbalized understanding.

An After Visit Summary was printed and given to the patient.

Electronically signed by Tapia, Brenda (L.V.N.), L.V.N. at 1/28/2020 9:14 AM

Progress Notes**Bergman, Julie A (D.O.), D.O. at 1/28/2020 0836**

Author: Bergman, Julie A (D.O.), D.O.	Service: —	Author Type: PHYSICIAN (D.O.)
Filed: 1/28/2020 12:36 PM	Encounter Date: 1/28/2020	Creation Time: 1/28/2020 8:36 AM
Status: Signed	Editor: Bergman, Julie A (D.O.), D.O. (PHYSICIAN (D.O.))	

Pepper Smith is a 48 year old female

Chief Complaint

Clinical Notes (continued)

Patient presents with

- **COUGH**
cough x 2 wks

Seen in urgent care on 1/1/20:
sinusitis treated with azithromax
Influenza negative

Reports cough since diagnosed with sinusitis infection
Reports thick mucus (secretions) - post nasal drip
No wheezing
Watery, itchy eyes
Has coughing fits during the day
No sinus pressure or pain
Using flonase - improves cough
Shortness of breath during cough

No history of asthma or COPD
Used tessalon perles - 1 time last week
Has been using sinus rinse x 2 last week
No fever or chills
Overall feeling better, but still with cough
No recent travel

BP Readings from Last 3 Encounters:

01/28/20 (!) 149/94
01/01/20 139/88
08/15/19 119/74

Past Medical History:

Diagnosis

- SEVERE OBESITY, BMI 40-44.9, ADULT
- VITAMIN D DEFICIENCY
- UTERINE FIBROIDS
- IRON DEFICIENCY ANEMIA

Date

4/11/2006
3/30/2011
8/25/2016
10/13/2016

BP (!) 149/94 (BP Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult) | Pulse 74 | Temp 98.3 °F (36.8 °C) (Oral) | Ht 5' 3" (1.6 m) | Wt 223 lb 5.2 oz (101.3 kg) | LMP 06/05/2017 | SpO2 100% | BMI 39.56 kg/m²

Estimated body mass index is 39.13 kg/m² as calculated from the following:

Height as of 1/1/20: 5' 3" (1.6 m).

Weight as of 1/1/20: 220 lb 14.4 oz (100.2 kg).

CREAT 0.69 05/31/2018

GFR 120 05/31/2018

HGBA1C 5.6 05/31/2018

Clinical Notes (continued)

Allergies

Allergen

Reactions

- No Known Drug Allergies

Review of Systems

Constitutional: Positive for malaise/fatigue. Negative for chills and fever.

Skin: Negative for rash.

HENT: Positive for congestion. Negative for sore throat.

Respiratory: Negative for hemoptysis.

Physical Exam

Constitutional: She

is oriented to person, place, and time and well-developed, well-nourished, and in no distress.

HENT:

Head: Normocephalic.

Right Ear: Hearing and tympanic membrane normal.

Left Ear: Hearing and tympanic membrane normal.

Nose: Mucosal edema and rhinorrhea present. No sinus tenderness. Right sinus exhibits no maxillary sinus tenderness and no frontal sinus tenderness. Left sinus exhibits no maxillary sinus tenderness and no frontal sinus tenderness.

Mouth/Throat: Posterior oropharyngeal erythema present.

Eyes: Conjunctivae and EOM are normal. No scleral icterus.

Neck: Normal range of motion. Neck supple. No thyromegaly present.

Cardiovascular: Normal rate, regular rhythm and normal heart sounds.

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

Lymphadenopathy:

She

has no cervical adenopathy.

Neurological: She

is alert and oriented to person, place, and time. GCS score is 15.

Skin: Skin is warm and dry.

Psychiatric: Affect normal.

Nursing note and vitals reviewed.

Assessment & Plan:

POSTVIRAL COUGH (primary encounter diagnosis)

Plan: vital signs stable, no wheezing on physical exam, overall improving

Advised to take medications as directed. Recheck if SOB, DOE, PND, hemoptysis occur or if cough does not resolve in 2 weeks.

Albuterol (VENTOLIN HFA) 90 mcg/actuation Inhl

HFAA, guaifENesin (MUCINEX) 600 mg Oral 12hr ER

Tab, CETIRIZINE 10 MG ORAL TAB

POSTNASAL DRIP

Plan: CETIRIZINE 10 MG ORAL TAB, continue flonase and sinus rinse

Clinical Notes (continued)

Return to office If develop pain, fever, worsening symptoms

VACCINATION FOR INFLUENZAPlan: VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES
FREE, 0.5 ML IMNo outpatient medications have been marked as taking for the 1/28/20
encounter (Office Visit) with Bergman, Julie A (D.O.), D.O..**Future Appointments**

Date	Time	Provider	Department	Center
3/19/2020	1:10 PM	Stahl, Jerusha Emily (M.D.), M.D.	WLMEDU	WLAU

Pt advised to return if worse or not doing better. Pt was warned to go the emergency department for any severe or unexpected symptoms as well as any drastic changes in condition. Risks, benefits and side effects of all prescribed medications were discussed. Pt was encouraged to read all package inserts from the pharmacy and adhere to warnings and cautions. Pt is to report any side effects. For spanish speaking patients a QBS II certified interpreter was present and for sensitive male exams, a male medical assistant or RN was present as chaparone. After visit summary was given to the patient and all orders were again explained at checkout. All patient questions were answered and patient verbalized an understanding of the plan.

Julie Bergman, DO

Electronically signed by Bergman, Julie A (D.O.), D.O. at 1/28/2020 12:36 PM

Other Orders**Immunization/Injection****VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM [1554000591] (Completed)**Electronically signed by: **Bergman, Julie A (D.O.), D.O. on 01/28/20 0859** Status: **Completed**

Ordering user: Bergman, Julie A (D.O.), D.O. 01/28/20 0859

Authorized by: Bergman, Julie A (D.O.), D.O.

Ordering mode: Standard

Frequency: Routine 01/28/20 -

Class: Back Office

Quantity: 1

Released by: Ocegueda, Patricia (M.A.), M.A. 01/28/20 0859

Diagnoses

VACCINATION FOR INFLUENZA [Z23]

Provider Details**Provider**

Bergman, Julie A (D.O.), D.O.

NPI

1700248309

Order comments: FLUARIX PF Quadrivalent 6 mo+, 0.5 mL intramuscular (IM).

Indications

VACCINATION FOR INFLUENZA [Z23 (ICD-10-CM)]

Medications

Other Orders (continued)**guaifENesin (MUCINEX) 600 mg Oral 12hr ER Tab [1554006907] (Expired)**Electronically signed by: **Bergman, Julie A (D.O.), D.O. on 01/28/20 0859** Status: **Expired**

Ordering user: Bergman, Julie A (D.O.), D.O. 01/28/20 0859 Authorized by: Bergman, Julie A (D.O.), D.O.

Ordering mode: Standard

Frequency: Routine 01/28/20 - 02/27/20 2359

Class: Fill Now

Diagnoses

POSTVIRAL COUGH [R05]

Provider Details**Provider**

Bergman, Julie A (D.O.), D.O.

NPI

1700248309

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Admin instructions: Swallow tablets whole. Do not crush, break, or chew.

Indications

POSTVIRAL COUGH [R05 (ICD-10-CM)]

Cetirizine (ZYRTEC) 10 mg Oral Tab [1554006908] (Discontinued)Electronically signed by: **Bergman, Julie A (D.O.), D.O. on 01/28/20 0906** Status: **Discontinued**

Ordering user: Bergman, Julie A (D.O.), D.O. 01/28/20 0906 Authorized by: Bergman, Julie A (D.O.), D.O.

Ordering mode: Standard

Frequency: Routine 01/28/20 - 03/19/20

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1350

Diagnoses

POSTVIRAL COUGH [R05]

POSTNASAL DRIP [R09.82]

Provider Details**Provider**

Bergman, Julie A (D.O.), D.O.

NPI

1700248309

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Indications

POSTVIRAL COUGH [R05 (ICD-10-CM)]

POSTNASAL DRIP [R09.82 (ICD-10-CM)]

Albuterol (VENTOLIN HFA) 90 mcg/actuation Inhl HFAA [1554006906] (Expired)Electronically signed by: **Bergman, Julie A (D.O.), D.O. on 01/28/20 0859** Status: **Expired**

Ordering user: Bergman, Julie A (D.O.), D.O. 01/28/20 0859 Authorized by: Bergman, Julie A (D.O.), D.O.

Ordering mode: Standard

Frequency: Routine 01/28/20 - 02/27/20 2359

Class: Fill Now

Diagnoses

POSTVIRAL COUGH [R05]

Provider Details**Provider**

Bergman, Julie A (D.O.), D.O.

NPI

1700248309

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

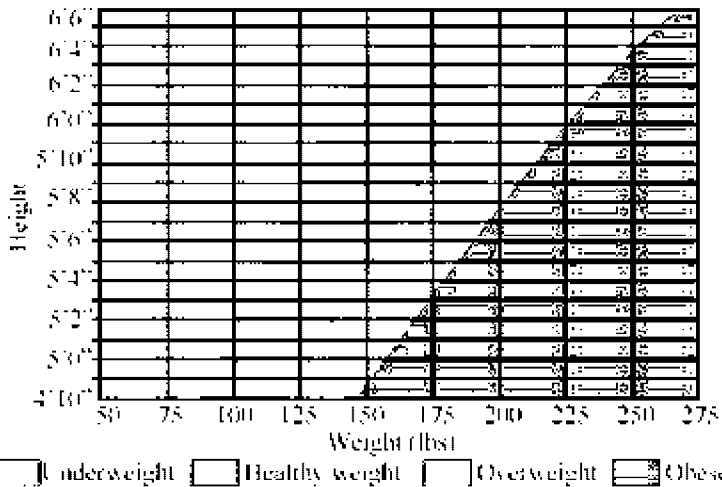
No

Indications

POSTVIRAL COUGH [R05 (ICD-10-CM)]

Other Orders (continued)

Patient Instructions

Patient Education **Your Kaiser Permanente Care Instructions****Body Mass Index: Care Instructions****Your Care Instructions**

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

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?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the

Patient Instructions (continued)

amount you walk every day. Try for at least 30 minutes on most days of the week.

- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

If you have a BMI lower than 18.5

- Your doctor may do other tests to check your risk for health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

Where can you learn more?

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

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: March 28, 2019

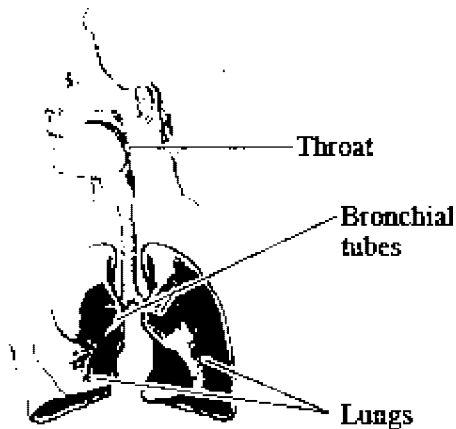
Content Version: 12.2

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Patient Education

Your Kaiser Permanente Care Instructions**Viral Respiratory Infection: Care Instructions****Your Care Instructions**

Patient Instructions (continued)



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Viruses are very small organisms. They grow in number after they enter your body. There are many types that cause different illnesses, such as colds and the mumps.

The symptoms of a viral respiratory infection often start quickly. They include a fever, sore throat, and runny nose. You may also just not feel well. Or you may not want to eat much.

Most viral respiratory infections are not serious. They usually get better with time and self-care.

Antibiotics are not used to treat a viral infection. That's because antibiotics will not help cure a viral illness. In some cases, antiviral medicine can help your body fight a serious viral infection.

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?

- Rest as much as possible until you feel better.
- Be safe with medicines. Take your medicine 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 medicine your doctor prescribes.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve), as needed for pain and fever. Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Hot fluids, such as tea or soup, may help relieve congestion in your nose and throat. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Try to clear mucus from your lungs by breathing deeply and coughing.
- Gargle with warm salt water once an hour. This can help reduce swelling and throat pain. Use 1 teaspoon of salt mixed in 1 cup of warm water.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

To avoid spreading the virus

- Cough or sneeze into a tissue. Then throw the tissue away.
- If you don't have a tissue, use your hand to cover your cough or sneeze. Then clean your hand. You can also cough into your sleeve.

Patient Instructions (continued)

- Wash your hands often. Use soap and warm water. Wash for 15 to 20 seconds each time.
- If you don't have soap and water near you, you can clean your hands with alcohol wipes or gel.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have a new or higher fever.
- Your fever lasts more than 48 hours.
- You have trouble breathing.
- You have a fever with a stiff neck or a severe headache.
- You are sensitive to light.
- You feel very sleepy or confused.

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

- You do not get better as expected.

Where can you learn more?

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

Enter **Q795** in the search box to learn more about "**Viral Respiratory Infection: Care Instructions.**"

Current as of: June 9, 2019

Content Version: 12.2

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AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



1/28/2020 8:30 AM INTERNAL MEDICINE AQUA2

Instructions from JULIE A BERGMAN DO, D.O.

- Read the attached information
- Additional instructions from JULIE A BERGMAN DO, D.O.

What's Next

MAR 19 2020 Physical Exam with JERUSHA EMILY STAHL MD, M.D. Thursday March 19 1:10 PM

INTERNAL MEDICINE AQUA2
6041 CADILLAC AVE
LOS ANGELES CA
90034-1702
833-574-2273

Medications

NEW Medications

- Albuterol (PROAIR/PROVENTIL/VENTOLIN) 90 mcg/actuation Inhl HFAA
- guaifENesin (MUCINEX) 600 mg Oral 12hr ER Tab
- Cetirizine (ZYRTEC) 10 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.

- | | |
|--|---|
| Albuterol (PROAIR/PROVENTIL/VENTOLIN) 90 mcg/actuation Inhl HFAA | Dosage
2 PUFFS ORALLY Q4 HOUR PRN WHEEZING (Temporary Use) |
| guaifENesin (MUCINEX) 600 mg Oral 12hr ER Tab | TAKE 1 TABLET BY MOUTH 2 TIMES A DAY AS NEEDED COUGH |
| Cetirizine (ZYRTEC) 10 mg Oral Tab | 1 TAB PO DAILY |

Today's Visit

You saw JULIE A BERGMAN DO, D.O. on Tuesday January 28, 2020. The following issues were addressed:

- VACCINATION FOR INFLUENZA
- POSTVIRAL COUGH

Blood Pressure 149/94	BMI 39.56
Weight 223 lb 5.2 oz	Height 5' 3"
Temperature (Oral) 98.3 °F	Pulse 74
Oxygen Saturation 100%	

Immunizations Given
INFS pres free 6mos-adult (Fluarix quadrivalent)

kp.org
View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

New Orders

Normal Orders This Visit

VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM [90686 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 1/28/2020

Reviewed by Chung, Wonjae (M.D.), M.D. on 1/1/2020

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

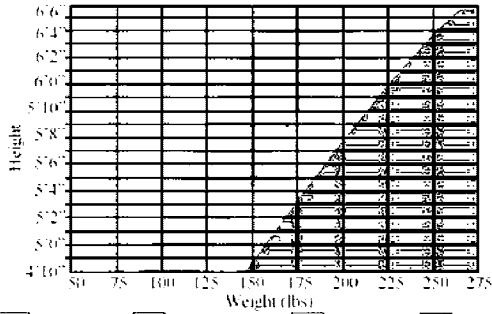
 Attached Information

Additional instructions from JULIE A BERGMAN DO, D.O.

Your Kaiser Permanente Care Instructions

Body Mass Index: Care Instructions

Your Care Instructions



Underweight Healthy weight Overweight Obese

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

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?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

If you have a BMI lower than 18.5

- Your doctor may do other tests to check your risk for health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

Where can you learn more?

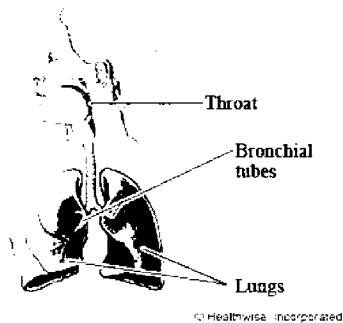
Go to <http://kp.org/health>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: March 28, 2019

Content Version: 12.2

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Your Kaiser Permanente Care Instructions**Viral Respiratory Infection: Care Instructions****Your Care Instructions**

Viruses are very small organisms. They grow in number after they enter your body. There are many types that cause different illnesses, such as colds and the mumps.

The symptoms of a viral respiratory infection often start quickly. They include a fever, sore throat, and runny nose. You may also just not feel well. Or you may not want to eat much.

Most viral respiratory infections are not serious. They usually get better with time and self-care.

Antibiotics are not used to treat a viral infection. That's because antibiotics will not help cure a viral illness. In some cases, antiviral medicine can help your body fight a serious viral infection.

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?

- Rest as much as possible until you feel better.
- Be safe with medicines. Take your medicine 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 medicine your doctor prescribes.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve), as needed for pain and fever. Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Hot fluids, such as tea or soup, may help relieve congestion in your nose and throat. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Try to clear mucus from your lungs by breathing deeply and coughing.
- Gargle with warm salt water once an hour. This can help reduce swelling and throat pain. Use 1 teaspoon of salt mixed in 1 cup of warm water.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

To avoid spreading the virus

- Cough or sneeze into a tissue. Then throw the tissue away.
- If you don't have a tissue, use your hand to cover your cough or sneeze. Then clean your hand. You can also cough into your sleeve.
- Wash your hands often. Use soap and warm water. Wash for 15 to 20 seconds each time.
- If you don't have soap and water near you, you can clean your hands with alcohol wipes or gel.

When should you call for help?



Call your doctor now or seek immediate medical care if:

- You have a new or higher fever.
- Your fever lasts more than 48 hours.
- You have trouble breathing.
- You have a fever with a stiff neck or a severe headache.
- You are sensitive to light.
- You feel very sleepy or confused.

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

- You do not get better as expected.

Where can you learn more?

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

Enter **Q795** in the search box to learn more about "**Viral Respiratory Infection: Care Instructions.**"

Current as of: June 9, 2019

Content Version: 12.2

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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.
- 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 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 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

END OF ENCOUNTER

03/04/2020 - Allied Health/Nurse Visit in NURSE CLINIC FAM

Visit Information

Provider Information

Encounter Provider

03/04/2020 - Allied Health/Nurse Visit in NURSE CLINIC FAM (continued)**Visit Information (continued)**

Dymally-Hardine, Ana-Lisa (R.N.), R.N.

Department

Name	Address	Phone
NURSE CLINIC FAM	5971 VENICE BLVD Los Angeles CA 90034-1713	800-464-4000

Reason for Visit**Chief Complaint**

- MISSED APPOINTMENT

Letters**Letter by Dymally-Hardine, Ana-Lisa (R.N.), R.N. on 3/5/2020**Status: Sent
Letter body:3/5/2020
000004779300Pepper Smith
200 E 110th St
Los Angeles CA 90061-2520

Dear Ms. Smith,

Our records indicate that you missed your scheduled Blood Pressure check on 3-4-20. To achieve successful outcomes, it is important that you keep all your scheduled appointments. We would like you to take full advantage of our Blood Pressure Follow-Up clinic. Please contact our Population Care Management Department at 323 857-3733 to reschedule your appointment.

We are committed to supporting you in your goal of improved health and wellness. If you need assistance with your appointments or overall care please call our Appointment Center at 800-954-8000.

Sincerely,
JENNIFER ROQUET RNWest Los Angeles Adult Primary Care Department
6041 Cadillac Ave
Los Angeles, CA 90034

03/04/2020 - Allied Health/Nurse Visit in NURSE CLINIC FAM (continued)

Letters (continued)

END OF ENCOUNTER**03/16/2020 - Telephone in INTERNAL MEDICINE**

Visit Information

Nursing Assessment

No Nursing Assessment available for this encounter.

END OF ENCOUNTER**03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2**

Visit Information

Provider Information

Encounter Provider

Stahl, Jerusha Emily (M.D.), M.D.

Authorizing Provider

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name

INTERNAL MEDICINE AQUA2

Address

6041 CADILLAC AVE
Los Angeles CA 90034-1702

Phone

833-574-2273

Level of Service

Level of Service

PHYS TAV, EST PAT, 5-10 MIN OF MEDICAL DISCUSSION

Reason for Visit

Chief Complaint

- FOLLOW UP ROUTINE

Visit Diagnosis

- SCREENING [Z13.9]

Clinical Notes

Progress Notes

Stahl, Jerusha Emily (M.D.), M.D. at 3/19/2020 1346

Author: Stahl, Jerusha Emily (M.D.), M.D.
Filed: 3/19/2020 1:53 PM
Status: Signed

Service: —

Encounter Date: 3/19/2020

Editor: Stahl, Jerusha Emily (M.D.), M.D. (Physician)

Author Type: Physician

Creation Time: 3/19/2020 1:46 PM

3/19/2020

No outpatient medications have been marked as taking for the 3/19/20 encounter (Telephone Appointment Visit) with Stahl, Jerusha Emily (M.D.), M.D..

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Clinical Notes (continued)

Subjective

Pepper Smith is a 48 year old female with cc of FOLLOW UP ROUTINE

TELEPHONE APPOINTMENT VISIT (TAV) -- 1:46 PM

Pepper Smith is a 48 year old female

Reason for TAV: FOLLOW UP ROUTINE

There are no preventive care reminders to display for this patient.

PHONE VISIT DOCUMENTATION:

Pt doing well

Last visit 2 yrs ago

Had bad flu in January

Has lost 30 lbs 221 at home

Diet changes, avoiding sugar, eating less

Had gone to class for bari surgery and then made diet changes

On vacation now - works at DMV - when she gets back will see if closed

Wt Readings from Last 3 Encounters:

01/28/20	101.3 kg (223 lb 5.2 oz)
01/01/20	100.2 kg (220 lb 14.4 oz)
08/15/19	83.6 kg (184 lb 4.9 oz)

ASSESSMENT:

Encounter Diagnoses

Code	Name	Primary?
• Z13.9	SCREENING	

will do blood tests 3+ months form now

PLAN:

Orders Placed This Encounter

- TSH
- LIPID PANEL
- CREATININE

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Clinical Notes (continued)

- ALT
- CBC NO DIFFERENTIAL
- HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
- VITAMIN D, 25-HYDROXY

Time spent with patient or guardian over the phone was 8 minutes.

Electronically signed by:
JERUSHA EMILY STAHL MD
3/19/2020
1:51 PM

Electronically signed by Stahl, Jerusha Emily (M.D.), M.D. at 3/19/2020 1:53 PM

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs

TSH [1554006909] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351** Status: **Completed**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/19/20 -

Class: Normal

Quantity: 1

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

TSH [1554006929]

Resulted: 08/13/20 0038, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 683649361

Acknowledged by

Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
TSH	1.58	0.35 - 4.00 mIU/mL	—	956

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

TSH [1554006929]

Resulted: 08/12/20 2210, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649361

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

SCREENING [Z13.9 (ICD-10-CM)]

LIPID PANEL [1554006910] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351** Status: **Completed**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 03/19/20 - Class: Normal
 Quantity: 1
 Diagnoses
 SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

LIPID PANEL [1554006930] (Abnormal)

Resulted: 08/13/20 0028, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: D010557 08/12/20 1111 Resulting lab: SHERMAN WAY REGIONAL LABORATORY
 Narrative:
 RMS ACCN: 683649361
 FASTING? NO
 Acknowledged by
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302
 Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	191	<=199 mg/dL	—	956
HDL	52	>=40 mg/dL	—	956
LDL	129	<=99 mg/dL	H ^	956

Comment: See LabNet for more information.

TRIGLYCERIDE, NONFASTING

104 <=149 mg/dL

—

956

Comment:

Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of fasting triglycerides may be warranted.

Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.

CHOLESTEROL, NON-HDL	139	mg/dL	—	956
----------------------	-----	-------	---	-----

Comment: NonHDL targets are 30 mg/dL higher than LDL targets.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

LIPID PANEL [1554006930] (Abnormal)

Resulted: 08/13/20 0028, Result status: Final result

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Order status: Completed
 Collected by: D010557 08/12/20 1111
 Narrative:
 RMS ACCN: 683649361
 FASTING? NO

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	191	<=199 mg/dL	—	956
HDL	52	>=40 mg/dL	—	956
LDL	129	<=99 mg/dL	H ^	956
Comment: See LabNet for more information.				
TRIGLYCERIDE, NONFASTING	104	<=149 mg/dL	—	956
Comment: Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of fasting triglycerides may be warranted.				
Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.				
CHOLESTEROL, NON-HDL	139	mg/dL	—	956
Comment: NonHDL targets are 30 mg/dL higher than LDL targets.				

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

LIPID PANEL [1554006930]

Resulted: 08/13/20 0028, Result status: Final result

Order status: Completed
 Collected by: D010557 08/12/20 1111
 Narrative:
 RMS ACCN: 683649361
 FASTING? NO

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	191	<=199 mg/dL	—	956
TRIGLYCERIDE, NONFASTING	104	<=149 mg/dL	—	956
Comment: Nonfasting triglycerides (TG) are affected by both recent meals and patient metabolism. No reference range is established. However, nonfasting triglycerides >170 mg/dL are significantly elevated, and measurement of fasting triglycerides may be warranted.				
Note that if nonfasting TG are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.				

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

CHOLESTEROL, NON-HDL 139 mg/dL — 956
 Comment: NonHDL targets are 30 mg/dL higher than LDL targets.

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

LIPID PANEL [1554006930]

Resulted: 08/13/20 0028, Result status: Final result

Order status: Completed
 Collected by: D010557 08/12/20 1111
 Narrative:
 RMS ACCN: 683649361
 FASTING? NO

Filed on: 09/29/22 0336
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL, NON-HDL	139	mg/dL	—	956

Comment: NonHDL targets are 30 mg/dL higher than LDL targets.

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

LIPID PANEL [1554006930]

Resulted: 08/12/20 2208, Result status: In process

Order status: Completed
 Collected by: D010557 08/12/20 1111
 Narrative:
 RMS ACCN: 683649361 FASTING? NO

Filed on: 09/29/22 1038

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

SCREENING [Z13.9 (ICD-10-CM)]

CREATININE [1554006911] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351** Status: **Completed**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 03/19/20 - Class: Normal
 Quantity: 1

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

CREATININE [1554006931]

Resulted: 08/12/20 1809, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: D010557 08/12/20 1111 Resulting lab: KFH, LAMC HOSPITAL LABORATORY
 Narrative:
 RMS ACCN: 683649360
 Acknowledged by
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302
 Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.64	<=1.10 mg/dL	—	002
GLOMERULAR FILTRATION RATE	>120	>=60 mL/min/BSA	—	002

Comment:

GFR estimate is invalid if on dialysis or if acute kidney injury. For newly identified GFR decline, evaluate for reversible causes and order Kidney Profile (includes GFR and ACR). Go to Aura 5-year Renal Failure for CKD risk assessment and guidance.

CKD Categorization by GFR & ACR (urine Albumin/Creatinine Ratio = microalbumin/creatinine)

GFR >3 months	ACR <30(A1)	ACR 30-<300(A2)	ACR 300+(A3)
=====	=====	=====	=====
>=90		CKD1 A2 or *	CKD1 A3
60-<90		CKD2 A2 or *	CKD2 A3
30-<59	CKD3 A1 or *	CKD3 A2	CKD3 A3
15-<30	CKD4 A1	CKD4 A2	CKD4 A3
<15	CKD5 A1	CKD5 A2	CKD5 A3

*may label 'abnormal kidney function' or 'proteinuria' as appropriate

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

RACE Black — — 002

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1225 - 002	KFH, LAMC HOSPITAL LABORATORY	Hedyeh Shafi, MD	4867 Sunset Blvd. Los Angeles CA 90027	03/31/16 0248 - Present

Resulted: 08/12/20 1809, Result status: Preliminary result

CREATININE [1554006931]

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: KFH, LAMC HOSPITAL LABORATORY

Narrative:

RMS ACCN: 683649360

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.64	<=1.10 mg/dL	—	002
RACE	Black	—	—	002

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1225 - 002	KFH, LAMC HOSPITAL LABORATORY	Hedyeh Shafi, MD	4867 Sunset Blvd. Los Angeles CA 90027	03/31/16 0248 - Present

Resulted: 08/12/20 1809, Result status: Preliminary result

CREATININE [1554006931]

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: KFH, LAMC HOSPITAL LABORATORY

Narrative:

RMS ACCN: 683649360

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.64	<=1.10 mg/dL	—	002

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1225 - 002	KFH, LAMC HOSPITAL LABORATORY	Hedyeh Shafi, MD	4867 Sunset Blvd. Los Angeles CA 90027	03/31/16 0248 - Present

CREATININE [1554006931]

Resulted: 08/12/20 1751, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649360

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

SCREENING [Z13.9 (ICD-10-CM)]

ALT [1554006912] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351**Status: **Completed**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/19/20 -

Class: Normal

Quantity: 1

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

ALT [1554006932]

Resulted: 08/12/20 1809, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: KFH, LAMC HOSPITAL LABORATORY

Narrative:

RMS ACCN: 683649360

Acknowledged by

Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
ALT	19	<=54 U/L	—	002

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)****Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1225 - 002	KFH, LAMC HOSPITAL LABORATORY	Hedyeh Shafi, MD	4867 Sunset Blvd. Los Angeles CA 90027	03/31/16 0248 - Present

ALT [1554006932]

Resulted: 08/12/20 1751, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649360

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

SCREENING [Z13.9 (ICD-10-CM)]

CBC NO DIFFERENTIAL [1554006913] (Completed)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351**Status: **Completed**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/19/20 -

Class: Normal

Quantity: 1

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

CBC NO DIFFERENTIAL [1554006934]

Resulted: 08/12/20 1724, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: KFH, LAMC HOSPITAL LABORATORY

Narrative:

RMS ACCN: 683649360

Acknowledged by

Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Component	Value	Reference Range	Flag	Lab
WBC'S AUTO	4.7	4.0 - 11.0 x1000/mcL	—	002
RBC, AUTO	4.79	4.20 - 5.40 Mill/mcL	—	002
HGB	14.8	12.0 - 16.0 g/dL	—	002
HCT, AUTO	43.1	37.0 - 47.0 %	—	002
MCV	90.0	81.0 - 99.0 fL	—	002
MCH	30.8	27.0 - 35.0 pg/cell	—	002
MCHC	34.3	32.0 - 37.0 g/dL	—	002
RDW, BLOOD	12.5	11.5 - 14.5 %	—	002
PLATELETS, AUTOMATED COUNT	334	130 - 400 x1000/mcL	—	002

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1225 - 002	KFH, LAMC HOSPITAL LABORATORY	Hedyeh Shafi, MD	4867 Sunset Blvd. Los Angeles CA 90027	03/31/16 0248 - Present

CBC NO DIFFERENTIAL [1554006934]

Resulted: 08/12/20 1709, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649360

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
 Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
 Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

SCREENING [Z13.9 (ICD-10-CM)]

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006914] (Completed)

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351

Status: Completed

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/19/20 -

Class: Normal

Quantity: 1

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

SCREENING [Z13.9 (ICD-10-CM)]

**HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
[1554006936]**

Resulted: 08/13/20 0202, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 683649361

Acknowledged by

Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
HGBA1C%	5.5	4.6 - 5.6 %	—	956

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.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

**HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
[1554006936]**

Resulted: 08/12/20 2341, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649361

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
Bergman, Julie A (D.O.), D.O. on 08/16/20 2021
Bergman, Julie A (D.O.), D.O. on 08/13/20 1302

Indications

SCREENING [Z13.9 (ICD-10-CM)]

VITAMIN D, 25-HYDROXY [1554006915] (Completed)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 03/19/20 1351**Status: **Completed**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 03/19/20 1351

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/19/20 -

Class: Normal

Quantity: 1

Diagnoses

SCREENING [Z13.9]

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

SCREENING [Z13.9 (ICD-10-CM)]

VITAMIN D, 25-HYDROXY [1554006937] (Abnormal)

Resulted: 08/15/20 1615, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 683649362

Acknowledged by

Bergman, Julie A (D.O.), D.O. on 08/16/20 2021

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1315

Components

Component	Value	Reference Range	Flag	Lab
VITAMIN D, 25-HYDROXY, D3	13	ng/mL	—	956
VITAMIN D, 25-HYDROXY, D2	<4	ng/mL	—	956
25-HYDROXYVITAMIN D	13	30 - 100 ng/mL	L ▼	956

Comment:

There is general consensus (Endocrine Society, Natl Osteoporosis FDN, K_DOQI) that 25-OH Vitamin D measurements > 30 ng/mL are desirable. However, most Americans are deficient by this standard (NHanes III).

Levels <10 ng/mL are consistent with a diagnosis of Rickets/Osteomalacia.

Infants normally produce Vitamin D metabolites that falsely elevate 25-OH Vitamin D measurements. Please order D,25-Hydroxy, Neonatal [82306D] for these patients.

This test was developed and its performance characteristics determined by each applicable laboratory in the Southern California Permanente Medical Group Laboratory System where the test is performed. It has not been cleared or approved by the FDA. Each applicable laboratory is regulated under CLIA as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

VITAMIN D, 25-HYDROXY [1554006937]

Resulted: 08/12/20 2210, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: D010557 08/12/20 1111

Narrative:

RMS ACCN: 683649362

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Reviewed by

Hoang, Thuy Lisa (L.V.N.), L.V.N. on 08/19/20 1317
Bergman, Julie A (D.O.), D.O. on 08/16/20 2037
Bergman, Julie A (D.O.), D.O. on 08/16/20 2026
Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
Bergman, Julie A (D.O.), D.O. on 08/16/20 2022
Bergman, Julie A (D.O.), D.O. on 08/16/20 2021

Indications

SCREENING [Z13.9 (ICD-10-CM)]

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



3/19/2020 1:10 PM INTERNAL MEDICINE AQUA2

Today's Visit

You saw JERUSHA EMILY STAHL MD, M.D. on Thursday March 19, 2020.

What's Next

You currently have no upcoming appointments scheduled.

Medications

New Orders

Future Labs/Procedures	No Sooner Than	No Later Than
ALT [84460 CPT(R)]	6/19/2020	9/19/2020
CBC NO DIFFERENTIAL [85027 CPT(R)]	6/19/2020	9/19/2020
CREATININE [82565 CPT(R)]	6/19/2020	9/19/2020
HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [83036 CPT(R)]	6/19/2020	9/19/2020
LIPID PANEL [250613 Custom]	6/19/2020	9/19/2020
TSH [84443 CPT(R)]	6/19/2020	9/19/2020
VITAMIN D, 25-HYDROXY [82306 CPT(R)]	6/19/2020	9/19/2020

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 3/19/2020

Reviewed by Chung, Wonjae (M.D.), M.D. on 1/1/2020

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	Not Specified	06/01/2005		

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)**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.
- 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](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.

03/19/2020 - Telephone Appointment Visit in INTERNAL MEDICINE AQUA2 (continued)

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 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 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

END OF ENCOUNTER

03/22/2020 - Ancillary Orders in FAMILY PRACTICE

Visit Information

Department

03/22/2020 - Ancillary Orders in FAMILY PRACTICE (continued)**Visit Information (continued)**

Name	Address	Phone
FAMILY PRACTICE	3280 E FOOTHILL BLVD Pasadena CA 91107-3103	833-574-2273

Other Orders**Medications****Amoxicillin 500 mg Oral Cap [1554006916] (Discontinued)**

Electronically signed by: **Interface, Scal_ Pharmacy on 03/22/20 0000** Status: **Discontinued**
 Ordering user: Interface, Scal_ Pharmacy 03/22/20 0000 Authorized by: SCAL PROVIDER
 Ordering mode: Standard
 Frequency: 03/22/20 - 07/17/20 Class: Fill Later
 Discontinued by: Hartmans, Sharon Gabrielle (M.D.), M.D. 07/17/20 0918 [Completion of Therapy]

Provider Details

Provider	NPI
PHARMACY INTERFACE	—
SCAL PROVIDER	1501365971

Ibuprofen (MOTRIN) 800 mg Oral Tab [1554006917] (Discontinued)

Electronically signed by: **Interface, Scal_ Pharmacy on 03/22/20 0000** Status: **Discontinued**
 Ordering user: Interface, Scal_ Pharmacy 03/22/20 0000 Authorized by: SCAL PROVIDER
 Ordering mode: Standard
 Frequency: 03/22/20 - 10/20/20 Class: Fill Later
 Discontinued by: Plehn, Charles Ronald (M.D.), M.D. 10/20/20 1230

Provider Details

Provider	NPI
PHARMACY INTERFACE	—
SCAL PROVIDER	1501365971

END OF ENCOUNTER**04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE****Visit Information****Provider Information**

Encounter Provider	Authorizing Provider
Dave, Rina Joshi (M.D.), M.D.	Dave, Rina Joshi (M.D.), M.D.

Department

Name	Address	Phone
FAMILY PRACTICE ORANGE	1550 W MANCHESTER AVE Los Angeles CA 90047-5424	833-574-2273

Level of Service

Level of Service
PHYS TAV, EST PAT, 5-10 MIN OF MEDICAL DISCUSSION

Reason for Visit**Chief Complaint**

- FOLLOW UP ROUTINE

04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)**Reason for Visit (continued)****Visit Diagnosis**

Name	Code	Chronic?
GERD (GASTROESOPHAGEAL REFLUX DISEASE)	K21.9	Yes

Clinical Notes**Progress Notes****Dave, Rina Joshi (M.D.), M.D. at 4/2/2020 1406**

Author: Dave, Rina Joshi (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 4/2/2020 2:11 PM	Encounter Date: 4/2/2020	Creation Time: 4/2/2020 2:06 PM
Status: Signed	Editor: Dave, Rina Joshi (M.D.), M.D. (Physician)	

TELEPHONE APPOINTMENT VISIT (TAV) -- 2:06 PM

Pepper Smith is a 48 year old female

Reason for TAV: FOLLOW UP ROUTINE

There are no preventive care reminders to display for this patient.

PHONE VISIT DOCUMENTATION:

Patient has hx of severe obesity. Noted abdominal pain to lower belly 3 days ago, increased belching and gas

Today she is experiencing epigastric pain, no hx of GERD

Patient took NSAIDs recently due to tooth ache

Denies f/c/constipation/diarrhea/n/v

Pain is 6/10

ASSESSMENT:**Encounter Diagnoses**

Code	Name	Primary?
• K21.9	GERD (GASTROESOPHAGEAL REFLUX DISEASE)	

PLAN:**Orders Placed This Encounter**

- Omeprazole (PRILOSEC) 20 mg Oral CPDR SR Cap
- Famotidine (PEPCID) 20 mg Oral Tab

sx are likely 2/2 gerd

Advised to f/u with PCP if sx worsen

Discussed the threat of COVID19. Patient instructed to practice social distancing, wash hands thoroughly, avoid crowded places and practice healthy habits to keep their immune system high. If experiencing fever, shortness of breath and cough, patient should make telephone or video visit and avoid coming to to the clinic or UC.

Phone consult arranged in the setting of the COVID-19 pandemic. Limited work up may have been performed in the setting of COVID-19 pandemic to protect patient and practice social distancing. If that was the case, patient was informed and work up ordered for a later date.

Time spent with patient or guardian over the phone was 10 minutes.

Electronically signed by:

RINA JOSHI DAVE MD

4/2/2020

2:11 PM

04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)**Clinical Notes (continued)**

Electronically signed by Dave, Rina Joshi (M.D.), M.D. at 4/2/2020 2:11 PM

Other Orders**Medications****Omeprazole (PRILOSEC) 20 mg Oral CPDR SR Cap [1554006918] (Discontinued)**Electronically signed by: **Dave, Rina Joshi (M.D.), M.D. on 04/02/20 1409** Status: **Discontinued**

Ordering user: Dave, Rina Joshi (M.D.), M.D. 04/02/20 1409 Authorized by: Dave, Rina Joshi (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 04/02/20 - 07/17/20

Class: Fill Later

Discontinued by: Pham, Anna Lee (D.O.), D.O. 07/17/20 1546

Diagnoses

GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9]

Provider Details**Provider****NPI**

Dave, Rina Joshi (M.D.), M.D.

1063830651

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9 (ICD-10-CM)]

Famotidine (PEPCID) 20 mg Oral Tab [1554006919] (Discontinued)Electronically signed by: **Dave, Rina Joshi (M.D.), M.D. on 04/02/20 1409** Status: **Discontinued**

Ordering user: Dave, Rina Joshi (M.D.), M.D. 04/02/20 1409 Authorized by: Dave, Rina Joshi (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 04/02/20 - 10/20/20

Class: Fill Later

Discontinued by: Plehn, Charles Ronald (M.D.), M.D. 10/20/20 1229

Diagnoses

GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9]

Provider Details**Provider****NPI**

Dave, Rina Joshi (M.D.), M.D.

1063830651

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9 (ICD-10-CM)]

04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



📅 4/2/2020 3:20 PM 📍 FAMILY PRACTICE ORANGE

Today's Visit

You saw RINA JOSHI DAVE MD, M.D. on Thursday April 2, 2020. The following issues were addressed:
 • GERD (GASTRO-ESOPHAGEAL REFLUX DISEASE) (HEARTBURN)

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

Omeprazole (PRILOSEC) 20 mg Oral CPDR SR Cap
Famotidine (PEPCID) 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.

Omeprazole (PRILOSEC) 20 mg Oral CPDR SR Cap (Taking)	Dosage	1 CAP PO DAILY 30 MINS BEFORE BREAKFAST FOR 8 WEEKS
Famotidine (PEPCID) 20 mg Oral Tab (Taking)		1 TAB PO BID AS NEEDED FOR EPIGASTRIC PAIN

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 4/2/2020

Reviewed by Chung, Wonjae (M.D.), M.D. on 1/1/2020

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)**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.
- 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](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.

04/02/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)

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 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 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

END OF ENCOUNTER

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE

Visit Information

Provider Information

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)

Visit Information (continued)

Encounter Provider	Authorizing Provider
Getachew, Ruth Teshawork (M.D.), M.D.	Getachew, Ruth Teshawork (M.D.), M.D.

Department

Name	Address	Phone
FAMILY PRACTICE ORANGE	1550 W MANCHESTER AVE Los Angeles CA 90047-5424	833-574-2273

Level of Service

Level of Service
PHYS TAV, EST PAT, 5-10 MIN OF MEDICAL DISCUSSION

Reason for Visit

Chief Complaint

- NECK PAIN

Visit Diagnosis

- NECK MUSCLE STRAIN, INIT [S16.1XXA]

Clinical Notes

Progress Notes

Getachew, Ruth Teshawork (M.D.), M.D. at 4/15/2020 0850

Author: Getachew, Ruth Teshawork (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 4/15/2020 9:04 AM	Encounter Date: 4/15/2020	Creation Time: 4/15/2020 8:50 AM
Status: Signed	Editor: Getachew, Ruth Teshawork (M.D.), M.D. (Physician)	

TELEPHONE APPOINTMENT VISIT (TAV) -- 8:50 AM

Pepper Smith is a 48 year old female

Reason for TAV: NECK PAIN

There are no preventive care reminders to display for this patient.

PHONE VISIT DOCUMENTATION:

4/10/20 pt was running to the window when she show an explosion, she made an immediately turned around when she heard the explosion
 Later on noticed headache, that has since resolved
 But pt also had some neck discomfort that improved with NSAIDs and heating pad that evening but continues to have persistent discomfort in left side of neck/shoulder and bottom of her head
 This morning noticed some tingling in the left side

ASSESSMENT:

Encounter Diagnoses

Code	Name	Primary?
• S16.1XXA	NECK MUSCLE STRAIN, INIT	

Massages and stretches slowly as tolerated, warm patches prn pain, NSAIDs prn severe pain, Flexril BID if sx not improved with NSAIDs, ED and return precautions reviewed

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)**Clinical Notes (continued)**

PLAN:

Orders Placed This Encounter

- Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab

Time spent with patient or guardian over the phone was 10 minutes.

Electronically signed by:

RUTH TESHAWORK GETACHEW MD

4/15/2020

9:03 AM

Electronically signed by Getachew, Ruth Teshawork (M.D.), M.D. at 4/15/2020 9:04 AM

Other Orders**Medications****Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab [1554006920] (Discontinued)**

Electronically signed by: **Getachew, Ruth Teshawork (M.D.), M.D. on 04/15/20 0903**

Status: **Discontinued**

Ordering user: Getachew, Ruth Teshawork (M.D.), M.D. 04/15/20 0903 Authorized by: Getachew, Ruth Teshawork (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 04/15/20 - 05/04/20

Class: Fill Later

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 05/04/20 1522 [Continue Therapy]

Diagnoses

NECK MUSCLE STRAIN, INIT [S16.1XXA]

Provider Details**Provider****NPI**

Getachew, Ruth Teshawork (M.D.), M.D.

1215310750

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

NECK MUSCLE STRAIN, INIT [S16.1XXA (ICD-10-CM)]

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



Today's Visit

You saw RUTH TESHAWORK GETACHEW MD, M.D. on Wednesday April 15, 2020. The following issues were addressed:
• NECK MUSCLE STRAIN

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

Cyclobenzaprine (FLEXERIL) 10 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.

Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab (Taking)	Dosage 1 TAB PO BID PRN MUSCLE SPASMS
Omeprazole (PRILOSEC) 20 mg Oral CPDR SR Cap (Taking)	Take 1 capsule by mouth daily 30 minutes before breakfast for 8 weeks
Famotidine (PEPCID) 20 mg Oral Tab (Taking)	TAKE 1 TABLET BY MOUTH TWO TIMES DAILY AS NEEDED FOR EPIGASTRIC PAIN
Amoxicillin 500 mg Oral Cap (Taking)	Take 1 capsule by mouth every 6 hours until gone
Ibuprofen (MOTRIN) 800 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 to 8 hours as needed for pain

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 4/15/2020

Reviewed by Chung, Wonjae (M.D.), M.D. on 1/1/2020

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)**General Information****SKIP THE TRIP. Have our pharmacy come to you!**

New and refill prescriptions mailed to your home.

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4 ways to receive prescriptions by mail:

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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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[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.

04/15/2020 - Telephone Appointment Visit in FAMILY PRACTICE ORANGE (continued)

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 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 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

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

END OF ENCOUNTER

04/29/2020 - Patient Message in INTERNAL MEDICINE AQUA2

Visit Information

Provider Information

04/29/2020 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
INTERNAL MEDICINE AQUA2	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit**Chief Complaint**

- PATIENT REPORTED INFORMATION

Messages**RE: Left back pain sensation**

From Smitha Mohan (R.N.) Arun, R.N. Last Read in kp.org 5/1/2020 6:06 AM by Pepper Smith	To Pepper Smith	Sent and Delivered 4/29/2020 5:40 PM
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Dear Pepper Smith,

My name is Smitha. I am a registered nurse assisting Dr Stahl today.

Thank you for the e mail. If you are still having the pain, please schedule a phone appointment with any available physician to discuss the symptom(s)- 833-KP4-CARE(833-574-2273). Otherwise, please drink plenty of fluids, empty the bladder as needed (do not hold urine for long time), drink citrus juices like lemon/lime juice without sugar and try to move around. I hope this information helps.

Sincerely,

Smitha Mohan Arun, RN
Kaiser Permanente West Los Angeles

Important note:

The e-mail system is for non-urgent health questions and can take up to 48-72 hours and are only reviewed during regular business hours Mon thru Fri, 8:00AM to 5:00PM. If your message is more urgent, please call 833-KP4-CARE(833-574-2273) for assistance. Do not e-mail your doctor for prescription refills or appointment requests. This will cause delays in responding to your message.

For appointments, please contact our appointment center at 833-574-2273 or log on to kp.org appointment center. For prescription refills, you may also request this via kp.org under the pharmacy tab or call the pharmacy call center directly at (866) 352-8669.

04/29/2020 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Messages (continued)****Left back pain sensation**

From Pepper Smith	To Jerusha Emily (M.D.) Stahl, M.D.	Sent 4/29/2020 2:01 PM
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Hi Dr.

I hope all is well. Yesterday evening when I got home from work I went to the restroom to urinate and while doing so I got a huge sensation of pain on the left side of my back. It was there and then gone.

I looked it up and it said kidney issues. I'm scared to use the bathroom now but I have and nothing since. I was holding it prior to getting home but nothing more than usual. Please advise.

Thank you,
Pepper Smith

END OF ENCOUNTER**05/01/2020 - Video Visit in KP ON THE JOB****Visit Information****Provider Information**

Encounter Provider Pandya, Bhavesh Robert J (M.D.), M.D.	Authorizing Provider Pandya, Bhavesh Robert J (M.D.), M.D.
--	--

Department

Name	Address	Phone	Fax
KP ON THE JOB	333 S HOPE ST STE C130 C145 Los Angeles CA 90071-1406	323-783-6621	877-515-8038

Level of Service

Level of Service OUTPT NEW LEVEL 3
--

Reason for Visit**Chief Complaints**

- NECK PAIN
- SHOULDER PAIN

Visit Diagnoses

- NECK MUSCLE STRAIN, INIT [S16.1XXA]
- HEADACHE [R51]
- LEFT SHOULDER JOINT PAIN [M25.512]

05/01/2020 - Video Visit in KP ON THE JOB (continued)**Reason for Visit (continued)**

- LEFT ARM PAIN [M79.602]

Clinical Notes**Addendum Note****Pandya, Bhavesh Robert J (M.D.), M.D. at 5/4/2020 1302**

Author: Pandya, Bhavesh Robert J (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 5/4/2020 1:02 PM	Encounter Date: 5/1/2020	Creation Time: 5/4/2020 1:02 PM
Status: Signed	Editor: Pandya, Bhavesh Robert J (M.D.), M.D. (Physician)	
Added by: PANDYA, ROBERT on: 5/4/2020 01:02 PM		

Modules accepted: Level of Service

Electronically signed by Pandya, Bhavesh Robert J (M.D.), M.D. at 5/4/2020 1:02 PM

Pandya, Bhavesh Robert J (M.D.), M.D. at 5/4/2020 1303

Author: Pandya, Bhavesh Robert J (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 5/4/2020 1:03 PM	Encounter Date: 5/1/2020	Creation Time: 5/4/2020 1:03 PM
Status: Signed	Editor: Pandya, Bhavesh Robert J (M.D.), M.D. (Physician)	
Added by: PANDYA, ROBERT on: 5/4/2020 01:03 PM		

Modules accepted: Level of Service

Electronically signed by Pandya, Bhavesh Robert J (M.D.), M.D. at 5/4/2020 1:03 PM

Progress Notes**Pandya, Bhavesh Robert J (M.D.), M.D. at 5/1/2020 1537**

Author: Pandya, Bhavesh Robert J (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 5/4/2020 1:02 PM	Encounter Date: 5/1/2020	Creation Time: 5/1/2020 3:37 PM
Status: Addendum	Editor: Pandya, Bhavesh Robert J (M.D.), M.D. (Physician)	

DOCTOR'S FIRST REPORT OF OCCUPATIONAL INJURY OR ILLNESS

--- This document is for State Form (DFR) ---

Origin of Injury:

DOCTOR'S FIRST REPORT OF OCCUPATIONAL INJURY OR ILLNESS
STATE OF CALIFORNIA

INSURER NAME AND ADDRESS:

Payor: STATE COMP INSURANCE FUND / Plan: STATE COMP INS FUND, FRESNO - 65005 / Product Type: *No Product type* /

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

Employer:
STATE OF CALIFORNIA
936 N. FORMOSA AVE
WEST HOLLYWOOD CA 90046

Nature of business: (e.g., food manufacturing, building construction, retailer of women's clothes). See face sheet.

PATIENT NAME: Pepper Smith

Sex: female

Date of Birth: 5/22/1971

Patient Address:
2822 7th Ave
Los Angeles CA 90018

Patient Telephone number: 323-377-1787 (home) 323-603-0873 (work)

Occupation (specific job title): MANAGER I

Social Security Number: (see DFR Cover Sheet)

Injured at: (see DFR Cover Sheet)

Date and Hour of Injury or Onset of Illness:
Activity Rx/Forms: No data available.

Hour of Injury: (see DFR Cover Sheet)

SUBJECTIVE COMPLAINTS:**Treatment History for This Injury:**

Pepper Smith states her symptoms started.

Treatment History and Medications:

DESCRIBE HOW THE ACCIDENT OR EXPOSURE HAPPENED. (Give specific object, machinery or chemical).

Pepper Smith is a 48 year old female who has worked as a(n) MANAGER 1 FOR STATE OF CALIFORNIA FOR THE PAST
DOES MOSTLY ADMIN WORK
. PLEASE NOTE I WAS NOT PROVIDED WITH A FORMAL WRITTEN JOB DESCRIPTION DESCRIBING THE PATIENT'S USUAL AND CUSTOMARY JOB DUTIES FOR MY REVIEW.

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

Mechanism of Injury: The patient states she was injured when SAYS INJURED SEVERAL AREAS: DUE TO MOVING TOWARDS WINDOW AND TURNING DUE TO A "STARTLED BY LOUD SOUND FROM EXPLOSION NEAR THE WORKSITE".

SEEN BY PCP MD DR RUTH GETACHEW

INJURY DESCRIBED AS : PHONE VISIT DOCUMENTATION:

4/10/20 pt was running to the window when she show an explosion, she made an immediately turned around when she heard the explosion

Later on noticed headache, that has since resolved

But pt also had some neck discomfort "

Chief Complaint:

NECK PAIN and SHOULDER PAIN

Nursing notes reviewed by BHAVESH ROBERT J PANDYA MD.

Current Complaints Today:

Patient Complaints:

SUBJECTIVE COMPLAINTS:

TELEHEALTH CONSENT

Prior to rendering the telehealth services:

1. I explained that there is available a face-to-face appointment with a provider to render the same health care services as this telehealth encounter.
2. The patient consented to receive health care services via telehealth for this encounter.

\Chief complaint: Patient presents with:

NECK PAIN

SHOULDER PAIN

Nursing notes reviewed by BHAVESH ROBERT J PANDYA MD

Current complaints:

Pepper Smith is a 48 year old, female who complains of left neck pain and discomfort and left shoulder.

Denies other symptoms

DENIES RADATION INTO upper extremity AND DENIES PARESTHESIAS

REVIEW OF SYSTEMS:

The patient completed the Regional Review of Systems Questionnaire and I reviewed.

General: No fever, chills, or sweats

Eyes: No eye pain, blurry vision, double vision, or visual disturbances

Ears, Nose, Throat, and Mouth: No pain, hearing loss, or ear ringing

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

Cardiovascular: No chest pain or palpitations
Respiratory: No wheezing, cough, or shortness of breath
Gastrointestinal: No nausea, vomiting, or abdominal pain and No rectal bleeding or black stools
Genitourinary: No blood in urine and No painful urination
Skin: No rash, redness, or swelling
Neurologic: No numbness or tingling of extremities and No headache
Psychiatric: No anxiety or depression
Endocrine: No unexplained weight loss, excessive thirst or excessive urination
Hematology: No easy bruising or bleeding
Allergy: No known environmental allergies

Extended Musculoskeletal:

I reviewed with the patient the following extended musculoskeletal systems.

Past Medical, Family, and Surgical History:

Reviewed Electronic Medical Records: Yes

OBJECTIVE FINDINGS:

Vital Signs:
LMP 06/05/2017

I confirm that I have performed the following examination(s):

Constitutional: Alert and conversant and Well developed and well nourished

PHYSICAL EXAMINATION:

NO PHYSICAL EXAMINATION WAS PERFORMED FOR THIS VISIT

X-ray and laboratory ordered today:

DIAGNOSIS:

S16.1XXA NECK MUSCLE STRAIN, INIT
R51 HEADACHE
M25.512 LEFT SHOULDER JOINT PAIN
M79.602 LEFT ARM PAIN

There is no evidence of chemical or toxic compounds being involved.

Diagnosis:

S16.1XXA NECK MUSCLE STRAIN, INIT
R51 HEADACHE
M25.512 LEFT SHOULDER JOINT PAIN
M79.602 LEFT ARM PAIN

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

ARE YOUR FINDINGS AND DIAGNOSIS CONSISTENT WITH PATIENT'S ACCOUNT OF INJURY OR ONSET OF ILLNESS?

Yes

IS THERE ANY OTHER CURRENT CONDITON THAT WILL IMPEDE OR DELAY PATIENT'S RECOVERY?

No

TREATMENT RENDERED:

Pepper Smith has been advised to continue the following previous medication(s):

The medication(s)/supplies/radiological studies ordered this visit:

Orders Placed This Encounter

REFERRAL PHYSICAL THERAPY / OCCUPATIONAL THERAPY

Order Comments:

Reason: Initial Physical Therapy and send exercises to do at home for patient , to be done as tolerated.

Request video/virtual PT

The patient is being referred for physical therapy for cervical, neck strain, left trapezius and left shoulder/ left arm.

Frequency: 1-2 times a week for 3 weeks - total of 6 treatments.

Physical Therapy is appropriate to help improve function, increase strength, range of motion, flexibility, and help minimize discomfort.

This is appropriate per MTUS Chronic Pain Medical Treatment Guidelines, Physical Medicine Treatment.

Referral Priority:Routine

Referral Type:Outpatient Service

Referral Reason:Specialty Services Required

Referral Location:*LOS ANGELES (LAMC)

Acetaminophen (PAIN RELIEVER EXTRA STRENGTH) 500 mg Oral Tab

Sig: TAKE 1 TO 2 TABLETS ORALLY EVERY 6 HOURS AS NEEDED FOR PAIN. DO NOT EXCEED 6 TABLETS IN 24 HOURS

Dispense: 100

Refill: 1

Order Comments: wc

Order Specific Question: Is this medication for a workers' compensation condition?

Answer: Yes

Diclofenac Sodium (VOLTAREN) 1 % Top Gel

Sig: APPLY 2 GRAMS TO AFFECTED AREA(S) 2 TIMES DAILY AS NEEDED FOR PAIN. DO NOT EXCEED 32 GRAMS IN 24 HOURS

Dispense: 100

Refill: 1

Order Specific Question: Is this medication for a workers' compensation condition?

Answer: Yes

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

Treatment and Supplies:

Orders Placed This Encounter

REFERRAL PHYSICAL THERAPY / OCCUPATIONAL THERAPY

Referral Priority: Routine

Referral Type: Outpatient Service

Referral Reason: Specialty Services Required

Referral Location: *LOS ANGELES (LAMC)

Number of Visits Requested: 1

Acetaminophen (PAIN RELIEVER EXTRA STRENGTH) 500 mg Oral Tab

Sig: TAKE 1 TO 2 TABLETS ORALLY EVERY 6 HOURS AS NEEDED FOR PAIN. DO NOT EXCEED
6 TABLETS IN 24 HOURS

Dispense: 100

Refill: 1

Order Comments: wc

Order Specific Question: Is this medication for a workers' compensation condition?

Answer: Yes

Diclofenac Sodium (VOLTAREN) 1 % Top Gel

Sig: APPLY 2 GRAMS TO AFFECTED AREA(S) 2 TIMES DAILY AS NEEDED FOR PAIN. DO NOT
EXCEED 32 GRAMS IN 24 HOURS

Dispense: 100

Refill: 1

Order Specific Question: Is this medication for a workers' compensation condition?

Answer: Yes

REFER TO Physical Therapy

FULL DUTY

ANTICIPATE MMI IN NEXT 3-4 MONTHS

FACTORS OF CARE:

Factors of Care:

For disability status/ updates/ or making appointments: (844) 789-0172.

Faxing @ (877) 515-8038

For questions regarding authorizations such as PT/ OT / MRI / NCV studies (except surgery), @

For questions regarding surgery authorizations please call the Case Coordinator, Hector Lohaiza (323) 783-5124.

To speak to the Dept. Administrator, please call @ (323) 783-4385.

To speak to me, please call @ (323) 783 6621

Activity RX/Forms: No Work data filed for this patient encounter.

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Clinical Notes (continued)

IF FURTHER TREATMENT REQUIRED, SPECIFY TREATMENT PLAN/ESTIMATED DURATION: More than likely the patient's condition is expected to improve or reach maximum medical improvement or full recovery in week(s).

IF HOSPITALIZED AS INPATIENT, GIVE HOSPITAL NAME, LOCATION, AND DATE ADMITTED:

no

WORK STATUS:

See Below

---End of FORM---

S FROM THE S

Work Status:

Activity RX/Forms

No Work data filed for this patient encounter.

BHAVESH ROBERT J PANDYA MD

5/1/2020, 3:37 PM

Contact Information:

Electronically signed by Pandya, Bhavesh Robert J (M.D.), M.D. at 5/4/2020 1:02 PM

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Other Orders

EDUCATIONAL ONLINE

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [1554006921] (Final result)

Electronically signed by: **Pandya, Bhavesh Robert J (M.D.), M.D. on 05/01/20 1616** Status: **Completed**
 Ordering user: Pandya, Bhavesh Robert J (M.D.), M.D. 05/01/20 1616 Authorized by: Pandya, Bhavesh Robert J (M.D.), M.D.
 Ordering mode: Standard Class: Normal
 Frequency: Routine 05/01/20 - Quantity: 1 Lab status: Final result
 Released by: Interface, Scal_Results_A 05/01/20 1616
 Diagnoses
 NECK MUSCLE STRAIN, INIT [S16.1XXA]
 HEADACHE [R51]
 LEFT SHOULDER JOINT PAIN [M25.512]
 LEFT ARM PAIN [M79.602]

Provider Details

Provider	NPI
Pandya, Bhavesh Robert J (M.D.), M.D.	1679625032

Questionnaire

Question	Answer
Which Occupational Medicine Program? View by Date (Maximum 1 year):	Patient Satisfaction: Medical Office Visit (English and Spanish) 7/30/2020

Specimen Information

ID	Type	Source	Collected By
ES20200501191 723-436	—	—	05/01/20 1617

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [1554006921]

Resulted: 08/01/20 1449, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: 05/01/20 1617 Resulting lab: SCAL CVIS INTERFACE

Components

Component	Value	Reference Range	Flag	Lab
ONLINE EDUCATION PROGRAM	PATIENT SATISFACTI ON: MEDICAL OFFICE VISIT	—	—	1640
ONLINE EDUCATION URL	https://www. my- emmi.com/st artemmi	—	—	1640
ONLINE EDUCATION ACCESS CODE	1137679479 5	—	—	1640
ONLINE EDUCATION ISSUE DATE	May 01, 2020	—	—	1640
ONLINE EDUCATION START DATE	May 01, 2020	—	—	1640
ONLINE EDUCATION COMPLETION DATE	This program was partially completed but flagged as expired on: Aug 01, 2020	—	—	1640

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Other Orders (continued)

ONLINE EDUCATION EXPIRATION DATE	Jul 30, 2020	—	—	1640
ONLINE EDUCATION PROGRAM STATUS	Expired	—	—	1640

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1246 - Unknown	SCAL CVIS INTERFACE	Unknown	Unknown	09/03/09 0810 - Present
1640 - Unknown	EDUCATIONAL ONLINE	Unknown	Unknown	10/15/14 1134 - Present

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS
[1554006921]Resulted: 07/23/20 2137, Result status: Preliminary
resultOrder status: Completed
Collected by: 05/01/20 1617Filed on: 09/29/22 1038
Resulting lab: SCAL CVIS INTERFACE

Components

Component	Value	Reference Range	Flag	Lab
ONLINE EDUCATION PROGRAM	PATIENT SATISFACTI ON: MEDICAL OFFICE VISIT	—	—	1640
ONLINE EDUCATION URL	https://www.my-emmi.com/EmmiServer/FFlashDetectAutoStart.jsp?message_id=000000&amp;access_code=11376794795&amp;p;dobd=22&amp;dobm=05&amp;doby=1971	—	—	1640
ONLINE EDUCATION ACCESS CODE	11376794795	—	—	1640
ONLINE EDUCATION ISSUE DATE	May 01, 2020	—	—	1640
ONLINE EDUCATION START DATE	—	—	—	1640
ONLINE EDUCATION COMPLETION DATE	—	—	—	1640
ONLINE EDUCATION EXPIRATION DATE	Jul 30, 2020	—	—	1640
ONLINE EDUCATION PROGRAM STATUS	6 Day Reminder Notice	—	—	1640

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1246 - Unknown	SCAL CVIS INTERFACE	Unknown	Unknown	09/03/09 0810 - Present
1640 - Unknown	EDUCATIONAL ONLINE	Unknown	Unknown	10/15/14 1134 - Present

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Other Orders (continued)

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS
[1554006921]

Resulted: 05/01/20 1614, Result status: In process

Order status: Completed
Collected by: 05/01/20 1617Filed on: 09/29/22 1038
Resulting lab: SCAL CVIS INTERFACE

Components

Component	Value	Reference Range	Flag	Lab
ONLINE EDUCATION PROGRAM	PATIENT SATISFACTI ON: MEDICAL OFFICE VISIT	—	—	1640
ONLINE EDUCATION URL	https://www. my- emmi.com/E mmiServer/F lashDetectA utoStart.jsp? message_id =000000&a mp;access_ code=11376 794795&am p;dobd=22& amp;dobm= 05&dob y=1971	—	—	1640
ONLINE EDUCATION ACCESS CODE	1137679479 5	—	—	1640
ONLINE EDUCATION ISSUE DATE	May 01, 2020	—	—	1640
ONLINE EDUCATION START DATE	—	—	—	1640
ONLINE EDUCATION COMPLETION DATE	—	—	—	1640
ONLINE EDUCATION EXPIRATION DATE	Jul 30, 2020	—	—	1640
ONLINE EDUCATION PROGRAM STATUS	Scheduled	—	—	1640

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1246 - Unknown	SCAL CVIS INTERFACE	Unknown	Unknown	09/03/09 0810 - Present
1640 - Unknown	EDUCATIONAL ONLINE	Unknown	Unknown	10/15/14 1134 - Present

Indications

NECK MUSCLE STRAIN, INIT [S16.1XXA (ICD-10-CM)]
HEADACHE [R51 (ICD-10-CM)]
LEFT SHOULDER JOINT PAIN [M25.512 (ICD-10-CM)]
LEFT ARM PAIN [M79.602 (ICD-10-CM)]

Medications

Acetaminophen (PAIN RELIEVER EXTRA STRENGTH) 500 mg Oral Tab [1554006922] (Discontinued)

Electronically signed by: Pandya, Bhavesh Robert J (M.D.), M.D. on 05/01/20 1616 Status: Discontinued
Ordering user: Pandya, Bhavesh Robert J (M.D.), M.D. 05/01/20 Authorized by: Pandya, Bhavesh Robert J (M.D.), M.D.

05/01/2020 - Video Visit in KP ON THE JOB (continued)**Other Orders (continued)**

1616

Ordering mode: Standard

Frequency: Routine 05/01/20 - 09/16/20

Class: Fill Now

Discontinued by: Pandya, Bhavesh Robert J (M.D.), M.D. 09/16/20 1516 [Continue Therapy]

Diagnoses

NECK MUSCLE STRAIN, INIT [S16.1XXA]

HEADACHE [R51]

LEFT SHOULDER JOINT PAIN [M25.512]

LEFT ARM PAIN [M79.602]

Provider Details

Provider	NPI
Pandya, Bhavesh Robert J (M.D.), M.D.	1679625032

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	Yes

Medication comments: wc

Indications

NECK MUSCLE STRAIN, INIT [S16.1XXA (ICD-10-CM)]
 HEADACHE [R51 (ICD-10-CM)]
 LEFT SHOULDER JOINT PAIN [M25.512 (ICD-10-CM)]
 LEFT ARM PAIN [M79.602 (ICD-10-CM)]

Diclofenac Sodium (VOLTAREN) 1 % Top Gel [1554006923] (Discontinued)Electronically signed by: **Pandya, Bhavesh Robert J (M.D.), M.D. on 05/01/20 1616**Status: **Discontinued**

Ordering user: Pandya, Bhavesh Robert J (M.D.), M.D. 05/01/20 Authorized by: Pandya, Bhavesh Robert J (M.D.), M.D.

1616

Ordering mode: Standard

Frequency: Routine 05/01/20 - 03/25/21

Class: Normal

Discontinued by: Pandya, Bhavesh Robert J (M.D.), M.D. 03/25/21 1524 [Continue Therapy]

Diagnoses

NECK MUSCLE STRAIN, INIT [S16.1XXA]

LEFT SHOULDER JOINT PAIN [M25.512]

HEADACHE [R51]

LEFT ARM PAIN [M79.602]

Provider Details

Provider	NPI
Pandya, Bhavesh Robert J (M.D.), M.D.	1679625032

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	Yes

Indications

NECK MUSCLE STRAIN, INIT [S16.1XXA (ICD-10-CM)]
 LEFT SHOULDER JOINT PAIN [M25.512 (ICD-10-CM)]
 HEADACHE [R51 (ICD-10-CM)]
 LEFT ARM PAIN [M79.602 (ICD-10-CM)]

Referral**REFERRAL PHYSICAL THERAPY / OCCUPATIONAL THERAPY [1554006924] (Active)**Electronically signed by: **Pandya, Bhavesh Robert J (M.D.), M.D. on 05/01/20 1616**Status: **Active**

Ordering user: Pandya, Bhavesh Robert J (M.D.), M.D. 05/01/20 Authorized by: Pandya, Bhavesh Robert J (M.D.), M.D.

1616

Ordering mode: Standard

Frequency: Routine 05/01/20 -

Class: Internal referral

05/01/2020 - Video Visit in KP ON THE JOB (continued)**Other Orders (continued)**

Quantity: 1
 Diagnoses
 NECK MUSCLE STRAIN, INIT [S16.1XXA]
 HEADACHE [R51]
 LEFT SHOULDER JOINT PAIN [M25.512]
 LEFT ARM PAIN [M79.602]

Provider Details

Provider	NPI
Pandya, Bhavesh Robert J (M.D.), M.D.	1679625032

Questionnaire

Question	Answer
Reason:	*Consult/Referral

Order comments: Reason: Initial Physical Therapy and send exercises to do at home for patient , to be done as tolerated. Request video/virtual PT The patient is being referred for physical therapy for cervical, neck strain, left trapezius and left shoulder/ left arm. Frequency: 1-2 times a week for 3 weeks - total of 6 treatments. Physical Therapy is appropriate to help improve function, increase strength, range of motion, flexibility, and help minimize discomfort. This is appropriate per MTUS Chronic Pain Medical Treatment Guidelines, Physical Medicine Treatment.

Referral Details

Referred By	Diagnoses	Referred To	Type	Priority
Pandya, Bhavesh Robert J (M.D.), M.D. 333 S HOPE ST STE C130 C145 LOS ANGELES CA 90071-1406 Phone: 833-574-2273 Fax: 833-574-2273	NECK MUSCLE STRAIN, INIT HEADACHE LEFT SHOULDER JOINT PAIN LEFT ARM PAIN Order: Referral Physical Therapy / Occupational Therapy Reason: Specialty Services Required	*LOS ANGELES (LAMC) FOR REFERRALS ONLY LOS ANGELES CA 90027-5969 Specialty: Physical Therapy	Occupational Health	Routine

Comment: Reason: Initial Physical Therapy and send exercises to do at home for patient , to be done as tolerated. Request video/virtual PT The patient is being referred for physical therapy for cervical, neck strain, left trapezius and left shoulder/ left arm. Frequency: 1-2 times a week for 3 weeks - total of 6 treatments. Physical Therapy is appropriate to help improve function, increase strength, range of motion, flexibility, and help minimize discomfort. This is appropriate per MTUS Chronic Pain Medical Treatment Guidelines, Physical Medicine Treatment.

Question	Answer
Reason::	*Consult/Referral

Indications

NECK MUSCLE STRAIN, INIT [S16.1XXA (ICD-10-CM)]
 HEADACHE [R51 (ICD-10-CM)]
 LEFT SHOULDER JOINT PAIN [M25.512 (ICD-10-CM)]
 LEFT ARM PAIN [M79.602 (ICD-10-CM)]

Messages**Please View Your Educational Online Program**

From	To	Sent and Delivered
Bhavesh Robert J (M.D.) Pandya, M.D. Last Read in kp.org 1/25/2022 9:04 AM by Pepper Smith	Pepper Smith	7/23/2020 9:41 PM

Dear Pepper Smith

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Messages (continued)

Your healthcare team recently sent an online education program for you to view by Jul 30, 2020.

Please be sure to complete viewing the program as soon as possible.

Click on the link below, or copy and paste the link into your internet browser.

URL: https://www.my-emmi.com/EmmiServer/FlashDetectAutoStart.jsp?message_id=000000&access_code=11376794795&dobd=22&dobm=05&doby=1971

Access code: 11376794795

Expiration date: Jul 30, 2020

This program gives you accurate, easy-to-understand information about your condition or upcoming procedure. You can watch it as many times as you want and it's easy to share with family and friends.

Online education programs may be available in languages other than English. You can select alternate languages (if available) prior to viewing your program.

Need help accessing your online education program?

Contact us at support@my-emmi.com or 866-294-3664.

For questions and further information concerning the program content, please contact your provider's office.

Your Educational Online Program is Available for Viewing

From
Bhavesh Robert J (M.D.) Pandya, M.D.
Last Read in kp.org
8/20/2020 11:57 AM by Pepper Smith

To
Pepper Smith

Sent and Delivered
5/1/2020 4:17 PM

Dear Pepper Smith

Your healthcare team has prescribed an online education program for you.

PROGRAM:

Click on this link to begin your education program:

URL: https://www.my-emmi.com/EmmiServer/FlashDetectAutoStart.jsp?message_id=000000&access_code=11376794795&dobd=22&dobm=05&doby=1971

Access code: 11376794795

Expiration date: Jul 30, 2020

PLEASE VIEW BY: Jul 30, 2020

This program gives you accurate, easy-to-understand information about your condition or upcoming procedure. You can watch it as many times as you want and it's easy to share with

05/01/2020 - Video Visit in KP ON THE JOB (continued)

Messages (continued)

family and friends.

Online education programs may be available in languages other than English. You can select alternate languages (if available) prior to viewing your program.

Need help accessing your online education program? Contact us at support@my-emmi.com or 866-294-3664.

For questions and further information concerning the program content, please contact your provider's office.

05/01/2020 - Video Visit in KP ON THE JOB (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



5/1/2020 3:20 PM KP ON THE JOB

Today's Visit

You saw BHAVESH ROBERT J PANDYA MD, M.D. on Friday May 1, 2020. The following issues were addressed:

- NECK MUSCLE STRAIN
- HEADACHE
- LEFT SHOULDER JOINT PAIN
- LEFT ARM PAIN

What's Next

MAY 26 2020 VIDEO PHONE VISIT with BHAVESH ROBERT J PANDYA MD, M.D.
Tuesday May 26 9:10 AM

KP ON THE JOB
333 S HOPE ST STE C130 C145
LOS ANGELES CA 90071-1406
833-574-2273

Medications

NEW Medications

Acetaminophen (PAIN RELIEVER EXTRA STRENGTH) 500 mg Oral Tab
Diclofenac Sodium (VOLTAREN) 1 % Top Gel

Visit Medication List

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

	Dosage
Acetaminophen (PAIN RELIEVER EXTRA STRENGTH) 500 mg Oral Tab (Taking)	TAKE 1 TO 2 TABLETS ORALLY EVERY 6 HOURS AS NEEDED FOR PAIN. DO NOT EXCEED 6 TABLETS IN 24 HOURS
Diclofenac Sodium (VOLTAREN) 1 % Top Gel (Taking)	APPLY 2 GRAMS TO AFFECTED AREA(S) 2 TIMES DAILY AS NEEDED FOR PAIN. DO NOT EXCEED 32 GRAMS IN 24 HOURS

New Orders

Normal Orders This Visit

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [252577 Custom]
REFERRAL PHYSICAL THERAPY / OCCUPATIONAL THERAPY [229965 Custom]

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

05/01/2020 - Video Visit in KP ON THE JOB (continued)

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 5/1/2020

Reviewed by Pandya, Bhavesh Robert J (M.D.), M.D. on 5/1/2020

Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	06/01/2005		

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 online.
- 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.
- 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

Hours

Open 7 days a week