

Auburn Montgomery Student Health Services

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

Date: 07/25/19

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 53 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: BP concerns

Symptoms: HAs, not sleeping. Has been checking his BP at home. Patient reports that he has decreased use of table salt and has changed his diet. Patient reports that he is stressed right now with work deadlines and preparing for Fall semester. Patient report throbbing in his right ear.

Patient has not had blood work in about 1 year--Healthy Tigers screening last year.
Other: BP Readings at home:

July 15--149/107
16--133/91
17--133/94
18--133/85
19--152/99
20--139/84
21--120/84--patient reports sleeping all day
22--140/82
23--138/90
24--136/90
24--145/92--PM reading
25--135/88--AM reading

VITALS: BP: 143/92 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 68

ALLERGIES: Penicillins

MEDICATIONS:

cetirizine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)
diphenhydramine 25 mg capsule (2 capsules po every night prn)
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:

CONSTITUTIONALS: Patient denies: Dizziness,

HEENT: Patient denies: Blurred vision, Diplopia, Headache, reports feeling his heartbeat in his right ear

PHYSICAL EXAMINATION:

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

HEENT: Normocephalic; Conjunctiva Clear; Sclera White;

EARS: TM's intact and reflect NCL; External Auditory Canal clear; Hearing Normal; Pinna Normal;

NOSE: Septum without Deviation; Nasal mucosa moist and pink;

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:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)

PLAN:

amlodipine 5 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY

Monitor BP daily.

Continue to modify diet and exercise.

Avoid using salt.

Fasting Labs in the morning--CBC, CMP, TSH with reflex T4, Lipid Panel, Vitamin D , UA

RTC 2 weeks for BP follow up OR sooner if needed.

Electronically signed by Melodye Harvey, CRNP on 07/25/19 1:16 PM