

Healthcare Consultation Summary

Patient Name: John Doe

Date of Consultation: October 10, 2023

Healthcare Provider: Dr. Jane Smith, MD

Consultation Details

Reason for Visit: Follow-up for chronic hypertension management

Medical History: Hypertension diagnosed in 2020, controlled with medication.

Assessment

B/P: 130/85 mmHg, Heart Rate: 70 bpm. No signs of end-organ damage.

Plan

- Continue current medication regime: Lisinopril 20 mg once daily.
- Encourage lifestyle modifications: sodium restriction, regular exercise.
- Schedule follow-up appointment in 3 months.

Patient Education

Discussed importance of medication adherence and regular monitoring of blood pressure.

Next Steps

Patient to monitor blood pressure at home and log results. Contact office if readings exceed 140/90 mmHg.

Provider Signature: Dr. Jane Smith, MD