

Tina Brown's Primary Care Visit with Taiwo Oluyemo, NP

Monday, Aug 10, 2026 11:30 AM EDT

Patient Instructions

1. Reviewed the patient's requests for housing accommodations. 2. Discussed that medical documentation can support accommodations that are medically necessary based on documented diagnoses and functional limitations. 3. Explained that environmental issues (maintenance, crime, flooding, appliance failure, neighbor disputes) are outside the scope of a medical determination and should be addressed by housing management or the appropriate housing authority. 4. Will provide a letter outlining the patient's medical needs and communicate with her case manager regarding medically appropriate accommodations. 5. Continue routine follow-up as scheduled.

Chief Complaint

telehealth visit

Assessment & Plan

1. Encounter for other administrative examinations Will complete request as discussed.

Z02.89: Encounter for other administrative examinations

2. Abnormal gait - Onset: 09/12/2025 - Due to worsening mobility limitations and increased assistance needs with bathing, dressing, meal preparation, transfers, and household tasks, patient would benefit from increased aide services.

Recommend increase in home aide hours from 28 hours/week to at least 40 hours/week to ensure safe completion of ADLs and reduce risk of injury or functional decline.

R26.9: Unspecified abnormalities of gait and mobility

Total Time Spent 20 minutes for Evaluation and Management (E&M), including time to prepare the patient's chart, review history, conduct examinations, counsel the patient and/or family, order medications/tests, communicate with healthcare professionals, document records, and review results. Excludes separately reportable procedures.

Allergies

Reviewed Allergies

BANANA, high criticality: Hives

BENZTROPINE: Hives

EGG, high criticality: Hives

ESCITALOPRAM: Confusion

ESCITALOPRAM OXALATE

LISINOPRIL: Cough

LORAZEPAM

METHYLPHENIDATE: Hives

SHELLFISH CONTAINING PRODUCTS, high criticality: Hives

TRAZODONE, high criticality: Myalgias (muscle pain)

TRAZODONE: - Muscle and joint pain

ZANTAC GELDOSE: Hives

Medications

Reviewed Medications

Name

Date

Source

Allergy Relief (fexofenadine) 180 mg tablet

TAKE 1 TABLET BY MOUTH ONCE DAILY

07/30/26 filled

surescripts

ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule

TAKE 1 CAPSULE BY MOUTH EVERY 7 DAYS

07/24/26 filled

surescripts

finasteride 1 mg tablet

Take 1 tablet(s) every day by oral route.

04/23/26 prescribed

TAIWO OLUYEMO, NP

hydroCHLORothiazide 25 mg tablet

TAKE 1 TABLET BY MOUTH ONCE DAILY

07/30/26 filled

surescripts

labetalol 100 mg tablet

TAKE 1 TABLET BY MOUTH TWICE DAILY

07/29/26 filled

surescripts

lidocaine 4 % topical patch

Apply 1 patch(es) every day by topical route.

03/18/26 prescribed

TAIWO OLUYEMO, NP

lidocaine 5 % topical patch-adhesive silicone combo pack

1 patch topically to affected area daily remove after 12 hours

03/02/26 renewed

TAIWO OLUYEMO, NP

lidocaine-prilocaine 2.5 %-2.5 % topical cream

APPLY TO AFFECTED AREA(S) FOUR TIMES A DAY AS NEEDED

07/27/26 filled

surescripts

lidocaine-prilocaine 2.5 %-2.5 % topical kit

Apply to affected area(s) 4 times daily as needed.

07/20/26 prescribed

TAIWO OLUYEMO, NP

LidoPure Patch 5 % topical combo pack

apply to affected area, on for 12 hr and off for 12 hrs

07/20/26 prescribed

TAIWO OLUYEMO, NP

meloxicam 15 mg tablet

1 tablet orally daily

06/29/26 prescribed

TAIWO OLUYEMO, NP

montelukast 10 mg tablet

TAKE 1 TABLET BY MOUTH ONCE DAILY

07/29/26 filled

surescripts

NIFEdipine ER 60 mg tablet,extended release

TAKE 1 TABLET BY MOUTH EVERY DAY

07/27/26 filled

surescripts

sertraline 100 mg tablet
TAKE 1 TABLET BY MOUTH DAILY

07/24/26 filled
surescripts

tiZANidine 4 mg tablet
TAKE 1 TABLET BY MOUTH EVERY 8 HOURS AS NEEDED

07/29/26 filled
surescripts

triamcinolone acetonide 0.1 % topical cream
APPLY A THIN LAYER TO THE AFFECTED AREA(S) TOPICALLY TWICE DAILY

07/27/26 filled
surescripts

triamcinolone acetonide 55 mcg nasal spray aerosol
start 08/20/2025

08/20/25 started
pshankar9.127

D3-1000 CAP 1000UNIT(Active): StartDate: 08/08/2025; | Neosporin Original Oint(Active): StartDate: 11/05/2025; D3-1000 CAP 1000UNIT(Active): StartDate: 08/08/2025; Some medications listed in Documents: #19791732, #20520744 could not be added to this patient's chart. Please review these documents and add these medications to the patient's chart manually as needed.

Problems

Reviewed Problems

Vitamin D deficiency - Onset: 09/12/2025

Obesity - Onset: 12/29/2025 - Obesity; Original_DateRecorded: 20251229; dlname: Oluyemo; dfname: Taiwo; dnpi: 1245502889; Physician_Suffix: NP; ICD10Description: Obesity, unspecified; SnomedDescription: Obesity; (ICD-10:E66.9)

Generalized anxiety disorder - Onset: 09/12/2025

Post-traumatic stress disorder - Onset: 09/12/2025

Lumbosacral radiculopathy - Onset: 09/12/2025

Hypertensive disorder - Onset: 09/12/2025

Abnormal gait - Onset: 09/12/2025

Urinary incontinence, unspecified type - Onset: 11/28/2025

Functional urinary incontinence - Onset: 12/05/2025

Obesity (BMI 30-39.9) - Onset: 12/29/2025

Left knee pain, unspecified chronicity - Onset: 12/29/2025, Left

Unequal limb length (acquired), right humerus - Onset: 12/29/2025, Right

Chronic left-sided low back pain with left-sided sciatica - Onset: 09/12/2025, Left

Knee pain - Onset: 12/29/2025 - Left knee pain; Original_DateRecorded: 20251229; dlname: Oluyemo;

dfname: Taiwo; dnpi: 1245502889; Physician_Suffix: NP; ICD10Description: Pain in left knee; SnomedDescription: Left knee pain; (ICD-10:M25.562)
Arm length inequality - Onset: 12/29/2025 - Unequal limb length (acquired), right humerus; Original_DateRecorded: 20251229; dlname: Oluyemo; dfname: Taiwo; dnpi: 1245502889; Physician_Suffix: NP; ICD10Description: Unequal limb length (acquired), right humerus; SnomedDescription: Unequal limb length (acquired), right humerus; (ICD-10:M21.721)

Social History

Social History not reviewed (last reviewed 01/12/2026)

Education and Occupation

Occupation: AA Degree and some 4 year college and high school diploma too of my class

Substance Use

Do you vape or use chewing tobacco? No

Alcohol - Drinks per week: None

Do you use other substances? No

Do you or have you ever used marijuana? Never used

Do you or have you ever used any illicit or recreational drugs? No

Diet and Exercise

On a typical day, how many servings of fruits and vegetables do you eat? <2

How many times per week do you eat fast food or fried food? not at all

Do you follow a specific diet? other

On average, how many days per week are you physically active (walking, exercise, sports)? 1-2

On those days, how many minutes are you active? 30-49

Relationships and Sexuality

Are you sexually active? Yes

What genders are your sexual partners? Male

Gender Identity and LGBTQ Identity

Gender identity: Identifies as Female

Assigned sex at birth: Female

Pronouns: she/her

First name used: TINA

Sexual orientation: Straight or heterosexual

Sex Assigned At Birth-Female

Past Medical History

Anxiety/Depression: Y High Blood Pressure: Y Other: Y No Past Medical History: Y Notes: Anything else you would like us to know? - I am disabled handicap

Vitals

None recorded.

Physical Exam

Physical exam via synchronous audio-video telehealth, based on visual assessment and patient-guided

maneuvers/self-palpation. Vitals patient self-reported.

GEN: Alert and oriented ×3. No acute distress.

MUSL: Wheelchair dependent

PSYCH: Mood and affect is pleasant

Review of Systems

Additionally reports:

No new acute medical concerns reported.

Chronic medical conditions reviewed.

Return to Office

to see TAIWO OLUYEMO, NP for Est Short FU Adult - Virtual at CKNMG_Virtual on or around 11/10/2026