

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

Wednesday, Aug 12, 2026 04:30 PM EDT

Patient Instructions

Continue same medications for your HTN. No changes needed. Continue to check your blood pressure daily and prior to medication uses.

Chief Complaint

telehealth visit

Assessment & Plan

1. Generalized anxiety disorder - Onset: 09/12/2025 - exacerbated by psychosocial stressor (unsafe housing).

F41.1: Generalized anxiety disorder

2. Hypertensive disorder - Onset: 09/12/2025 - at goal on current regimen; prior transient elevation consistent with anxiety effect. No change needed

I10: Essential (primary) hypertension

3. Tight chest likely anxiety/noncardiac given situational triggers and normalized BP.

R07.89: Other chest pain

4. Functional urinary incontinence - Onset: 12/05/2025 continues to require caregiver assistance and continuous use of incontinent supplies to prevent skin breakdown

Request sent to Northern Pharmacy

R39.81: Functional urinary incontinence

Allergies

Allergies not reviewed (last reviewed 08/10/2026)

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

suerscripts

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

TAKE 1 CAPSULE BY MOUTH EVERY 7 DAYS

07/24/26 filled

suerscripts

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

suerscripts

labetalol 100 mg tablet

TAKE 1 TABLET BY MOUTH TWICE DAILY

07/29/26 filled

suerscripts

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

suerscripts

tiZANidine 4 mg tablet

TAKE 1 TABLET BY MOUTH EVERY 8 HOURS AS NEEDED

07/29/26 filled

suerscripts

triamcinolone acetonide 0.1 % topical cream

APPLY A THIN LAYER TO THE AFFECTED AREA(S) TOPICALLY TWICE DAILY

07/27/26 filled

suerscripts

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 x 4. no acute distress, speaks in full sentences

GU: + incontinence

Review of Systems

ROS as noted in the HPI

Return to Office

TAIWO OLUYEMO, NP for Est Short FU Adult - Virtual at CKNMG_Virtual on 11/10/2026 at 11:30 AM