

# Medical Consultation Note

## Patient Details

Patient Name: Vishal

Patient ID: HOeee90d9e85fa012d322b5b49

Date of Birth: 1996-11-06

Age: 28 years

## Summary

### Progress Note

#### Patient Details

##### Date

15/09/2025

#### Vital Signs

##### Blood Pressure

136/84 mmHg

##### Pulse

88 bpm

##### Oxygen Saturation

95%

##### Temperature

100°F

##### Height

178 cm

##### Weight

Not Mentioned

##### BMI

Not Mentioned

##### LMP

Not Mentioned

Referred By

Not Mentioned

Referral Reason

Not Mentioned

Age / Sex / Nationality

Not Mentioned

Occupation

Not Mentioned

Initial Visit Notes

Present Complaint

Trouble breathing for past two weeks

Swollen legs, especially around the ankles

Dyspnea on exertion, progressing to dyspnea with minimal activity

Orthopnea

Palpitations

Past Medical / Surgical History

Hypertension

Heart failure three years ago

No previous surgeries

Family History

Father had heart disease

Mother has diabetes

Fertility History

Not Mentioned

Gynae / Obst History

Not Mentioned

Current Medication / Supplements

Aspirin

Atorvastatin

Metoprolol

#### Allergy / Sensitivities

Patient is unaware of any allergies

#### Physical Examination

##### Respiratory System

Lungs have slight abnormal sound

##### Cardiovascular System

Not Mentioned

##### Central Nervous System

Not Mentioned

##### Gastrointestinal System

Not Mentioned

##### Genitourinary System

Not Mentioned

##### Musculoskeletal System

Not Mentioned

##### Other

Leg edema present

#### Lifestyle Factors

##### Toxic Exposure

Not Mentioned

##### Mold Exposure

Not Mentioned

##### Sleep Quality

Not Mentioned

##### Food / Diet

Not Mentioned

##### Bowel Movements

Not Mentioned

#### Smoking / Alcohol

Former smoker

#### Stress Levels

Not Mentioned

#### Exercise / Movement

Not Mentioned

### Summary

#### Subjective

"Trouble breathing and swollen legs for the past two weeks"

Dyspnea initially with stair climbing, now with minimal exertion

Reports orthopnea

Denies chest pain or fever

Reports occasional palpitations

History of hypertension and heart failure three years ago

No surgical history

Former smoker

Family history of heart disease (father) and diabetes (mother)

Currently taking aspirin, atorvastatin, and metoprolol

#### Objective

Vital signs: BP 136/84 mmHg, pulse 88 bpm, respiratory rate 20, O2 saturation 95%

Physical exam: Bilateral leg edema, abnormal lung sounds

Diagnostic tests: ECG performed (results not specified)

Chest X-ray performed (results not specified)

Echocardiogram shows decreased heart function with ejection fraction of approximately 35%

### Recommendations

#### Lifestyle Modification

Behavioral adjustments recommended

#### Investigations

Electrocardiogram

Chest X-ray

Echocardiogram

#### Treatments

Not Mentioned

#### Oral

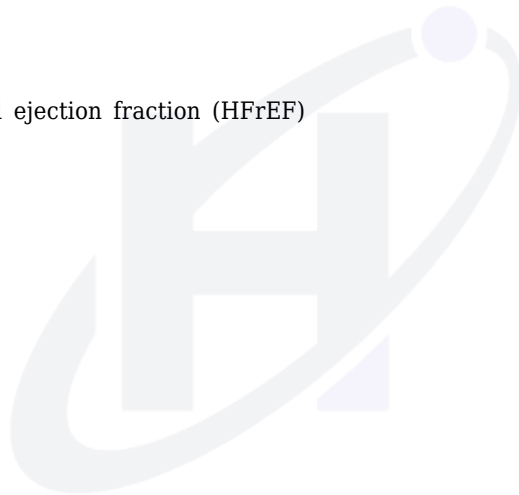
Furosemide (diuretic) prescribed

#### IV / IM / SubQ

Not Mentioned

#### Diagnosis

Heart failure with reduced ejection fraction (HFrEF)



## Transcript

**Date:** 2025 Sep 15

Hello, sir. What brings you here today? Hello, doctor. Over the past two weeks, I've had trouble breathing, and my legs are swollen, especially around the ankles. I see. When did the breathing difficulty start, and has it gotten worse? It started about two weeks ago. At first, it was only when I climbed stairs, but now just walking a little bit makes me tired. Sometimes when I lie on my back, I feel short of breath. Symptoms Do you have chest pain or a fever? I don't have chest pain or a fever, but sometimes I feel my heart beating faster. Do you have any underlying medical conditions? I have high blood pressure and had heart failure three years ago. I'm taking medication now. Have you had any surgeries before? No. Do you smoke or drink alcohol? I used to smoke. How many years did you drink alcohol, and how many years have you stopped? Doctor, does anyone in your family have heart disease or diabetes? My father had heart disease, and my mother has diabetes. Are you allergic to any medications or foods? I don't know if I have any allergies. What medications are you currently taking? I take aspirin, atorvastatin, and metoprolol. How are you? Thank you very much. Doctor, I'll examine you for a moment. Physical examination. Your blood pressure is 136, 84, pulse 88, respiratory rate 20, and blood oxygen 95%. Your legs are swollen, and the lungs have a slight abnormal sound. Doctor, I'll send you for further tests. After receiving the test results. You are coming. Electrocardiogram. The X-ray of the lungs and the ultrasound of the heart, echo, shows that your heart function has decreased. The ejection fraction is around 35%, indicating that the heart pumps less blood than normal. Patient: It sounds scary, is this dangerous? This is called heart failure, which is caused by weak heart muscles, which may result from a previous heart attack, but don't worry too much because it can be treated and controlled with medication and behavioral adjustments. Patient, and what do I need to do? Doctor will prescribe a diuretic called furosemide.