

121 Poe St
 Charlotte, NC 28273
 PH: (704) 555-1212
 PHY: O'Hare / PCP

DOB: 08/26/1948
 AGE: 66
 HT: 72 WT:190
 SEX: M

INS: BLUE CROSS
 ACCT: 1234567
 SESS WT: 180
 TARGET RATE: 124-138

Medications

Aspirin 325 mg Once daily
 Crestor 40 mg Once daily
 HCTZ 50 mg Once daily

Lisinopril 10 mg Once daily
 Nexium 25 mg Once daily
 Nitroglycerin 0.4 mg PRN

Toprol XL 100 mg Once daily

Diagnoses

11/8/2014 MI / stent

Plans

Avg. METS > 5.0

Goals

Quit smoking by 1/1/15

15 lb weight loss

Medical History

R knee replacement 1999
 Hx stent 2008

Low back pain

Risk Factors

Hypertension
 Family History of CAD

Diabetes - Type II
 Smoker

Allergies

No Known Drug Allergies

HR	GLU	SYS	DIA	MTS	RPE	SO2	LO2	DYS	TIME	DEVICE	REAS	COMMENTS
70	122	124	78			98	RA		1	Resting	PRE	
126				4.43	4				10	TREA 3.8 /1.0	MAX	Workload increased
119		140	80	2.94	3				5	AIRD 0.5	MAX	
134				2.60	5				5	ARMB 25.0	MAX	PVC noted
129				1.99	3				15	NUST 30.0	MAX	
71	89	122	76						8	Recovery	POST	
TOT EXERCISE									35			
TOT SESSION									59			

CH 3 Anderson, John ID# 12345678 HR=70 01:45:06 PM 1/16/15 PRE Resting * GN=1 FILTER II



NIBP=124/78 O2=98

ADDITIONAL COMMENTS:

ECG Interpretation: Sinus Rhythm with occasional PVCs noted. Rare couplets.

Anginal Pain Since Last Visit: Denies

Exercise Summary: Tolerated session well. Denied any cardiac symptoms. Workload increased on treadmill with good heart rate response.

Education: Patient attended a Low Fat / Low Cholesterol diet class. Handouts given.

Plan For Next Visit: Increase time on armbike and nustep.

Supervising Physician: Dr. David Jones

SIGNED: _____

DATE: _____