

Disease State Management Case Example

Today you have a new referral to the Diabetes Wellness Clinic. GP is a 67 y/o male presenting to your clinic today after being admitted to the hospital for dizziness and severe hyperglycemia. He was started on insulin therapy for his type 2 diabetes mellitus. His discharge instructions were to follow-up with his outpatient healthcare providers for the management of his diabetes. After introductions in the clinic, GP states "The hospital doctors told me to stop taking my glipizide and metformin. They want me to start taking insulin. They didn't really explain my new medications very well to me."

Past Medical History:

Type 2 diabetes
Transient ischemic attack
Diabetic neuropathy
Chronic kidney disease
Hyperlipidemia
Hypertension
Obesity
Osteoarthritis

Family History:

Mother – Hypertension, hyperlipidemia, osteoporosis, Type 2 diabetes
Father – Hypertension, hyperlipidemia, myocardial infarction

Social History:

Drinks 4-5 beers about 4 times per week
Smokes 2 packs per day for 45 years

Discharge Hospital Medication List:

Lisinopril 40 mg PO daily
Metoprolol succinate 25 mg PO daily
Hydrochlorothiazide 25 mg PO daily
Gabapentin 300 mg PO TID
Aspirin 81 mg PO daily
Simvastatin 40 mg daily
Lantus 10 units Sub-Q bedtime
Novolog 2 units Sub-Q TID with meals

Physical Exam:

Vital Signs:

Today's visit:

BP: 178/95 Pulse: 101 RR: 18 Height: 5'9" Weight: 255 lbs

General: NAD, obese male appearing stated age

HEENT: normocephalic, EERRLA, EOMI, no thyromegaly, neck supple, no JVD

Chest: lung fields clear bilaterally

Abdomen: soft, round, nontender

Extremities: good ROM, strong pedal pulses

Skin: dry; no rashes

Neuro: AAO x 3; CN II-XII intact

Labs: (4/20/17)

Na+	K+	Cl-	CO2	SCr	BUN	Glucose	eGFR (mL/min/1.73m ²)	AST	ALT	Hemoglobin A1c
138	4.7	101	22	2.2	12	377	30	30	31	8.9

WBC	Hemoglobin	Hematocrit	RBC	Platelet	MCV	PT	INR
6.5	14.5	43.5	3.99	212	100	10.6	1.0

Total cholesterol	HDL	LDL	Triglycerides
165	42	120	132

Patient's home glucose monitor readings from past week:

	Morning	Noon	Evening	Bedtime
Monday	257	-	333	-
Tuesday	300	288	-	-
Wednesday	-	234	-	320
Thursday	-	-	-	-
Friday	325	250	-	-
Saturday	-	-	-	-
Sunday	-	-	279	313