

Auburn Montgomery Student Health Services

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

Date: 05/21/20

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 54 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: BP follow up with CRNP

Symptoms: Patient reports that his BP has been doing well. He reports better eating habits and increased physical activity.

Denies headache, shortness of breath, chest pain, tightness, double vision or blurred vision.

Other: Patient reports an occasional dry cough but reports that he has not taken his allergy medication in a few months.

VITALS: BP: 125/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 72; **Temp:** 97.9; **Resp:** 12; **Ht:** 71 in.; **Wt:** 209.8 lbs.;
BMI: 29.26; **Pulse Oximetry:** 97%

ALLERGIES: Penicillins

MEDICATIONS:

amlodipine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)
amlodipine 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY)
cetirizine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY. TAKE IN THE EVENING)
cholecalciferol (vitamin D3) 1,250 mcg (50,000 unit) capsule (1 capsule po weekly x 12 weeks)
diphenhydramine 25 mg capsule (2 capsules po every night prn)
hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET (12.5 MG) BY ORAL ROUTE ONCE DAILY)
prednisone 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
triamcinolone acetonide 0.1 % topical cream (Apply topically to affected areas twice daily)

PAST MEDICAL HISTORY: Childhood asthma, allergies

PAST SURGICAL HISTORY: Tonsillectomy

SOCIAL HISTORY: Exercises regularly; Does not live alone; Married; Consumes alcohol. Frequency: weekly Type: beer

FAMILY HISTORY: Father with history of: HTN---Does not take medication

REVIEW OF SYSTEMS:

ENMT: Patient is positive for: mild occasional cough; Patient denies: runny nose, congestion, sinus pain, Hoarseness,

CARDIOLOGIC: Patient denies: pain, palpitations, cardiovascular, dizziness, diaphoresis, exertional SOB,

RESPIRATORY: Patient is positive for: Cough, Patient denies: SOB, Wheeze, Orthopnea,

PHYSICAL EXAMINATION:

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

HEENT: Normocephalic; Conjunctiva Clear; Sclera White;

NOSE: Septum without Deviation; Nasal mucosa moist and pink; No Turbinate Hypertrophy

RESPIRATORY: Normal

NEUROLOGIC: No Focal Deficit;

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

ORDERS:

UA (1 unit(s)): In-House Lab
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
BLOOD DRAW (1 unit(s)): In-House Lab

RESULTS:

UA:
 Appearance: Clear
 Color: Dark Yellow
 Glucose: Negative
 Bill: Negative
 Ketones: Negative
 Sp: 1.015
 Blood: Negative
 pH: 5
 Protein: Negative
 Urobilinogen: Negative
 Nitrites: Negative
 Leukocytes: Negative

ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)--Stable
J30.9 - ALLERGIC RHINITIS, UNSPECIFIED

PLAN:

cetirizine 10 mg tablet
Refills: 3 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY. TAKE IN THE EVENING

amlodipine 10 mg tablet
Refills: 5 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

hydrochlorothiazide 12.5 mg tablet
Refills: 5 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (12.5 MG) BY ORAL ROUTE ONCE DAILY

Continue to monitor BP randomly. Report any elevated readings.

Continue with increased physical activity and healthy diet choices.

CBC with diff, CMP, Lipid Panel, TSH with reflex, Vitamin D, UA

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Will notify patient of any abnormal lab results.

Follow up in 4-6 months OR sooner if needed.

Electronically signed by Melodye Harvey, CRNP on 05/21/20 9:27 AM