

Annual Comprehensive Diabetes Foot Exam Form

Name: Anna Dalila Arza Date: 5/22/23 ID#: _____
9066 mile SRd, Palmhurst, TX 78573

- I. Presence of Diabetes Complications**
 1. Check all that apply.
- Peripheral Neuropathy
 - Nephropathy
 - Retinopathy
 - Peripheral Vascular Disease
 - Cardiovascular Disease
 - Amputation (Specify date, side, and level)

- 2. Any change in the foot since the last evaluation? Y ___ N ___
- 3. Any shoe problems? Y ___ N ___
- 4. Any blood or discharge on socks or hose? Y ___ N ___
- 5. Smoking history? Y ___ N ___
- 6. Most recent hemoglobin A1c result
6.7% 3/22 date

Measure, draw in, and label the patient's skin condition, using the key and the foot diagram below.
 C=Callus U=Ulcer PU=Pre-Ulcer
 F=Flssure M=Maceration R=Redness
 S=Swelling W=Warmth D=Dryness

Current ulcer or history of a foot ulcer?
 Y ___ N ___

- III. Foot Exam**
1. Skin, Hair, and Nail Condition
 Is the skin thin/fragile, shiny and hairless? Y ___ N ___
- Are the nails thick, too long, ingrown, or infected with fungal disease? Y ___ N ___

- 2. Note Musculoskeletal Deformities**
- Toe deformities
 - Bunlons (Hallus Valgus)
 - Charcot foot
 - Foot drop
 - Prominent Metatarsal Heads

For Sections II & III, fill in the blanks with "Y" or "N" or with an "R," "L," or "B" for positive findings on the right, left, or both feet.

- II. Current History**
1. Is there pain in the calf muscles when walking that is relieved by rest?
 Y ___ N ___

3. Pedal Pulses Fill in the blanks with a "P" or an "A" to indicate present or absent.

Posterior tibial Left P Right P
 Dorsalis pedis Left P Right P

4. Sensory Foot Exam Label sensory level with a "+" in the five circled areas of the foot if the patient can feel the 5.07 (10-gram) Semmes-Weinstein nylon monofilament and "-" if the patient cannot feel the filament.

Notes



Right Foot

Callus
Pain



Left Foot

Notes

bil feet dry
callus foot

- IV. Risk Categorization Check appropriate box.**
- | | |
|--|--|
| <input type="checkbox"/> Low Risk Patient | <input checked="" type="checkbox"/> High Risk Patient |
| All of the following: | One or more of the following: |
| <input type="checkbox"/> Intact protective sensation | <input checked="" type="checkbox"/> Loss of protective sensation |
| <input type="checkbox"/> Pedal pulses present | <input type="checkbox"/> Absent pedal pulses |
| <input type="checkbox"/> No deformity | <input type="checkbox"/> Foot deformity |
| <input type="checkbox"/> No prior foot ulcer | <input type="checkbox"/> History of foot ulcer |
| <input type="checkbox"/> No amputation | <input type="checkbox"/> Prior amputation |

- V. Footwear Assessment Indicate yes or no.**
- 1. Does the patient wear appropriate shoes? Y ___ N ___
 - 2. Does the patient need inserts? Y ___ N ___
 - 3. Should corrective footwear be prescribed? Y ___ N ___

- VI. Education Indicate yes or no.**
- 1. Has the patient had prior foot care education? Y ___ N ___
 - 2. Can the patient demonstrate appropriate foot care? Y ___ N ___
 - 3. Does the patient need smoking cessation counseling?
 Y ___ N ___
 - 4. Does the patient need education about HbA1c or other diabetes self-care? Y ___ N ___

Provider Signature: [Signature]

- VII. Management Plan Check all that apply.**
1. Self-management education:
 Provide patient education for preventive foot care. Date: 5/22/23
 Provide or refer for smoking cessation counseling. Date: 5/22/23
 Provide patient education about HbA1c or other aspect of self-care. Date: 5/22/23
2. Diagnostic studies:
 Vascular Laboratory
 Hemoglobin A1c (at least twice per year)
 Other: _____
3. Footwear recommendations:
 None Custom shoes
 Athletic shoes Depth shoes
 Accommodative Inserts
4. Refer to:
 Primary Care Provider Endocrinologist
 Diabetes Educator Vascular Surgeon
 Podiatrist Foot Surgeon
 RN Foot Specialist Rehab. Specialist
 Pedorthist Other: _____
 Orthotist
5. Follow-up Care:
 Schedule follow-up visit. Date: 5/22/23

Saenz Medical Center
1000 East Highway 83
Suite 4
La Joya, TX 78560-1000
(956)585-1688

Thursday, June 1, 2023

Demographics for Garza, Anna Adalia
Medical Record Number:

Name: Garza, Anna Adalia
External ID: 35671
Also Known As: Garza, Anna Adalia
Social Security Number: 451-94-8369
Medical Record Number:
Practice Provider: Saenz, Javier
Referring Provider: Saenz, Javier
Date of Birth: 12/8/1952
Age: 70 Years
Gender: Female
Gender Identity:
Sexual Orientation:
Preferred Contact Method:
Primary Address:
906 E Mile 3 Rd
Palmhurst TX 78573
Usa



Secondary Address:

Phone Numbers:
1. (956)970-0467 MAIN
3.

2. (956)970-0467 cell
4.

Email Addresses:
1.

2.

Marital Status: Married
Preferred Language: English
Translator Required: No
Driver's License Number: TX 06474955
Release Signed Date:
Original Chart Scanned:
Patient Status:

Race: White
Ethnicity: Hispanic or Latino
Dominant Hand: Right

Notes:

Saenz Medical Center
 1000 East Highway 83
 Suite 4
 La Joya, TX 78560-1000
 (956)585-1688

Thursday, June 1, 2023

Accounts for Garza, Anna Adalia
 Medical Record Number:

Account: UHC

[Add New Account](#)

Account External ID: 22584
 Total Account Balance: \$2,533.80

Account Type: United Healthcare
 Patient Balance: \$20.01

Coverage Type:

Responsible Party External ID: 4458

Responsible Party Balance: \$144.95

Payer Credit Balance:
\$0.00
 Last
 Statement: 5/20/2023
 Statement: System -
 Send

Responsible Party: Garza, Anna

Collection Status:

Sufficient Payment Due: \$0.00

Due Date:

Drug Formulary: Caremark - CAREMARK PRESCRIB GDE PDL-00

Current Insurance (1/1/2021-Future): [Eligibility Date](#)

Ins	Ins Subscriber	Payer/Plan	Status	Ded	Rmng	Eff Date	Copay Primary	Copay Spc	Copay Other
Primary	Garza, Anna Adalia	UNITED HEALTH CARE/UNITED HEALTH CARE							
	DOB: 12/8/1952	Group ID:							
	Patient Relation: Self	Member ID: 959565388							
	Authorize Assignment: Yes	(877)842-3210							

Account: HUMANA MC REPLACEMENT

Account External ID: 17827
 Total Account Balance: \$1,389.54

Account Type: Commercial Insurance
 Patient Balance: \$173.73

Coverage Type:

Responsible Party External ID: 4458

Responsible Party Balance: \$144.95

Payer Credit Balance:
\$0.00
 Last
 Statement: 5/20/2023
 Statement: System -
 Send

Responsible Party: Garza, Anna

Collection Status:

Sufficient Payment Due: \$0.00

Due Date:

Current Insurance (1/1/2018-Future): [Eligibility Date 01/16/2021](#)

Ins	Ins Subscriber	Payer/Plan	Status	Ded	Rmng	Eff Date	Copay Primary	Copay Spc	Copay Other
Primary	Garza, Anna Adalia	HUMANA/Humana	Inactive	\$500.00	\$0.00	1/1/2018			
	DOB: 12/8/1952	Group ID: X3330001							
	Patient Relation: Self	Member ID: H66457177							
	Authorize Assignment: Yes	Po Box 14603 LEXINGTON, KY 40512 (800)852-8295							

Account: Main

Account External ID: 4501
 Total Account Balance: (\$25.00)

Account Type: Friday
 Patient Balance: (\$25.00)

Coverage Type: Medical

Responsible Party External ID: 4458

Responsible Party Balance: \$144.95

Payer Credit Balance:
\$0.00
 Last
 Statement: 5/20/2023
 Statement: System -
 Send

Responsible Party: Garza, Anna

Collection Status:

Sufficient Payment Due: \$0.00

Due Date:

Current Insurance (Past-Future): [Eligibility Date 06/26/2017](#)

Ins	Ins Subscriber	Payer/Plan	Status	Ded	Rmng	Eff Date	Copay Primary	Copay Spc	Copay Other
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<p>Primary</p> <p>Garza, Anna Adalia DOB: 12/8/1952 Patient Relation: Self Authorize Assignment: Yes</p>	<p>Aetna/Aetna Group ID: 089597903700100 Member ID: W112106459 Po Box 981106 El Paso, TX 79996 (888)632-3862</p>	<p>Inactive</p>	<p>\$400.00 \$0.00</p>
<p>Secondary</p> <p>Garza, Anna Adalia DOB: 12/8/1952 Patient Relation: Self Authorize Assignment: Yes</p>	<p>Medicare/Medicare Group ID: Member ID: 451948369TA Po Box 890108 Camp Hill, PA 17089 (655)252-8782</p>	<p>Active Coverage</p>	<p>\$183.00 \$1,340.00</p>

Garza, Anna Adalia/35671/F DOB 12-08-1952 (70 Years) Date of service 05-22-2023

1 of 9

Patient: Garza, Anna Adalia
Address: 906 E Mile 3 Rd Palmhurst, TX 78573
Date of Birth: December 08, 1952

Visit Date: 05/22/2023

Patient: Garza, Anna Adalia
906 E Mile 3 Rd
Palmhurst, TX 78573 Usa
DOB: 12/08/1952 Sex: Female
Phones: MAIN: (956)970-0467 cell: (956)970-0467
Status: Complete.
Visit Last Changed: 05/30/2023 12:51 PM

CC / HPI:

Pt in today for management of chronic problems. Request diabetic shoes.
Also reports her R foot is in pain. This has been going on for some time. Reports
Dr. Brooks gave injection with little improvement.
Hx of headaches, follows Dr. M Gutierrez and is on propranolol.
Hx of breast implants.
Follows Dr. Twahirwa for DM care. Pt gets labs done there.
Follows Dr. Gillette for eye care

She presented with hyperlipidemia. Initial diagnosis was chronic. Current treatment includes statins and dietary modification. By report, there is good compliance with treatment.

In addition, she presented with hypertension. Beta Blockers and Salt restriction. It is described as chronic. The symptom is ongoing. The complaint is mild.

The patient also presented with diabetes mellitus. Significant medications and treatment Januvia and metformin. The symptom is alleviated by medication and diet. Foods include ADA diet.

She next presented with fatigue. It is described as chronic and stable. The symptom is ongoing.

She also presented with arthralgia(s). It is located diffusely. It is described as chronic. The symptom is ongoing.

Current Medication:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension, 2 Spray Nasal every day to each nostril, for a total of 1, start on July 03, 2019. Completed Rx.
Aspirin 81 mg tablet,delayed release, 1 Tablet(s) Oral every day, start on July 03, 2019.
alendronate 70 mg tablet, TAKE ONE (1) TABLET(S) BY MOUTH EVERY WEEK FOR
OSTEOPOROSIS., for a total of 12, start on May 09, 2023, end on July 31, 2023. Completed Rx.
eletriptan 20 mg tablet, 1 Tablet(s) Oral every day, start on July 03, 2019.
cetirizine 10 mg tablet, Take 1 Tablet(s) Oral every day, 30 days, 6 refills, for a total of 30, start on
February 16, 2023, end on September 13, 2023. Completed Rx.
atorvastatin 40 mg tablet, Tablet(s) PO.
alendronate 35 mg tablet, Take 1 Tablet(s) Oral once a week for osteopenia, 90 days, 3 refills, for a total
of 13, start on June 28, 2022, end on June 22, 2023. Completed Rx.
topiramate 100 mg tablet, Tablet(s) 1 po qAM, 2 po qPM PO.
propranolol 10 mg tablet, 1 Tablet(s) Oral every day, start on July 03, 2019.
cyclobenzaprine 5 mg tablet, Take 1 Tablet(s) Oral three times a day as needed as needed for neck
pain, 5 days, for a total of 15, start on January 04, 2023. Completed Rx.
lisinopril 2.5 mg tablet, 1 Tablet(s) Oral every day, start on July 03, 2019.

Garza, Anna Adalia/35671/F DOB 12-08-1952 (70 Years) Date of service 05-22-2023

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Patient: Garza, Anna Adalla

Address: 906 E Mile 3 Rd Palmhurst, TX 78573

Date of Blrth: December 08, 1952

external ear

overall: normal appearance

external nose

overall: benign appearance

otoscopic exam

overall: external auditory canals clear and tympanic membranes clear

internal nose

overall: bilateral nasal cavities clear and turbinates benign

oral cavity/pharynx/larynx

overall: tonsils benign and oropharyngeal mucosa clear

Right Ears/Nose/Throat

external ear

overall: normal appearance

external nose

overall: benign appearance

otoscopic exam

overall: external auditory canals clear and tympanic membranes clear

internal nose

overall: bilateral nasal cavities clear and turbinates benign

oral cavity/pharynx/larynx

overall: tonsils benign and oropharyngeal mucosa clear

Neck

thyroid

overall: normal size, nontender and no mass lesions

inspection of neck

overall: normal size, normal appearance and no masses

Respiratory

auscultation

overall: normal breath sounds and breath sounds clear bilaterally

respiratory effort/rhythm

overall: no respiratory distress and normal rate

Cardiovascular

auscultation of heart

overall: regular rate, normal heart sounds and no murmurs

rhythm: regular rhythm

Musculoskeletal

head and neck

overall: **pain over multiple joints** and normal neck ROM

digits and nails

overall: no clubbing

right upper extremity

overall: normal RUE bulk and tone

left upper extremity

overall: normal LUE bulk and tone

right lower extremity

overall: normal RLE bulk and tone

inspection - right foot: **callus**

palpation - right foot: **tender, warm and non-responsive to pin prick**

left lower extremity

overall: normal LLE bulk and tone

inspection - left foot: **callus**

palpation - left foot: **tender, warm and non-responsive to pin prick**

gait and station

Garza, Anna Adalia/35671/F DOB 12-08-1952 (70 Years) Date of service 05-22-2023

5 of 9

Patient: Garza, Anna Adalla

Address: 906 E Mile 3 Rd Palmhurst, TX 78573

Date of Blrth: December 08, 1952

Services Ordered:

Patient Referrals Related To This Visit:

Saenz, Javier MD (Family Practice)

Plan:

A return visit is indicated in 2 weeks. She was given these forms: 'Patient Medication Summary', 'Diabetes Mellitus: Type 2', 'Fatigue', 'Exercise to Stay Healthy' and 'Exercise and Fitness'.

Will order labs for pt.

Meloxicam PRN for the pain. Take with food.

Will order DM shoes for pt next door.

Monitor feet daily.

Fasting lab order given to pt to be drawn at DHR.

RTC in 2 weeks, sooner PRN.

Patient Instruction:

Return sooner if needed. Please call office if you should feel worse.

Patient History As Of This Visit

Medication History:

No Current Medication Inactive

alendronate 70 mg tablet, TAKE ONE (1) TABLET(S) BY MOUTH EVERY WEEK FOR OSTEOPOROSIS.. Completed Rx. Active

alendronate 35 mg tablet, Take 1 Tablet(s) Oral once a week for osteopenia, 90 days. Completed Rx. Active

Aspirin-81 81 mg tablet, delayed release, 1 Tablet(s) Oral every day. Active

atorvastatin 40 mg tablet, Tablet(s) PO. Active

cetirizine 10 mg tablet, Take 1 Tablet(s) Oral every day, 30 days. Completed Rx. Active

cyclobenzaprine 5 mg tablet, Take 1 Tablet(s) Oral three times a day as needed as needed for neck pain, 5 days. Completed Rx. Active

eletriptan 20 mg tablet, 1 Tablet(s) Oral every day. Active

Flonase Allergy Relief 50 mcg/actuation nasal spray, suspension, 2 Spray Nasal every day to each nostril. Completed Rx. Active

lisinopril 2.5 mg tablet, 1 Tablet(s) Oral every day. Active

meloxicam 7.5 mg tablet, Take 1 Tablet(s) Oral every day take with food, 30 days. Completed Rx. Active

propranolol 10 mg tablet, 1 Tablet(s) Oral every day. Active

topiramate 100 mg tablet, Tablet(s) 1 po qAM, 2 po qPM PO. Active

acetaminophen 300 mg-codeine 30 mg tablet, 1/2 - 1 Tablet(s) PO Q4-6H as needed for pain. Completed Rx. Inactive

alendronate 70 mg tablet, TAKE ONE (1) TABLET(S) BY MOUTH EVERY WEEK FOR OSTEOPOROSIS., 84 days. Completed Rx. Inactive

alendronate 70 mg tablet, TAKE ONE (1) TABLET(S) BY MOUTH EVERY WEEK FOR OSTEOPOROSIS.. Completed Rx. Inactive

alendronate 70 mg tablet, TAKE ONE (1) TABLET(S) BY MOUTH EVERY WEEK FOR OSTEOPOROSIS., 84 days. Completed Rx. Inactive

Garza, Anna Adalia/35671/F DOB 12-08-1952 (70 Years) Date of service 05-22-2023

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Patient: Garza, Anna Adalia

Address: 906 E Mile 3 Rd Palmhurst, TX 78573

Date of Birth: December 08, 1952

mupirocin 2 % Ointment, 1 Application TOP BID, 10 days. Completed Rx. Inactive
 mupirocin 2 % topical ointment, Take 1 Topical three times a day apply to toe as directed, 10 days. Completed Rx. Inactive
 Naprosyn 500 mg tablet, 1 Tablet(s) PO BID as needed for pain, 30 days. Completed Rx. Inactive
 Naprosyn 500 mg tablet, 1 Tablet(s) PO BID. Inactive
 Naprosyn 500 mg tablet, 1 Tablet(s) PO BID, 14 days. Completed Rx. Inactive
 nitroglycerin 0.4 mg sublingual tablet, Tablet(s) SL take 1 tab SL Q 5 minutes x 3 as needed for chest pain. Completed Rx. Inactive
~~nystatin 100,000 unit/gram topical cream, 1 Application TOP BID to affected area. Completed Rx. Inactive~~
 nystatin 100,000 unit/gram topical cream, 1 Gram(s) TOP BID for vaginal irritation, 10 days. Completed Rx. Inactive
 nystatin 100,000 unit/gram topical cream, 1 Gram(s) TOP BID, 10 days. Completed Rx. Inactive
 nystatin 100,000 unit/gram topical cream, Apply thin layer to affected areas Topical two times a day, 7 days. Completed Rx. Inactive
~~ondansetron 4 mg disintegrating tablet, 1 Tablet(s) Oral Q8-12H as needed for vomiting/nausea. Completed Rx. Inactive~~
 Parafon Forte DSC 500 mg tablet, 1 Tablet(s) PO TID. Inactive
 Parafon Forte DSC 500 mg tablet, 1 Tablet(s) PO TID FOR MUSCLE SPASM, 30 days. Completed Rx. Inactive
 phenazopyridine 200 mg tablet, 1 Tablet(s) PO TID for urinary pain, 2 days. Completed Rx. Inactive
 propranolol 10 mg tablet, Take 1 Tablet(s) Oral two times a day for headache, 90 days. Completed Rx. Inactive
~~propranolol 10 mg tablet, Tablet(s) PO. Inactive~~
 Pyridium 100 mg tablet, 1 Tablet(s) PO TID after a meal x 2 days. Completed Rx. Inactive
 Relpax 40 mg tablet, Tablet(s) as needed for migraine headaches PO. Inactive
 Tinactin 1 % topical powder, 1 Application TOP BID to rash. Completed Rx. Inactive
 Tinactin 1 % topical powder, 1 TOP BID as directed for lower abdomina rashl, 10 days. Completed Rx. Inactive
 Tinactin 1 % topical powder, 1 TOP BID as directed, 10 days. Completed Rx. Inactive
~~topiramate 100 mg tablet, Tablet(s) PO. Inactive~~
~~triamcinolone acetonide 0.1 % topical cream, 1 Application TOP BID to affected area right arm. Completed Rx. Inactive~~
 triamcinolone 0.1 %-emollient combination no.86 topical cream, 1 Application TOP BID as directed, 10 days. Completed Rx. Inactive
~~Vicodin 5 mg-500 mg tablet, 1 Tablet(s) PO TID. Inactive~~
 Vicodin 5 mg-500 mg tablet, 1 Tablet(s) PO TID PRN PAIN, 20 days. Completed Rx. Inactive
 Vitamin D2 50,000 unit capsule, 1 Capsule(s) PO QW, 30 days. Completed Rx. Inactive
 Zithromax 250 mg tablet, Take 2 Tablet(s) Oral on day 1, then 1 tablet on day 2-5 (z pack as directed), 5 days. Completed Rx. Inactive
 Zithromax 250 mg tablet, Take 2 Tablet(s) Oral on day 1, then 1 tablet on day 2-5 (z pack as directed), 5 days. Completed Rx. Inactive
 Zithromax Z-Pak 250 mg tablet, Take Tablet(s) Oral take as directed- 2 today, 1 daily on days 2-5; dx URI, 5 days. Completed Rx. Inactive
 Zithromax Z-Pak 250 mg tablet, Tablet(s) Oral Take 2 tablets by mouth the first day, then 1 tablet for 4 days., 5 days. Completed Rx. Inactive
 Zithromax Z-Pak 250 mg tablet, Tablet(s) PO Take 2 tablets by mouth the first day, then 1 tablet for 4 days., 5 days. Completed Rx. Inactive
 Zithromax Z-Pak 250 mg tablet, Tablet(s) PO Take 2 tablets by mouth the first day, then 1 tablet for 4 days., 5 days. Completed Rx. Inactive

Drug Allergy:

Penicillin

Garza, Anna Adalia/35671/F DOB 12-08-1952 (70 Years) Date of service 05-22-2023

Patient: Garza, Anna Adalla

Address: 906 E Mile 3 Rd Palmhurst, TX 78573

Date of Birth: December 08, 1952

Electronically signed by: Emmanuel Pantoja NP, Np on 05/30/2023 12:58 PM



JAVIER A SALAZAR, MD

