

NAME	Odette Lagana			DATE OF BIRTH	
Appt Type	Initial	Appt date	29.12.23	Appt Time	

ALLERGIES Reaction type / symptoms	Tramadol - reaction (increased anxiety)				
Pregnant		Trying to conceive		Breastfeeding	
Alcohol ok?		Animal product ok?			

PRESENTING CONDITION			
Presenting Condition	Long term PPI use / reflux		
Location		Onset	Somac - 20 years
Better/Worse	< peppermint lollies, coffee > somac	Quality	
Radiations		Severity	No reflux while taking 2 tablets
Timing		History	Taking anti inflammatory, then reflux onset and then reflux onset and Somac was commenced. Tried to take 1 tablet only a couple of years ago, tried once and had some reflux so went back to taking 2 tablets.
Understanding	GP gave because it was taking		
Patient Priority / Goal			

REVIEW OF SYSTEMS

System	Notes
GIT	No appetite when waking. Bloating after lunch, not after dinner. Stools every day - sometimes twice per day. BSC 1-6. Sometimes rushing to the bathroom, more with diarrhoea, occurs with different foods (vegetables). Constipation (panadeine forte) more often than diarrhoea. Panadeine forte making it worse. Doesn't think she had an ulcer, hospital Dx gastritis, no infection, no antibiotics.
MSK	Arthritis in joints - back, knee (L),
NS	Feeling tired, doesn't feel herself, stress this morning
Eyes	Glaucoma - has it checked every 6 months due to diabetes
Cardio	Taking 2 blood pressure tablets. BP today 144/97. Cholesterol is normal. No cholesterol tablets taken.
Endocrine	Diabetes
Renal	Tablet prescribed to help with incontinence. Caused extreme dizziness and was hospitalised. Wears pads all the time just in case there is urgency.

MEDICATIONS / SUPPLEMENTS

Medication / Supplement	Dose	Condition prescribed for	When commenced	Notes
Panadeine forte	2 bd	Pain in hips	20 years +	Taking now because when weather is funny my bad is sore. Arthritis in the hip and back and left knee on X-ray. Very bad pain if doesn't take it.
Somac	1 bd	For reflux		
Cartia (?)		Blood thinner		
Iercanidipine 10mg		Hypertension		Calcium channel blocker
ramipril Prilace 10mg				ACE inhibitor
Crosuvqa 5mg Rosuvastatin calcium				Statin for cholesterol or reducing heart attack risk
Mirtanza 30mg mirtazapine	1 at night			Prescribed for worry at night. mirtazapine - tricyclic antidepressant
Janumet 50/500 sitagliptin phosphate monohydrate and metformin hydrochloride	1 bd	Diabetes		
betahistine dihydrochloride Betaserf	16mg	Dizziness inner ear		
Panamax	Sometimes 2	Pain		Taking in between panadeine forte if she feels pain at lunch time.
Xalatan eyedrops (latanoprost)	Eyedrops for glaucoma	Glaucoma		

	Y/N	Type	When commenced	Notes
Smoker?				
Vaping?				
Recreational Drugs?				
Vaccinations - childhood				
Vaccinations - Covid				

PERSONAL MEDICAL HISTORY	
Infant	
Childhood	
Teenager	
Adult	
NOTES	

FAMILY MEDICAL HISTORY			
Mother			
Maternal Grandmother		Maternal Grandfather	
Mother's Family			
Father			
Paternal Grandmother		Paternal Grandfather	
Father's Family			

Siblings	
Own Children	

LIFESTYLE REVIEW		
Occupation		
Hobbies / Interests		
Energy		Rating
Sleep		
Social Support		

DIETARY ANALYSIS

MEAL	TIME	NOTES							
Breakfast	Toast or cereal or raisin bread with coffee								
Snack									
Lunch	12 - 2 x toast or toasted sandwich ham and cheese and an egg (too heavy) and yoghurt and banana								
p.m.snack									
Dinner	<p>6pm - soup (pea or lentil soup, vegetable soup), shepherd’s pie, cauliflower with white sauce and mashed potatoes, roast with mashed potatoes, chicken, crumbed chicken and salad, sometimes salad and toast, plus half an apple and half a pear</p> <p>Salad - cucumber, tomato, onion, grated carrot, avocado for dinner with 2 x toast</p> <p>Doesn’t like vegetables, rice salad twice last week (peas, carrot, boiled egg, rice), coleslaw with shop made coleslaw dressing</p> <p>minimal red meat (1 x fortnight) - lack of zinc and B12??</p> <p>chicken 2/7, eggs 1/7)</p>								
After dinner									
Water	600ml per day	Juice / soft drink	1/2 can coke zero	Caffeinated	1-3 per day, decaf with milk	Herbal tea	0	Alcohol	o

ANTHROPOMETRICS & PHYSICAL EXAMINATION

Test	Result	Notes
Zinc tatty test	Dry taste after 8 seconds	Zinc needs to be supported
BP	144/97	

Not digesting vegetable fibres

Lack of zinc

Coke Zero and yoplait zero - artificial sweeteners (blood glucose dysregulation).

B12 deficiency - NS symptoms and PPI use for 20 years. B12 injection may be necessary as she won't be able to absorb oral B12

Had 'puffer' in ambulance to deal with pain.

Avoid drinking water because of incontinence

Consider demulcent to soothe

No more mints

No ZERO coke or yoghurt

Trying to reduce the somac at night

Checklist for water intake and vegetable intake