

**Auburn Montgomery Student Health Services**

7461 East Dr  
Montgomery AL, 36117  
(334) 244-3281

**Date:** 02/06/20

**PATIENT:** YU, WANBING **DOB:** 12/24/1999 **Gender:** FEMALE **MRN:** 1022 **AGE:** 20 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** Here for follow-up with CRNP

Symptoms: Has not taken any of the medication prescribed. Patient reports that she is better. She reports that she has a problem with reflux.

**COMPLAINT 2:** Insomnia

Symptoms: Patient reports that she can only sleep 3-4 hours per night because her brain is very excited.

Patient reports that her bedtime is 0200 and she has morning classes.

Duration: 6 months

**VITALS:** BP: 107/78 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80

**ALLERGIES:** No Known Drug Allergies

**MEDICATIONS:**

amoxicillin 500 mg tablet (TAKE 2 TABLETS (1000 MG) BY ORAL ROUTE EVERY 12 HOURS)

clarithromycin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS)

fluconazole 150 mg tablet (TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE, MAY REPEAT IN 3 DAYS FOR PERSISTING SYMPTOMS.)

omeprazole 20 mg capsule, delayed release (TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY 30 MINUTES TO 1 HOUR BEFORE MEAL)

**PAST MEDICAL HISTORY:** H. pylori, reflux; negative for h pylori per Quest.

**PAST SURGICAL HISTORY:** No prior surgical history;

**SOCIAL HISTORY:** Does live alone; Single; Does not use recreational drugs; Does not use tobacco; Does not use alcohol; Does not exercise regularly;

**FAMILY HISTORY:** Father with history of: HTN; Paternal Grandfather with history of: HTN

**REVIEW OF SYSTEMS:**

GASTROINTESTINAL: Patient is positive for: heartburn, indigestion,

**PHYSICAL EXAMINATION:**

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

**ASSESSMENT:**

K21.9 - GASTRO-ESOPHAGEAL REFLUX DIS WITHOUT ESOPHAGITIS (PRIMARY)

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G47.00 - INSOMNIA, UNSPECIFIED

**PLAN:**

Avoid greasy and spicy foods.

Bland diet.

Start omeprazole and take as prescribed.

trazodone 50 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1/2-1 TABLET (25-50 MG) BY ORAL ROUTE ONCE DAILY AT BEDTIME

Instructed to start with 1/2 tablet.

Sleep hygiene

Excuse

Electronically signed by Melodye Harvey, CRNP on 02/06/20 3:50 PM